



Indoor Volleyball Rules

Teams

- All players must sign a waiver
- Each team consists of no more than 6 players on the court at one time.
- There must be at least 2 female players and 2 male players on the court at all times. If only 1 female or male is present, then the team will play down players with 4 men/women and 1 woman/man. Exception: Teams with less than 4 players can still play an official game but only with the opposing teams consent. All teams consenting to play an official game with less than 4 players on one side waive their right to a forfeit win.
- Teams late by 10 minutes will lose in forfeiture. (Ref's discretion on timing)
- Teams will have a max of one hour to play best 2 out of 3 games. First to 21 wins. Must win by 2 (max at 25). All games will play using All-Rally Scoring Rules.
- Substitutions may occur only when in possession of the ball. Rotate 1 person in per serve if desired.
- Must alternate service after change in possession.
- Attire: Shoes are required as well as SBS Team shirts.
- No food or drink inside of the gym.

Game Play

- “odd/even” or coin toss winner will have one of two options, choose to serve first OR choose which side they would like to start from. Teams alternate sides after a game.
- A legal serve is one that crosses the net and is either touched by an opposing player or lands within the opposing team's area of the court within the boundary lines. A serve may make contact with the net.
- The server may not step over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is infinite.
- A defensive block does not count as one of the allowable contacts.
- The serve may not be blocked or spiked.
- No catching or carrying.
- Maximum of three contacts with the ball per side. No one person may make consecutive contacts.
- The ball can contact any number of body parts down to, and including the foot.
- Points are rally scored.
- Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net. Spikers may follow

through over the net after legal contact.

- USA Volleyball Rules apply for any unmentioned rules.
- All rules are subject to the referee's discretion. Please play with respect and remember; it's all about the fun.