



INDOOR VOLLEYBALL RULES

SPIRIT OF THE GAME
COMPETITIVE PLAY IS IMPORTANT, BUT NEVER AT THE EXPENSE OF
FOLLOWING THE RULES, RESPECTING OTHER PLAYERS, RESPECTING THE
BAR/FACILITY, AND HAVING FUN!

I. General Rules

- A. **SCHEDULE:** All Games are to be played at the same time, date, and place specified on the schedule.
- B. **ROSTER:** Each team can have as many players as they choose.
- C. **FORFEITS:** Game time is FORFEIT Time. We encourage all players to arrive at the field 10 minutes before the game starts.

At the discretion of the League Ambassador, they may add a 10 minute grace period from the game time in order to avoid a forfeit, but the game clock will start on game time.

i. Minimum to start the game varies on format size:

Format	Minimum # of Players to Start official game (# of Females to avoid a forfeit)	Maximum number of males on the court
6 v 6 CO-ED	4 (1 Female)	4
6 v 6 OPEN	4	No gender requirement
6 v 6 WOMENS	4	N/A

- ii. Forfeits will be scored as a 3 – 0 (sets) final match score
- iii. Teams forfeiting more than two league games will not be eligible for the playoffs. Teams forfeiting three or more games will be removed from the schedule. Refunds are not distributed in these instances.
- iv. If you are aware of any dates that will not work for your team, please let your team captain know to put in a schedule request before the start of the season.



Team captains can put a schedule request with additional payments through the website

- D. **NO SHOW OFFICIALS:** Teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). Games will not be rescheduled. Game will count as an official game. ASSC Staff may make an exception within reason.

E. **ROSTER CHECKS:**

Roster checks will be conducted before the start of each playoff game. Roster checks may be done randomly during the regular season, at the League Ambassador's discretion.

- F. **RAIN OUTS:** Check ASSC's website or call **678-866-1207** for possible rainouts. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **ASSC reserves the right to shorten the season or move games to other than normal league nights due to excessive cancellations.** [Review the weather policy here.](#)

- G. **SPORTSMANSHIP:** Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of an ASSC staff member.

- i. If a player creates unsafe playing conditions where the game cannot be continued, the violating team will be disqualified from the game and it will count as an automatic forfeit.

1. **PLEASE KEEP IN MIND THAT THIS IS A SOCIAL LEAGUE INTENDED FOR FUN!**

II. **Equipment**

Games will be played with Indoor Volleyballs

III. **Format**

A. **COURT**

The court size for 6's Indoor volleyball is 60 ft long x 30 ft wide.

B. **SCORING:**

- The scoring format will be to best two (2) out of three (3) games to 21 or 15.
 - Third game will be played to 15 if there are less than 20 minutes left before the next game starts. The league ambassador/ref may determine if the third game has enough time to go to 21 if they choose.
- RALLY scoring format.
 - You must win by 2 points; however, the score is capped at 25
- If a team wins both first and second game, both teams have the option to play the third game as it will count toward your standings.



- However, either teams can choose to forgo/not play the third game or play an unofficial games
 - This MUST be stated before the start of the game

C. MERCY:

There are no Mercy Rules in Volleyball

D. GAME PLAY TIME AND HALFTIME

Games are played by number of points, not by time. There will be a minimum of 3 minutes rest before each game

E. TIMEOUTS

Each team will get one (1) timeout per game. They will not carry over the next game if they do not use the timeout.

IV. Gameplay

- **Team captains will play rock, paper, scissors. The winner can choose to serve first or the side of the court they prefer.**
- **SERVICE**
 - The first service possession will be decided at the pre-game captain's meeting.
 - The first service in the SECOND SET will go to the opposing team
 - The first service in the THIRD SET will be decided before the start of the third set.
 - All serves must come from behind the service line. The server may not make contact with the service line until after the ball has been served.
 - Teams must maintain the same serving order throughout until the conclusion of a set.
 - Teams can adjust the serving order prior to the start of the next set.
 - **Serves that hit the net and go over to the opponent's side will be "live" and are legal serves.**
- **ROTATION**
 - Team members must rotate positions on the court
 - In Co-Ed Leagues, 2 females must be on court at all times
 - No Hitting or positional rules are applied, they just need to be on the court playing, Substitutes do not count, they must be in the field of play as part of the 6/active players.
 - The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set



- Teams can line up and serve in any gender order.
- It is not necessary to alternate genders
- Teams composed of less than 6 players are still required to maintain a rotation order.
 - If a team elects to start a match with 5 players, 3 of the players are allowed to position themselves as front row players.
 - If a team elects to start a match with 4 players, 3 of the players are allowed to position themselves as front row players.
- The server must position himself/herself as a back row player.
- If teams have more than 6 players, all players in the side-out rotation spot must come in per every rotation if they are playing that game
 - There are no designated sub-out players in this league.
 - **The league does not allow the use of the LIBERO position.**
 - **Only exception to this rule is if teams need to comply with Co-Ed rules to keep 2 women on the court.**
 - The official and the team captains can discuss changing this rule before the game if all involved parties agree including all players on both teams and the official.

● SUBSTITUTIONS

- Teams can only substitute players if:
 - An official allows substitutions for a player due to injury
 - Teams can use a timeout to indicate a substitution for any player
 - Both teams can substitute out a player during the timeout but may not change the rotational order or position
 - They receive possession/serve and they are in the side-out rotation spot
 - Side-out substitutions MUST enter the match into the serving position.

● CONTACTING THE BALL

- Each team is allowed a maximum of 3 contacts of the ball in order to return the ball over the net.
- A ball that is blocked at the net, but still comes over the net can still be contacted 3 times. (the block does not count as a contact)
- Only the front row players are eligible to attack the ball at the net. If less than 6 people on the court, the team must designate the front row players.
- Back row players are NOT ALLOWED to jump and hit the ball on or in front of the attack line/ in the front zone (marked on the court).
 - At the player's take-off, their foot (feet) must neither have touched nor crossed over the attack line
 - After the player's hit, they may land within the front zone.
 - This will be enforced at any ball height.



- This will count as an illegal hit and a point to the opposing team will be awarded.
- A ball must be hit on your side of the net or on the plane of the net. If the ball is hit while the entirety of the ball is on the opposing side of the net, it will be deemed an illegal hit.
- When two non-blocking teammates touch the ball simultaneously, it is considered one contact, and any player may make the next contact
- When two opponents simultaneously contact the ball over the net, the ball remains in play and the team receiving the ball is allowed three contacts.
- When two opponents simultaneously contact the ball over the net, and the ball goes out of bounds, the point will go to the team on the opposite side of the net from where the ball lands.
- If a ball hits an object suspended from the ceiling or hits the ceiling:
 - If the ball comes back on the attacking side, the ball is considered “live” and play will continue.
 - If a ball crosses over the net to the opposing side, the ball is considered “out” and the point will go to the opposing team.
- Contact with a foot is a legal contact.

C LEVEL VOLLEYBALL LEAGUES (CONTACTING THE BALL CONT'D):

- A ball SHOULD be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown.
 - An official may use caution or call a replay but should let players know this is not a legal hit after more than one occurrence. Calling a fault or a point against a player for this action will be upon the official’s discretion.

A/B LEVEL VOLLEYBALL LEAGUES (CONTACTING THE BALL CONT'D):

- A ball MUST be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown.
 - This will be enforced in A/B leagues at the discretion of the official
- You cannot use an open hand to tip the ball. Hits on the ball using the fingers are NOT allowed. You must use your knuckles, fist, or palm to legally hit.

● SETTING THE BALL

- Setting attempts that do not result in a lift, carry, or a clear double hit will be allowed upon the official’s discretion

C LEVEL VOLLEYBALL LEAGUES (SETTING THE BALL CONT'D):

- Open hands may be employed and double contact allowed in the act of a “hard hit ball defense”.



- The rotation of the ball after the set may indicate a held ball or a double contact during the set, but IS NOT A FAULT ITSELF.

A/B LEVEL VOLLEYBALL LEAGUES (SETTING THE BALL CONT'D):

- In the act of a “hard hit ball defense”, Open hands may be employed and double contact allowed
- The rotation of the ball after the set may indicate a held ball or a double contact during the set, but it will be up to the officials to make the call on an illegal set.

● BLOCKING

- Any player participating in a block can still make the next contact. This contact would be considered the team’s first contact. (The block does not count as a contact.)
- **Blocking a serve IS NOT legal.**
- When two blocking teammates touch the ball simultaneously, it is not counted as a contact, and any player may make the next contact.
- A block can legally occur across the net in the following situations:
 - After a player of the attacking team has spiked the ball, completed the team’s third contact, or intentionally directs the ball into the opponent’s court.
 - The ball would clearly cross the net if not touched by a player, given no member of the attacking team is in position to make a legal play on the ball
 - The ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

● THE NET

- No part of the body may touch the net at any time unless a ball driven into the net causes the contact.
- Contact with hair or clothing will not be considered a fault.
- Simultaneous contact of the net by opposing teams will result in a replay of the point or continuation of play (at the discretion of the official)
- Crossing the centerline is legal as long as there is no interference with the opposing team.

● Other Rulings:

- Any rulings that are not covered in this rulebook will default to the Federation of International Volleyball (FIVB) Indoor Volleyball Rulebook.



V. PLAYOFFS

A. GENERAL INFO

- I. The playoffs begin the first week after all regular season games have been played.
- II. MANDATORY ID checks will be done by your League Ambassador before playoff games
 1. Rosters are finalized on Weeks 5 (or 6). If there needs to be a substitute or a replacement, please do so before the roster cutoff date.
 2. ASSC may make special exceptions under certain circumstances
 3. Any teams found playing a non-rostered player will automatically forfeit and be counted as a loss.

B. SCORING

Typical 2 game match to 21 is played. The third game is played only if each team has won 1 game each, and the third game will be the tiebreaker.

C. SEEDING

The top four teams with the best records will advance to the playoff rounds.

- Additional teams may be added to the playoffs for league divisions with 13 or more teams.
- Tie-breakers will be decided as followed:
 - Total Standing points
 - Point Differential
 - Head to head
 - Coin Toss

