



## **INDOOR VOLLEYBALL PLAYING RULES**

The following rules are derived from USA Volleyball. Certain rules below have been modified by GO Sports Unlimited.

### **GAME/MATCH**

1. Each match consists of three (3) games of rally scoring to 21. First team to 21 wins (Not win by 2.)
2. Game time is forfeit time. A 5 min grace period may be applied if the opposing captain agrees.
3. There are (2) timeouts per game. Timeouts are 30 seconds or less.

### **ROSTERS, PLAYERS & SUBSTITUTIONS**

1. Coed 6's – Team Rosters must have a minimum of (2) females. Teams will consist of 6 players on the court at one time.
2. Teams must have a minimum of (4) players on the court for the entire game to avoid a forfeit. No more than (4) males on the court at any time (1 Female always required.)
3. There are no female touch rules.
4. Teams may substitute only during their side-out. Any substitute entering the game will be for the server only.
5. Any subs must be agreed upon by the opposing captain and must be GO Sports Unlimited members that have signed the waiver prior to participation.
6. **PLAYOFFS:** Only players listed on the official team roster will be eligible for end of season tournament play. All roster protests must be made prior to the beginning of the playoff match.

### **GAME PLAY**

1. Under the net violations will not be called unless a player interferes with an opponent's ability to play the ball.
2. Any contact with the net by a player that is not due to the ball hitting the net is considered a fault.
3. All faults such as lifts and hands will be called the same regardless of the level of play. Service foot faults will be called in all levels.
4. Any service that hits the net and continues over will not be considered a fault and will be live.
5. A team must maintain the same serving order in each game.
6. Blocking of serves is not allowed. Legal blocks do not count as contact towards the (3) hit limit.
7. Teams must have (3) players on the front row and (3) players on the back row for each play.
8. If playing with less than (6) players, teams may still have (3) front row players.
9. Back Row players may not attack at the net or attempt to block at the net.
10. Servers are considered back row players during each play.

### **GENERAL**

1. Players must register on-line and sign a waiver prior to playing each season.
2. No Jewelry is allowed during games.
3. GO Sports Unlimited reserves the right to amend any and all of these rules, if necessary, for safe and fair play.
4. Absolutely **NO ALCOHOL ALLOWED**. This includes the parking lot.
5. No pets are allowed.