

## **INDOOR BEACH VOLLEYBALL – Mixed**

**Warm up prior to participation and warm down upon conclusion.**

**Keep hydrated during play.**

- 1 Teams consist of six players with at least 2 females on the court at all times  
**(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 The serve must be clean and not touch any nets (roof, wall or game).
- 3 On receipt of the serve, the receiving team must touch the ball at least two times and no more than three times before returning the ball to the other team. ie. No spiking the serve.
- 4 When returning the ball over the centre net to the opposition, the ball can touch the side net but not the roof net. The ball can be played off the roof net at other times.
- 5 No player can touch the cross-court net at any time.
- 6 All other rules are as for Volleyball.
- 7 First serve by team listed first in fixtures
- 8 No injury time is given.
- 9 In the event of a tie in a final 5 minutes extra time is played

### **Equipment**

SportsFest Supply all Gear

Competitors to have own personal safety equipment