

The game of Soccer Tennis is a variation of tennis and volleyball using a soccer ball. There can be many different ways to play the game depending on number of participants, playing space, equipment, etc.. Below are the general rules we will be using at Teamworks.

PARTICIPANTS

Teamworks leagues will primarily play with 3 participants per side. However, the game can be played with anywhere from 1-6 participants.

EQUIPMENT

A soccer ball, a net (or other barrier approximately 2'-3' high), and cones or lines to mark the playing surface.

PLAYING SURFACE

The game can be played on a hard surface, turf, or grass. Teamworks leagues will play on courts approximately the same size as a pickleball court (44'x20'). However, the game can also be played on a larger playing surface with more players, like regular size tennis court.

OBJECTIVE

The objective of the game is to reach 21 points or have the most points after the 10-minute time period.

GAMEPLAY

- Each team will occupy one side of the court
- The game will begin with one team serving to the other team. To serve, the team will dropkick the ball over the net to the opposing team.
- On the serve, the ball must bounce on the other side once before the opposing team can touch the ball (no spiking off of the serve). The opposing team will then have up to (3) touches to return the ball back over the net.
- After the initial serve and return, the teams can have up to (3) three touches and (1) one bounce before returning the ball over the net to keep the rally going. The bounce can come at any point. So it could bounce before the 3 touches, or there could be a touch or two before the bounce. It just can't bounce more than once.
- The ball may hit the net after the initial serve and can continue to be played as long as it does not hit out of bounds after hitting the net. If the ball hits the net and bounces back to the same team, it will be handled similar to a bounce on the ground (if the bounce wasn't already used, they can continue to play the ball).
- Players do not need to alternate touches like volleyball. One player can have all three touches, if they choose.
- Touches can be made with any part of the body except for arms and hands.
- The team that wins the point during the rally, will serve to start the next rally.

SCORING

- We will use rally scoring, where each rally will result in a point for one of the teams. Points can be earned the following ways:
 - The opposing team kicks the ball out of bounds
 - The ball bounces more than once on the opposing team's side
 - The opposing team illegally touches the ball
 - The opposing team touches the ball more than 3 times
 - The opposing team hits the net when serving
- The team that reaches 21 points first, or has the most points after 10 minutes, wins.
- Teams must win by two points, unless they reach the 10-minute mark.