



INDOOR VOLLEYBALL RULE BOOK

Sportsmanship

Being competitive on the field is applauded & encouraged in all of our leagues! It is also important to understand that there is a fine line between being competitive & being unsportsmanlike. All players and referees should treat one another with respect on the field & after the game. Everyone has to go to work tomorrow, so please keep safety & sportsmanship in mind out there!

Inclusivity

Every individual participating in an OverTime Sports program may compete as a member of the gender that they identify with, regardless of their gender at birth. We

expect all players to be respectful and honor the spirit of this policy. We are LGBTQIA+ friendly (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual and other sexualities and gender identities/expressions).

We have found that open communication between teams is super helpful. If there is a situation that may raise some questions from opposing teams, captains are encouraged to have a quick conversation with our umpire/official before the game to ensure everyone is on the same page. At the end of the day, inclusivity is key.

Scroll down for beach rules - keep in mind that tournaments follow most of these rules but please ask at your tournament tent for any differences!

Overview

Regular season games consist of three games played to 21 with a cap at 27. Each game counts separately in the standings, so all three games will be played regardless of the outcome of the first two. Rally scoring is used, meaning that a point is awarded after each rally. All matches have an allotted amount of time of one hour to play all three games. Warm-up time is included within this hour, so be sure to warm up as much as possible before the actual start time. If, prior to the third game, the official decides that time won't allow for a complete third game, the official may inform the teams that the game will be played to 15. Playoff games are played best two out of three games to 25 without a cap.

Beginning of the Game

The captains compete in paper rock scissor to determine who chooses first. The winning team can choose to serve, receive, or pick a side to play on. The losing team then picks the remaining choice. Prior to the second game, teams will switch sides and the serving team from game one will receive and vice versa. Prior to the third game, teams will switch sides again returning to the original serving team. For time saving purposes, no coin flip will be conducted before the third game.

Team Size

Coed 6's – Each team consists of six players on the court at a time, with a maximum of three males on the court at a time. A team may play with a minimum of four players and a minimum of two females. If a team has fewer than these minimums, the game will be forfeited.

General Rules

Each team consists of no more than 6 players on the court at one time (maximum of 3 males).

~Teams will have an allotted amount of time to play 1 match (3 games – NOT Best of 3, 1 hour

max). ~All games will play using All-Rally Scoring Rules. There are no sideouts and matches

consist of 3 games to 21. Team must win by 2 and there is a cap at 27 points.

- Whenever OverTime Sports rules don't address an issue, USA Volleyball rules will be used as a default set of rules. Click [here](#) for USA Volleyball Rulebook.
- Each team has one timeout per game that they may choose to use (thirty seconds in length).
- A GIRL MUST HIT THE BALL AT LEAST ONCE DURING THE ALLOTTED THREE HITS, MEANING YOU CAN NOT HAVE THREE GUYS HIT THE BALL, A GIRL MUST HIT IT AT LEAST ONCE IF YOU CHOOSE TO USE THE ALLOTTED THREE HIT.
- Let serves (serves that contact the net and then cross to the receiving side) count as legal serves
- A double contact by the same player while making one attempt to play the ball is allowed on the first contact on a side. This applies each time the ball crosses the net to the other side.
- There are no male/female attacking rules in coed leagues
- A block does not count as one of a team's three contacts.
- A player may not block a serve or attack a serve above the plane of the net.
- No player may touch the net during a play, unless the ball or an opposing player causes the contact with the net. Player contact with the net in a manner not directly relating to or affecting the course of play is NOT a violation.
- Players may reach over the net to block any attack or attempt to play the ball over the net. Other contacts can be played only once they cross into the plane of the net.
- If games are being played on adjacent courts, players may not cross into another court. If a player crosses into an adjacent court either before, during, or after playing a ball, he or she will be called out of bounds with the point awarded to the other team. The player that hits the ball and it goes into the adjacent court will be considered out of play.
- Subbing is allowed in between points. All subs must be made in a consistent manner throughout a game. Traditional subbing rules will not be followed, as long as the team does not gain an unfair advantage from a type of substitution.

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- Specific Rules

Coed 6's – Players must rotate clockwise through each rotation. Open hand tipping is allowed. There are no restrictions on the direction you must face when setting the ball over the net.