

- 6 players on a team, 3 on the front row and 3 on the back row
- Maximum of three hits per side
- Player may not hit the ball twice in succession (A block is not considered a hit)
- Ball may be played off the net during a volley and on a serve
- It is legal to contact the ball with any part of a players body
- It is illegal to catch, hold, or throw the ball
- If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the teams 4th hit)