

PENNY VOLLEY CHAMPIONS LEAGUE 2026

Rules of the Game – Mixed Volleyball

1. Definition of the game

Volleyball is a team sport played between **two teams**, each composed of **six players on court**, separated by a net.

The objective of the game is to score points by grounding the ball on the opponent's court or forcing the opponent into an error, in accordance with the rules.

2. Match format and scoring system

2.1. Matches are played **best of three (3) sets**.

2.2. The first two sets are played to **25 points**, with a **minimum advantage of two points**.

2.3. If the match is tied **1–1**, a decisive **third set (tie-break)** is played to **15 points**, again with a minimum two-point advantage.

2.4. The **Rally Point System** applies:
a point is awarded on **every rally**, regardless of which team served.

2.5. The team that wins **two sets** wins the match.

3. Team composition and gender rule

3.1. Each team fields **six players on court** at all times.

3.2. Each team roster consists of:

- **minimum 8 players**
- **maximum 10 players**

3.3. This is a **mixed volleyball tournament**.

At least two (2) women must always be on court during play.

3.4. At no time may a team:

- play with fewer than 2 women on court,
- continue a match if this requirement cannot be met.

Failure to comply with this rule results in **immediate disqualification from the match**.

4. The court, net and ball

4.1. The court is rectangular, **18 m long and 9 m wide**, divided into two equal halves by the net.

4.2. The net height for **mixed volleyball** is fixed at **2.35 metres**.

4.3. A free zone of at least **3 metres** must surround the court.

4.4. The official volleyball must have:

- a circumference of **65–67 cm**
- a weight of **260–280 grams**

5. Rotation and service

5.1. Each team must rotate **clockwise** when gaining the right to serve.

5.2. The player in the back-right position serves.

5.3. The server has **8 seconds** after the referee's whistle to execute the service.

5.4. The serve may be executed from above or below and must send the ball directly into the opponent's court.

6. Ball contacts and touches

6.1. Each team is allowed a maximum of **three (3) contacts** to return the ball to the opponent's court.

6.2. A block touch **does not count** as one of the three contacts.

6.3. A player may not touch the ball **twice consecutively**, except:

- after a block action.

6.4. The ball may be touched with **any part of the body**, provided the contact is **clean and momentary** (no carrying or throwing).

7. The net

7.1. The ball may touch the net during play and service and remain in play.

7.2. Players may not:

- touch the net during active play in a way that interferes with the game,
- cross the centre line in a manner that affects the opponent.

8. Attacks and blocks

8.1. Front-row players may complete attacking actions from any position.

8.2. Back-row players may attack only if the take-off occurs **behind the attack line**.

8.3. Blocking is permitted only for front-row players.

8.4. Any block or attack that interferes illegally with the opponent's play is considered a fault.

9. Faults and errors

A fault is committed, among others, when:

- a team exceeds the three allowed contacts,
- a player commits a double contact or carries the ball,
- the ball lands outside the opponent's court,
- a player touches the net improperly,
- rotation or service order is incorrect.

Each fault results in:

- **one point** for the opponent,
- **service** to the opponent.

10. Referees and match control

10.1. All matches are officiated by **designated referees**.

10.2. Referees are responsible for:

- applying the rules,
- controlling rotations and substitutions,
- managing discipline.

10.3. Referees' decisions on matters of fact are **final and not subject to appeal**.

11. Discipline and sanctions

11.1. Unsporting behaviour, protests or disrespect toward officials, opponents or organisers are not tolerated.

11.2. Referees may apply:

- verbal warnings,
- loss of rally/point sanctions,
- expulsion or disqualification in case of serious misconduct.

12. Fair play and responsibility

PENNY VOLLEY CHAMPIONS LEAGUE is based on:

- respect,
- fairness,
- team spirit,
- responsibility.

All players represent PENNY and are expected to behave accordingly both on and off the court.



Final note

For any situation not explicitly covered by these rules, **the referee's interpretation and the tournament organisation's decisions shall prevail.**