



# INDOOR VOLLEYBALL *Cheat Sheet*

## ROSTERS

- On the court there are 6 players with a minimum of 2 females.
- The minimum amount of players required in order to not default is: 4 total players including at least 1 female.
- If you only have 1 female player, the maximum number of male players allowed on the court is 3.

## GAME PLAY

- Indoor Volleyball format is best-of-5-games format and is recorded in the standings as the amount of sets won for each team.
  - Games 1-4 are rally-point scoring to 25 points, the first team to 25 wins.
  - The fifth game, if required, is rally-point scoring to 15 points, the first team to 15 wins.
  - A total of 5 points must be played in the tie breaking game for the result to count. Otherwise the match will be considered a tie.
  - Teams do not have to win by two points in SSC Volleyball.
- Teams have a maximum of 3 touches to get the ball over the net.
- No member of a team can play the ball twice in a row.
- Players are to call balls in or out of bounds. If there is a dispute, resume play with a re-serve.
- Servers must serve from behind the end line and is only allowed one toss or release of the ball per serve.
- If a serve touches the net on the way over, the ball is in play.
- Players cannot block or spike a serve.
- A double hit off of the serve is allowed.
- Players can contact the ball with any part of their body.
- Players are permitted to penetrate into the opponent's space under the net, as long as they do not interfere with the opponent's play; this includes feet, but part of the foot needs to be in contact with the centre line.
- A player cannot have their hands reach over the net and interfere with their opponents' attack (e.g. if a setter is trying to set his player, the opponent can't reach over the net and block that set).
- Players are expected to call their own violations and fouls, whenever possible.

## PENALTIES AND VIOLATIONS

- A player is allowed to touch the net as long as it does not interfere with the play. See full rule book for a full explanation of interference.
- Players should always be in control of their hits. There is no hard hitting/spiking permitted.
- One server may only serve the ball **5** times consecutively. After 5 serves, the team rotates to a new server, maintaining serving possession.
- No jump serves.
- Players in the back row cannot jump to spike the ball.
- Liberos are not permitted.