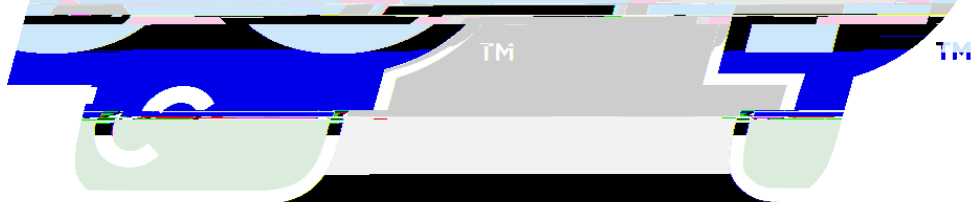




Hardin-Simmons University University Recreation Department

1. The current United States Volleyball Rules will govern play except where modified herein.
2. A coin toss shall be conducted between the designated player of each team prior to the first and third game of the match. The winner shall choose either to serve/receive or playing area. The loser shall be given the remaining choice.
3. 45-minute match clock – starts with first serve and does not stop except for injury a. If gameem





2.





Substitutions

1. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score-sheet.
2. Free substitutions during a dead ball.

Co-Rec. Competition

1. A team shall consist of 3 males and 3 females who shall be placed in alternate positions on the floor. If 4 players are present, the team must play with 2 males and 2 females. If 5 players are present, any combination of 3 and 2 may participate.
2. Participants shall only substitute for their gender.
3. Any ball touched legally more than once by the same team and then returned must have been touched by a female.
4. The height of the net shall be that which is regulation for men's competition.

