



INDOOR VOLLEYBALL

Cheat Sheet

Get your spandex ready, cause this week you will be playing some indoor volleyball!

ROSTERS

FORMAT/ROSTER

- Teams will be playing 6 vs. 6 best of 3 format and will need a **minimum of 2 females** on the court at all times.
- **Default Minimum**
 - To prevent a default, you will need a **minimum of 4 players in attendance, 1 of which must be female.**

GAME PLAY

EQUIPMENT

- **Players need clean non-marking indoor shoes.**
- The gym will be ready to go when you arrive, and the GC will have the game balls.
 - *Players can wear knee pads, though they are not required.*

SCORING

- All games use a rally-point scoring system
 - Game 1 – first team to 25 points (do not have to win by 2 points)
 - Game 2 – first team to 25 points (do not have to win by 2 points)
 - Game 3 (*if required*) – first team to 15 points (do not have to win by 2 points)
 - **Game 3 is only played as a tiebreaker, if the score is tied after the first 2 games.**
- A total of 5 combined points must be played in a game for the result to count
 - The score will stand as-is, unless the combined score in the current game has not reached a total of 5 points, in which case the game will not count

SOME RULES YOU SHOULD KNOW. . .

1. There is a maximum of 5 consecutive service points per server
2. A maximum of three touches or hit per side is allowed (excluding any blocks)
3. Jump serving is **not** allowed
4. No back row attacks
5. Liberos are **not** allowed
6. There is no hard hitting/spiking permitted

*Click [HERE](#) to view the full Indoor Volleyball rulebook for further details on how to play.