

INVERNESS VOLLEYBALL RULES

1. Game times: 5:30 p.m. and 6:45 p.m. Five-minute warm-up to be completed by 5:35 and 6:50 p.m., respectively. If a team does not show up by 5:40 p.m. or 6:55 p.m. that team forfeits the 3 game match.
2. Players: In the 4-2 league, a team consists of 4 men and 2 women. A team may play with 3 men and 2 women, 2 men and 3 women, or a minimum of 4 players, 3 men and 1 woman.
3. Each team will bring a volleyball to each game.
4. Each match will consist of 3 consecutive games. All games must be played to 15 points, winning by 2 or to the time limit (when applicable). Each win will be worth one point. Games starting at 5:35 p.m. will be stopped at 6:40 p.m. and the team ahead at that time is the winner of that game. The winning team reports all scores within 24 hours or the match will be scored a tie.
5. A toss of the coin determines which team will serve first and which court each team will occupy. The choice is given to the winner of the toss. The loser receives the alternate choice. Teams change courts after each game, except in the case of wind. If conditions are windy and both Captains agree, courts will be changed after seven points. A team not serving first in the first game will serve first in the second game, and so on.
6. The right back player starts the game with a service on the serving team. This player must be outside the court and within the service area until the server contacts the ball. The ball may be hit or batted with the hand, fist, or arm and is directed over the net into the opponent's court. The server continues until his/her team loses the service or until the game is completed. When one team loses the service, its opponents will serve **after** rotating one position clockwise. **All players may be rotated in** and the new player will serve. During service, it is illegal for a team to screen the server's action from the receiving team's view in any way. It is also illegal for a team to serve out of order.
7. After the service, the ball must be clearly hit when any player volleys it. It may be contacted with any part of the body above the waist as long as a player does not play the ball twice in succession. If the ball contacts two parts of the body at the same time, this is considered to be one play. Simultaneous contact of the ball by two teammates or opponents constitutes one play, and either player may play the ball again. Each team may play the ball only three times before it crosses the net into the opponent's court. **Blocking:** A player may block over the net. A player contacting the ball on the block may make the next contact with the ball. The block shall not count as one touch of the three allowed the team. Blocker may play immediately after blocking the ball, this play counts as the first hit. A player may go outside the court to play the ball as long as he/she does not cross the imaginary extension of the centerline to play the ball.
8. When playing at the net, a player must not touch the net or its cable while the ball is in play. You may reach over the net to block the ball, but may not contact the ball until completion of

the opponent's attack. A spiker may follow through over the net after contacting the ball. The ball may be played off the net. It is legal to touch the centerline, but illegal to touch beyond it into the opponent's court. It is also legal for a player to reach under the net to play a ball which is in play on the court, but it is illegal to reach under the net to interfere with the opponents' activity.

9. A foul is an infraction of the rules or a failure to play the ball properly. The penalty for a foul is a point scored for the opponents or side-out (loss of service).
10. Examples of fouls: A. Serving out of order. B. Lifting or carrying the ball. C. A spiker contacts the ball on the opponents side of the net. D. Hits the ball out of bounds. E. The server fails to call out the score before contact of the ball. **If the server fails to call out the score and the opponents return the ball after the serve, the infraction is canceled.**
11. A point is replayed whenever: A. Any object enters the court or there is interference. B. A player serves the ball before allowing opponents adequate time to position themselves. C. A player is injured. D. A ball simultaneously hit by opponents at the net and the ball goes out of bounds. E. A double foul. F. If both captains agree that there is doubt on whether a play is legal or not.
12. These rules will only supplement the USVBA rules. All teams should buy a USVBA rule book.
13. No glass bottles are allowed in the park. Park cars in designated areas only.
14. In case of rainouts or bad weather, captains call each other and reschedule as soon as possible.
15. The eligibility rules are printed on the rosters. All players must sign the roster.