

Metro Leagues Spike Ball

Match Format

- Each team plays **three mini-matches**, each to **15 points (win by 2)**.
 - **Rally scoring**: Either team can score on any rally.
 - **Switch sides** at 8 points.
 - Teams rotate to a new opponent after each mini-match.
 - Total match time is **45 minutes**, including transitions between games.
 - If time runs short, matches may be shortened at the discretion of the Gameday Coordinator.
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Serving Rules

- Use **rock-paper-scissors** to decide first serve.
 - The **receiving team sets first**, then the server lines up directly across from the receiver.
 - **Only the designated receiver** may return the serve.
 - Serves must be:
 - **Tossed from hand** (not hit out of hand).
 - Hit with **one hand only**.
 - **Below the receiver's raised hand**.
 - Hit from **behind the 6-foot service line** (feet may lean over but not cross until contact).
 - Servers get **1 retry** per faulted toss or "let" (e.g. too high, pocket).
 - Serves can be hit hard or soft — drop shots are allowed.
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Serving Rotation

- Players rotate serving order after **every point won by the receiving team**.
 - When a team **wins a point on serve**, the server **switches spots with their partner**.
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Gameplay & Hits

- Teams get **up to 3 alternating hits** to return the ball.
 - **Teammates must alternate hits** — no player can hit twice in a row.
 - Use **any body part**, but hits must be clean (no lifts, catches, or double contacts).
 - The ball must:
 - **Bounce cleanly off the net.**
 - **Not hit the rim** at any time.
 - **Not hit the same person twice.**
 - If the ball hits the rim, or doesn't bounce cleanly, the other team scores a point.
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Hinders & Interference

- **Defenders must give space** for the offensive team to play the ball.
 - If a defender blocks a play, the offense can call **“hinder”** and replay the point.
 - If the ball hits a defender or their teammate **accidentally** during a rally, it's a **hinder** (replay the point) **only if the offense had a play on the ball**.
 - If a defender intentionally plays the ball out of turn, or hits it when it's not theirs to play, they **lose the point**.
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Equipment & Setup

- Contact with the Spikeball set that **moves it or changes the ball's path** results in **loss of point**.

- If contact doesn't affect play, the point continues.
- Teams are encouraged to **bring their own Spikeball sets** if possible. A limited number will be provided.

