



NSP RULES - Intermediate & Recreational 6's

1. Games are played with 6 players on the court. A minimum of 2 of the same sex must be on the court at all times. If a team does not meet the minimum requirement, they will automatically default the match. Default wins are recorded as 10-0.
2. Matches are 20 minutes in length. Scoring is rally point (a point on every serve). Teams score as many points as they can. If the ball is in play when the whistle blows, continue playing the point. If the two teams are tied, one rally point will be played, with the team winning the last point to serve.
3. Teams are required to call their own violations, and are expected to be honest and foster a high level of sportsmanship at all times.
4. A player may not block a serve or **volley a serve**. Once the ball is in play, you may volley the first hit but may only be volleyed to a teammate and not over the net. A second hit may be volleyed over the net, but only if you are square to the net or if you are intentionally setting your attacker for them to spike the ball (the ball is allowed to drift over the net). A player may volley a third hit as long as they're square to the net.
5. Player Rotations - You must follow the same rotation as in court volleyball - ie. players must rotate positions (from back right, to middle back, to back left, to front left, to front middle, to front right). In addition, players in the back court may not attack or block from the front court (although there is no attack line, please respect this rule).
6. Attack - A player is not allowed to complete an attack-hit using an "open-handed tip" or directing the ball with the fingers.
7. If a player blocking touches the ball on the block, it is counted as the first touch. The blocker may play the ball of his/her own block. These two contacts are counted as one touch.
8. Players may play the ball off any part of their body, excluding feet.
9. Players may not touch the net at any time during play. A player may cross under the net without violation, as long as they do not touch anyone on the other team or interfere with them playing the ball or make contact with the net. A player is then allowed to return to their own side and play continues.
10. Limit 5 serves per player. In the Intermediate division, the ball does not go to the other team, but the serving team will rotate one position. In the Recreational division, the ball goes to the other team.
11. In sunny or windy conditions, where one side of the court offers an advantage, teams will change sides after every 10 points scored.
12. There are no referees, so we rely on your spirit of sportsmanship and honesty to keep the matches fun and enjoyable for all. If there is a dispute, please re-serve the point.

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