1. **Mixed Doubles:** A team shall consist of one man and one woman.
2. **Women:** A team shall consist of two women.
3. **Men:** A team shall consist of two men.

**NO SUBSTITUTES OR ALTERNATES ALLOWED**

**ELIGIBILITY:** All regularly enrolled Winter Quarter Seattle, Bothell and Tacoma students, faculty and/or staff members who have purchased a current IMA Membership Card are eligible.

**COMPETITIVE DIVISIONS:**

**RAINIER:** This is a recreational division. Only open to beginning/novice players, those who play in our regular Rainier volleyball leagues. No Cascade level players allowed!

**CASCADE:** This is a competitive division for those who know the game and play in our regular Cascade volleyball leagues. No Open level players allowed!

**OPEN:** This is a very competitive division. All club, high-skill level players or USVBA participants must play in this division.

**NOTE:** Former Rainier Division finalists must play in Cascade. Former Cascade Division finalists must play in Open.

**SPECIAL DOUBLES RESTRICTIONS:**

<table>
<thead>
<tr>
<th>Women’s Play</th>
<th>Court Size: Full court, 30ft (Rainer, Cascade, and Open)</th>
<th>Net Height: Women’s height, 7’4 1/8”</th>
<th>No other restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Play</td>
<td>Court Size: Full court, 30ft (Rainer, Cascade, and Open)</td>
<td>Net Height: Men’s height, 7’11 5/8”</td>
<td>No other restrictions</td>
</tr>
<tr>
<td>Co-Rec play</td>
<td>Court Size: Full court, 30ft (Rainier, Cascade, and Open)</td>
<td>Net Height: Women’s height, 7’4 1/8”</td>
<td></td>
</tr>
</tbody>
</table>

**Restrictions:** Men cannot hit in front of the 10’ attack line. Women can hit without restriction. Men cannot block at any time. Women can block without restriction. A male inside the 10’ line must contact the ball below the height of the net; if the ball goes over it must have a distinct upward trajectory, which must land past the opponent’s 10’ line.
GENERAL RULES:

SERVICE: A service is the putting of the ball into play with both feet completely behind the back line of the court at the instant the ball is contacted. All serves must go over the net without contacting the net.

BLOCKING: Over the net blocking will be allowed, except in Co-Rec play where the men are not allowed to block at all.

TIPPING: Open handed tipping is only allowed when it lands behind the 10’ attack line.

SETTING: Players may set in any direction. If the set goes over the net, it must land past the opponent’s 10’ line. Bump setting is allowed.

COURT & SERVICE:
A. Captains shall toss for side or service.
B. At the opening of the game, the ball shall be put in play by the player in the right position.
C. Rotation: Servers must alternate, but positional rotation is optional.
D. Ball may be served from anywhere behind the baseline while staying within the sideline boundaries.

DEAD BALL: A ball is dead after a decision, which temporarily suspends play due to an infringement of a rule; replays are only rewarded to discrepancies.

GAMES: The first two games shall be played rally scoring to fifteen (15) points with a cap of twenty (20) points. The winning team must win by two (2) points, except with the score tied 19-19. Then the first team to reach twenty (20) points is the winner of the game.

MATCH: All matches consist of the best two out of three games. The third game will be rally scoring to eleven (11) points with a cap of fifteen (15) points. The winning team must win by two (2) points, except with the score tied 14-14. Then the first team to reach fifteen (15) points is the winner of the game. The third game will only be played if necessary to determine the winner of the match.

OFFICIATING: Honor system when no Monitor is present.