

# Indoor Volleyball

## **Forfeits:**

Teams are required to have a minimum of 4 players to avoid a forfeit. If a team does not meet the requirement, they will forfeit the game. The opponent can still provide players to still play a game if they wish to do so.

## **Roster and Subs:**

A team can have a maximum of 10 players on a team. All games are played 6 on 6. There are no playoffs, so subs are allowed throughout the season. However, they **MUST** complete the liability waiver before playing. This is the captain's responsibility to ensure a signed copy is received back to Bulldogs Adult Sports Elmira prior to playing.

## **Game Structure:**

- Players must be 18 years or older.
- This is a co-ed league, minimum of 2 girls and 2 males on the floor. Failure to do so will result in a forfeit.
- Team captains can waive the minimum requirements if both teams agree to it. If both teams agree to waiving the min gender requirements the game will count.
- Team captains' responsibility is to ensure everyone know the rules. This is an adult sports league focused on having fun and staying active.
- Teams are expected to keep track of their own score. Scoreboards will be provided if they are preferred.
- You will play your matches against the same team that night. You should get 3-4 games in.
- Play time 55 minutes.
- If the time expires before the time is up, the team with the most points is awarded the win.
- Each game is played to 25 points (must win by 2 points). 27-point cap.
- All games are self-officiated so please be honest and fair. If there is no agreement between the 2 teams on a call, there will be a re-serve and no points awarded on that play.

## **Rules:**

- A player cannot block a serve.
- You cannot lift, scoop the ball, double hit.
- A block does not count as a hit.
- Max 3 hits per side.
- If ball lands on the line, it is ruled in and fair.

- Players must rotate (back right, to back middle, back left, front left, to front middle to front right). If subs, server must exit the court on rotation, and new player comes into back middle position.
- Players may play the ball off any part of their body. However, may not kick it.
- If player touches the net or crosses the center line. If this happens, the ball is awarded to the other team and point is awarded to them.
- Net serves are allowed (ball can contact the net and go over).
- A server may serve from anywhere along the baseline).
- A max of 5 server per player. After 5 serves, switch players for serving on your team.
- If the ball hits the roof while on your side the ball is still in play and your team may continue to play it.

### **SCORING:**

Win- 2 points

Tie- 1 point

Loss- 0 points

Match Win- 2 points