



“Recreational Non-Lethal Rules”

- **Administration:**

Any situations that not covered within the rules; the TRW STAFF will make ALL FINAL DECISIONS if any such situations arise with any TRW events.

- **Players:**

All players must be 55 or older No Exceptions!!!

A game will consist of 6 players on each team.

A team can play with 5 players. Must have at least two women.

When playing with 6 players teams must be even with both women/men or more women.

- **Rosters:**

Rosters are frozen after a team's 1st game of the Tournament.

A player can only play for one team.

Rosters will consist of a maximum of 10 players on the team.

- **Scoring:**

“Rally Scoring” means a team can receive a point whether they are serving or not.

The 1st team to score 11 points will be declared as the winner, no win by 2 points.

- **Timing:**

All games will be 8 minutes; the team with the most points when time expires will be declared the winners.

If both teams are tied after 8 minutes the game will be a “Sudden Death” format, the first team to score will be declared the winner. There will be a coin toss to determine who serves for the sudden death game. The sudden death is an extension of that game and there is no subs and players will stay in their same positions (chairs) when the time expired.

A five (5) minute grace period will be given before a team's game time. Once grace period expires the game is a forfeit.

One time out per “Set” of games.

A “Set” will consist of three (3) games. The best of three games, 2 wins will declare the winners.

- **Serving:**

The first serves will be determined by a coin toss on the 1st and 3rd games of a set.

Servers must wait for the Referee to blow the whistle to serve. If server fails to do so a point and the ball will go to the opposing team.

When the ball touches or hits the net but goes over to the opponent side on a serve it is a valid serve.

When the ball fails to go over the net to the opposing team side of the net it will result in a point for the opposing team.

- **Boundaries:**

If the ball touches on any line it is inbounds if it falls outside of any line it is out of bounds.

If the ball touches any part of the net supports or poles it's out of bounds. If the ball goes under the net it is out of bounds.

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- **Hits:**

Teams will have 3 hits to get the ball over to their opponent's side if not a point is awarded to their opponent.

A player cannot hit the ball two consecutive times in a row without another teammate hitting the ball in between hits if so a point is awarded to their opponent.

The "Chair" is an extension of a player's body. If the ball hits a player's chair it counts as a hit by the player. All rules pertaining to hits by a player also pertains for the chair as well.

*For example: if a player hits the ball and it hits their chair right afterwards with no other player hitting it that is considered a double hit. If it hits a player's chair it is counted toward the number of hits to get the ball over to their opponents.

Your Chair must be facing the net or have a slight angle towards the net; your chair cannot be sideways or your back to the net. Your chair is an extension of your body; which means if you hit the ball with any part of your body and the ball hits or bounces off your chair it will be ruled as a double hit on that player. Players cannot lift their butts out of the chair, move the chair with their body, hand(s), lift legs off the floor; one leg lifted is allowed, but if **"BOTH"** feet are completely off the floor; or leaning back in chair while during game play; a point is awarded to their opponent.

Player cannot hit the ball in a downward motion with force whether in the back row or front row it is a "Spike" and spikes are not allowed in "Non-Lethal" play.

No kicking the ball.

Thank you, TRW SPORTS TEAM

