**Pilot Sport:**

**Volleyball**

**Equipment**

* Team uniforms
* Volleyball
  + A light weight, leather, modified ball can be used
* Volleyball net
  + Height of the Net:
    - Male and Mixed Gender competition: 2.43 meters (7 ft, 11 5/8 in)
    - Female competition: 2.24 meters (7 ft, 4 1/8 in)
* Indoor running shoes are required for play.

**The Game**

* **Games are 6 on 6.**
* The game is played on an indoor volleyball court.
* Games are **20 minutes long**, broken into two 10-minute halves:
  + Includes a 1-minute halftime and a **running clock.**
* Each team may use one, 1-minute timeout per game.
* A minimum of **6 players is required to play and teams can have a max of 10 players**.
* There will be no overtime.
* Tie breakers are based on the following in succession game points (wins, ties), lowest points against and random computerized draw.

**Competition**

**Objective: to score more points than your opponents.**

**Play**

* The match begins with a coin toss for possession of the ball.
* The ball may be hit with any part of the body.
* A team shall not play the ball more than three times before it crosses the net. (A touch on a block does not count as one of the three hits).
* Touching any part of the net while playing the ball is a fault. Crossing completely over the center line with any part of the body except the feet will not constitute a violation unless there is interference. It is a fault to cross completely over the center line with the foot or feet.
* Any ball hitting the ceiling will be considered playable by the team causing such contact, unless the ball crosses the plane of the net or contacts the ceiling after the team’s third contact.
* Any ball hitting the side or back walls is considered “out”.
* Any ball landing on the line is considered “in”.
* (A forearm pass is highly recommended in order to return a hard hit serve legally.)

**Scoring**

* **1 point shall be awarded if:**
  + The ball hits the floor of the opposite team within the court lines
  + The ball is hit more than 3 times
  + A serve goes out of bounds
* The team that reaches 21 points first, or the team with the most points at the end of the 20-minute match wins the game.

**Penalties**

* For minor misconduct, a verbal warning followed by a yellow card may be given.
  + If given, the yellow card applies to the entire team for the match.
* After a yellow card warning, sanctions red card shown together, which results in expulsion from the set, or a yellow and red card shown separately, which results in disqualification from the match.