



INDOOR VOLLEYBALL

Format & Key Rules

Rules & Format	Details
Roster	<ul style="list-style-type: none">• 6 players on the court, minimum 2 females• Minimum to not defaulting: 4 players, at least 1 female
Format & Timing	<ul style="list-style-type: none">• Best of 5 format• Games 1-4 are rally-point scoring to 25, first to 25 wins• Game 5, if required, is to 15 points. First to 15 wins• In all games, teams do not need to win by 2, first to 25/15 wins• A minimum of 5 total points of a tie-breaking game must be played for the game to count
Game start & Subbing	<ul style="list-style-type: none">• One team will start with the serve- winner of rock, paper, scissors• Subs should be made when your team gains the serve after a rally has ended It's easiest to sub into/out of the same position each time
Playing Area	<ul style="list-style-type: none">• <i>Show the teams which lines are the court lines</i>• A ball that touches the line is called "in"• A player may enter the space under the opponents net as long as there is no interference with the play, the same goes for touching the net
Playing the Ball	<ul style="list-style-type: none">• A team has 3 hits to get the ball over the net• No player can hit the ball twice consecutively• Players cannot play the ball by catching, lifting or throwing, this is called a carry. Players should only touch the ball momentarily
Spikes	<ul style="list-style-type: none">• No hard hitting is permitted, players should be in control of their spiking/hitting• No back row attacks, a player cannot jump in the back row to spike the ball
Serving	<ul style="list-style-type: none">• No Jump serves• Servers must serve from behind the end line and are only allowed one toss/release of the ball per serve• Ball is in play if the serve touches the net• A server may only serve for 5 consecutive points. After 5 points, the team rotates to a new server, maintaining serving possession