



## INDOOR VOLLEYBALL RULES

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*All players must show their Blugold ID Card before every game to participate.*

- A. PLAYER ATTIRE
  - a. Jewelry is not allowed. All jewelry must be removed before playing – no exceptions.
- B. THE GAME
  - a. Each team will consist of six (6) players with a maximum of twelve (12) players on the roster
  - b. Each team must have a minimum of four (4) players on the court to play. Teams having less than four (4) players are subject to forfeiture of the game.
  - c. Each team shall designate a captain. The captain will act as the spokesperson for the team and help make necessary decisions. Only the captain should talk to officials.
  - d. Teams may have a maximum of two (2) club volleyball players on their roster.
- C. CLOCK
  - a. A match will consist of 2 out of 3 games.
- D. TIMEOUTS
  - a. A single, 1-minute time out is allowed for each team during each game.
- E. SUBSTITUTIONS
  - a. Teams must follow a proper service order
  - b. Substitutions will be allowed on all dead balls
  - c. Players may only substitute from the same position throughout the entire game
    - i. Each player must play a full rotation around the court
  - d. If a player becomes injured, they have two minutes to resume play or leave the court
  - e. Cannot sub back in if subbed out for injury that is out of rotation
- F. SCORING
  - a. A game is won by the team who scores 21 points. The winning team must have an advantage of at least two (2) points. Games will end when one team reaches 23 points. The third game is scored to 15 and the game will end when one team reaches 17.
  - b. Each game is scored according to rally scoring. With rally scoring there is a point awarded to the winning team after each volley.
- G. PLAYER CONDUCT
  - a. Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.
  - b. Team conduct will be registered, by the officials, following the game, on a 0 to 6 scale.
  - c. Teams need a minimum of four (4) for a sportsmanship rating to qualify for playoffs.
- H. POSSESSION
  - a. Teams shall change sides of the court at the end of the first and second game, and after one team has scored eight (8) points in the third game.
- I. TEAM BOX
  - a. Only players and one (1) coach may be on the sideline.
  - b. All other fans and spectators must remain in the spectator viewing areas designated by the Competitive Sports staff.
    - i. Any player, coach, or fan that interferes with the play of the game is subject to removal from the playing area.
- J. DEFINITION OF PLAYING TERMS
  - a. The ball must be clearly hit. Contact with the ball must be brief and instantaneous. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting,

- pushing, or carrying the ball shall be a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.
- b. The ball may be legally played with any part of the body.
  - c. If there is simultaneous contact of the ball with two or more parts of the body, it is considered as one hit.
  - d. A player shall not play the ball twice in succession except:
    - i. A block
    - ii. If 2 or more players of the same team, contact the ball simultaneously (at the same time) it is considered one volley and either of the same players may participate in the next play.
  - e. The ball may be volleyed only three (3) times before being sent over the net.
  - f. A back line player cannot spike the ball in front of the attack line. If they are in front of the line, they must contact the ball below the level of the top of the net.
  - g. The outside boundary line is considered part of the playing court. Balls striking lines are considered in the court.
  - h. A ball is considered out of bounds when it touches any surface or object outside of the marked boundary of the court. This applies to the net support side of the marked boundary of the court and to the net support posts. A ball other than the serve may strike one or more times on the ceiling and/or fixtures or obstructions which intrude upon the height of the court or that of the surrounding play area and may still be in play by the offending team according to the rules as though the ball had not touched such obstructions. However, no such rebounding ball may legally strike above the opponent's side of the net, nor may it legally fall to the opponent's court. In touching the obstructions, should a ball come to rest or be wedged, the referee shall declare the ball dead.
    - i. A player may go outside of the court and legally play a ball.
    - ii. A ball caught or contacted by a player before it hits out-of-bounds is not judged as being out-of-bounds.
    - iii. A player shall not touch the net or any supports while the ball is in play. If the ball strikes the net, pushing the net in contact with a player and their own movement did not cause the contact, there is no penalty.
    - iv. In returning the ball, a player may follow through over the net, providing their first contacts the ball on their own side of the net. Player(s) in the act of blocking may reach across the net but may not contact the ball until the opponent has hit the ball to return it. (May not reach across to block a serve or a set)
    - v. When only part of the ball crosses the net and is then contacted by an opponent, it is considered as having crossed the net. Any ball blocked across the net may be considered to have legally crossed the net.
    - vi. Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the center line.
    - vii. A ball that hits the net is a live ball and may be played.
    - viii. When there is a double violation with both teams at fault, no point is scored and serve is replayed.
    - ix. Contacting the ball in the act of blocking does not count as one of the three hits permitted a team. The team is permitted three hits following the block, and the individual(s) making the block may also make the first hit.

#### K. SERVING

- i. The team not serving first in a game of a match shall serve first in the next game of the match.
- ii. The serve shall not be made until the opponents have had sufficient time after a play to return to their playing position. The official shall call such a serve back.
- iii. A player cannot serve out of turn and points made on their serve are cancelled and it is "side out".
- iv. The server may serve anywhere along the back line between the sidelines. The server's body may be over the line in the air, but he/she shall not touch the line or the area beyond the line before contact is made with the ball. There is called a foot fault and will result in a loss of serve.
- v. A legal serve must pass over the net into the opponent's playing area and shall not touch teammates of the server, server's playing court, or other objects.
- vi. A serve is legal when it touches the net if it goes over.
- vii. A reserve serve (drop service) is only allowed once per rotation to service position.

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