



# RULES & REGULATIONS

## VOLLEYBALL

1. A match is played over 1 set.
2. The set is played to 21 points. If a final set is required, it is played to 15.
3. Each set must be won by 2 clear points, with no upper points limit.
4. Six players per side and three hits allowed per side (excluding blocks).
5. Maximum of 4 Substitutes are allowed, and there is no limit to the number of times you can use a substitute (but you must inform the umpire when carrying out a substitute).
6. Rally scoring – both the serving and defending teams can win any point.
7. The following serve goes to the winner of each point.
8. The format will be straight knock-outs.
9. The National Sehat-e-Jismani Team reserves the right to amend any of the above rules and regulations as it deems fit.



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