



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-3-games format.
 - The first two games are rally-point scoring to 25 points, the first team to 25 wins.
 - The third game 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.
- Ties are allowed in regular season. If time runs out before the third game is played and both teams have each won a game, the match will be considered a tie. If teams are tied in the third game and time is called, the match will be considered a tie.
- Nets should be set to the highest setting unless otherwise stated in the EC gym notes.
- 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).
- A player is allowed to touch the net as long as it does not interfere with the play.

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.
- Recreational and Intermediate Division Specific Rules
 - There is no hard hitting/spiking permitted (Recreational Division only).
 - One server may serve the ball only 5 times consecutively. Then the team rotates to a new server.
 - No jump serves.
 - Players in the back row cannot jump to spike the ball.
 - Liberos are not permitted in these divisions.