

***Rules:***

1. The right to choose the initial order of serving, receiving and ends shall be decided by lot and the winner may choose to serve, or to receive first, or to start at a particular end.

2. Players are expected to report at the court at least 10 minutes prior to the game. If the players fail to show up the match will be cancelled and the opponent will be declared a winner.

3. Any ball after catching should be released within 3 seconds.

4. During the service, the ball cannot touch the net.

5. During catching or releasing, the ball should not touch any part of the body except the palm.

6. Players cannot catch the ball with the assistance of body or legs.

7. Double touch (juggling the ball in both hands) is not allowed while receiving the service ball.

8. The ball should be served without touching/crossing the service line with single hand.

9. Players cannot touch the net during the play but the ball **can** touch the Net.

10. The ball should **not** touch the antenna.

11. A player can jump when throwing the ball or while serving.

12. A player while releasing the ball cannot rotate (360 degrees) or turn around to throw the ball.

13. 2 players cannot catch the ball simultaneously.

14. Any ball falling on the side-line or end-line is a good ball.

15. Shifting the ball from right to left or left to right or deliberately pushing is not permitted.

16. Upon service break, players on the serve-winning team should rotate one position clockwise.

17. During the play or rally, players cannot cross the net or obstruct the opponent team.

18. The ball must be thrown by the player from the shoulder and above level only. Player receiving the ball at below overhead level should bring it to shoulder level and throw in course of one action only.

19. A player can’t take more than one step in a position. A player after receiving the ball is permitted only one step forward or backward after the jump.

20. At the time of service the remaining players of both the team should stand on their own position.

21. Change of position of players is allowed once the ball is released from the servicing player hand. But the player should occupy their original position once the rally is completed.

22. STRIVE League/Tournament organizers reserve the right to expel any player for indecent gestures, physical altercations of any kind, player abuse, dangerous play or misconduct.