

PARAKRAM – Volleyball

Team Composition

- Maximum **9 players per team**; **6 players on court** at any time.
- A player may represent **only one team**.
- Each team may **enter the competition only once**.

Match Format & Scoring

- **League matches:** Best of **3 sets**, each set to **25 points**.
- If both teams win one set each, the **third set is the decider**.
- **Final (organiser's discretion):** Best of **5 sets**.
 - Deciding set played to **15 points** with **side change after 8 points**.
- **Rally scoring applies** (every service change counts as a point).

League Stage Points

- **Win:** 2 points
- **Draw:** 1 point (each team)
- **Loss:** 0 points

Gameplay Rules

- **Rotation is compulsory** and as per standard volleyball rules.
- **Line ball** during play or service is considered **in**.
- **Net fault:** Contact with the top band or using the net for support.
- **Line crossing** by any body part during play is a **foul**.

Liberos & Substitutions

- Maximum **2 Liberos** allowed; must be **declared before the match**.
- **3 substitutions per set**, including **1 injury substitution**.
- **Liberos** may be substituted **only in case of injury**.
- A starting player may exit and re-enter **once per set**, only to their **original position**.

Timeouts & Medical

- **3 time-outs per set**, **30 seconds each**.
- If a set goes into **deuce**, **1 additional time-out** is allowed.
- **Medical time-out:** 1 minute; **maximum 2 per match**.
- A player substituted due to injury **cannot return** to the same match.