CO-REC MELON BALL LEAGUE RULES

1. A team shall be composed of six players - three male and three female. A team may start or finish with four players, however, at no time may the number of players of one gender be more than the number of players of the other gender.

2. The playing rules are similar to those for volleyball. The ball may be hit with an open hand or fist, or any part of the body above the waist, onto any part of the opponent’s court (volleyball court lines shall be used). The ball must be contacted cleanly and may not be thrown or carried across the net. When setting, the ball must be hit deliberately and may not be pushed or dribbled.

3. A match shall consist of the best two of three games. Rally scoring will be utilized for all games. A game is won when a team scores 25 points. If tied at 24, a two-point advantage will be necessary to win. If a third game is necessary, it shall be played to 15 points with the teams switching sides when one team reaches 8 points.

4. Each team shall be allowed one time-out per game. Time-outs shall not exceed one minute. A three minute rest period may be allowed between games.

5. A match shall be started with a coin toss. The winner of the toss has the option of serving or side of court. The opponent has the remaining option. These options are reversed for the second game of the match. Should a third game be necessary, the game official will again toss a coin.

6. The ball is served from behind the baseline and must be served underhanded.

7. The ball must bounce once (and only once) between each hit. A successful volley is one in which the ball crosses the net due to the impetus of a hit and not a bounce. The ball must bounce before a hit may be returned. For this reason, shots may not be “blocked.”

8. When the ball is played three times before sending it back across the net to the opposing team, at least one of the contacts must be by one play of each gender.

9. The serve changes sides when the serving team fails to score. Servers rotate clockwise with each turn. Also, the serving order must alternate male-female, or vice-versa.

10. Players may not break the plane of the net to play the ball. Players may cross the plane of the net to follow through a shot, but they may not initially contact the ball on the opponent’s side of the net. Also, players may not come in contact with any part of the net at any time while the ball is alive, either accidentally or intentionally.

11. Back row players may not spike the ball in front of the spiking line. This does not prohibit back row players from spiking the ball as long as the contact is made while that player is behind the spiking line.

12. Substitutions must be on a gender-for-gender basis.
13. The ball becomes dead when it:
   a) Is contacted more than three times on a side
   b) Bounces more than once between hits
   c) Is contacted prior to a bounce
   d) Bounces across the net
   e) Lands outside the court (boundary lines are "in")
   f) Strikes the fence, the net supports, or some other object which is not a part of the playing surface
   g) Contacts a player below the waist
   h) Is contacted illegally (i.e., pushed, dribbled, carried, or thrown)

14. Game officials have the authority to make decisions on any situation not specifically covered by these rules.