

# Recreational Services

## Men's/Women's Indoor Volleyball Rules

1. Matches will be 2 out of 3 games, rally scoring to 25 points. You must win by 2 points (28 point cap). If a third game is needed, teams will play to 15, win by two, (18 point cap)
2. The minimum number of players needed to start and finish a match is two.
3. Teams are allowed 2 timeouts per game. Each time out will be 30 seconds. Teams are allowed 2 minutes between games.
4. Teams may substitute players in the server position only.
5. The server may serve from anywhere behind the service line.
6. 3 contacts per team. Blocks do not count as one of the team's three contacts.
7. There are no lifts – the ball may not come to rest, or sit in a player's hands, or roll up their arm. Scooping, lifting, shoving, or throwing the ball shall be considered a lift.
8. One player may not contact the ball twice consecutively.
9. A ball landing on the line is in.
10. There are not back row attacks – a back row player may not contact the ball above the net from the front row. He/she may contact the ball above the net from the back row providing he/she jumped from behind the 10 foot line or blow the net from the front row.
11. A player may not make any attempt to block or attack a serve.
12. Setting a serve is legal in both competitive leagues and recreational leagues.
13. A player cannot be in the net at any time.
14. A player may step on the center line, but may not step over it.
15. Net serves are allowed. If the ball hits the net on the serve, but goes over and lands in fair territory, a point will be awarded to the serving team.
16. Only the captain may address the referee about questions involving rule interpretations. Any unsportsman-like or disrespectful conduct during the match will result in:
  - a. Yellow card (warning)
  - b. Red card (ejection) – results in a point or side out