INDOOR VOLLEYBALL
League Rules

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1. EVENT COORDINATORS

An Event Coordinator (EC) is a player in the league who is already registered on a team for that specific season, who has agreed to help coordinate games and manage the facility.

ROLES OF THE EC

- Arrive early, and act as the onsite contact for the facility
- Bring all required equipment and permits to the facility
- Update players with pre-game announcements
- Ensure that games start and end on time
- Record the scores and submit to the ESSC office

ROLES OF PLAYERS IN AN EC'D LEAGUE

- Record the game results on the score sheet after each game/match
- Help the EC set-up and take-down the equipment before and after the games are played

2. COURT REQUIREMENTS

League	Total # of Players Required on the Court	Minimum # of F Players Required on the Court	Maximum # of M/X Players Allowed on the Court
6's	6	2	4

- The ESSC welcomes people of all gender identity or expression. Minimum female player requirements are inclusive of anyone who identifies as a female (i.e. players who identify themselves as M and X will not count towards female player minimums).
- **Masters Roster Requirements:**
    - Most players on the roster must be at least 40 years of age, however teams are permitted up to **two** players that are 30-39 years of age to assist with roster management.
    - Players that are 18-29 are not permitted to play in the Masters leagues.
- If playing with only 1 female player on the court, teams cannot replace the 2nd female spot and must play one player short.

3. DEFAULT MINIMUMS & SCORES

League	Minimum Players to Avoid Default	Default Score
6's	4 (1 Female Player)	0-25; 0-25

4. FORMAT & EQUIPMENT

GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play two matches per night against different opponents
- Each match will be a best-of-three games format

SCORING

- All games use a rally-point scoring system
- **Game 1** – first team to 25 points (do not have to win by 2 points)
- **Game 2** – first team to 25 points (do not have to win by 2 points)
- **Game 3** – first team to 15 points (do not have to win by 2 points)
- A total of 5 combined points must be played in a game for the result to count
    - If the EC is required to call 'time' on a match, finish the current point
    - The score will stand as-is, unless the combined score in the current game has not reached a total of 5 points, in which case the game will not count
    - ***Regular Season:*** ties are allowed
    - ***Playoffs:*** ties are not allowed:
        - If each team has won a game, and a total of 5 points have not been played in the 3rd game, the team with the higher combined point differential in Game 1 and 2 is the winner
        - If still tied, one additional point must be played to determine the winner

EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
    - No outdoor shoes are allowed
- Volleyballs and Scoreboards will be supplied by the Event Coordinator
- All Co-ed volleyball leagues play with nets set at Men's Height which is approximately 8ft

5. GAME PLAY

SERVICE

- Teams can use any suitable means to determine who gets to serve first or pick a side
- Service alternates between teams for the start of each game
    - If a third game is played, teams need to re-determine who gets to serve first or pick a side
    - In the third game, if there are any court obstructions that are considered a hinderance to play, teams will switch sides once a team has reached 7 points
- Only one toss or release of the ball is allowed per serve

- In facilities where the back-court line is within 3 feet of the wall, servers may step into the court to complete their serve
- If a serve touches the net on the way over, the ball is in play

PLAYING THE BALL

- A maximum of three touches or hit per side is allowed (excluding any blocks)
- A single player may not touch the ball twice in succession (unless the first touch is a block)
- Players may contact the ball with any part of their body, including below the waist
- A ball that rolls along a player's body is deemed an illegal hit
- Players cannot block or spike a served ball
- A double-hit off the serve, or a hard spike is allowed
    - Example: The serve hits the defender's arms then chest
    - Includes a ball hitting the defender and then the net, the player could hit the ball again

NET RULES

- Players are permitted to penetrate into the opponent's space under the net, as long as they do not interfere with the opponent's play, including the opponent's feet
- Players may not pass their hand over the net to interfere with an opponent's attack
- Players are permitted to pass their hand over the plane of the net when:
    - Blocking
    - Following-through on a spike
- Players may contact the net as long as it does not interfere with play
- Net contact resulting in interference is defined as:
    - **Touching the top band of the net or antennae** while playing the ball, including a fake attack
    - Taking support from the net while playing the ball, or pulling down on the net
    - Hindering the opponent's ability to play the ball
    - Purposely touching the net to change the direction of the ball

VIOLATIONS AND FAULTS

Players are to call their own faults. If an obvious fault is missed, a player on the opposing team may politely point this out, assuming that their opponent either does not know the rule or missed their own fault. Generally, teams should NOT call faults against their opponents.

- Players are to call balls in or out of bounds
    - If there is a dispute, resume play by re-serving the ball with no point awarded
- Other faults include:
    - Carries, double-hits, touching the net, going under the net, and contacting another player

DIVISION SPECIFIC RULES

RECREATIONAL / RECREATIONAL PLUS

- There is a maximum of 5 consecutive points allowed per server
    - If the maximum is reached, the team will rotate to the next server and keep possession
- Jump serving is not permitted
- Back row attacks are not permitted
- Liberos are not permitted
- Hard-smashing is not permitted

INTERMEDIATE

- There is a maximum of 5 consecutive points allowed per server
    - If the maximum is reached, the team will rotate to the next server and keep possession
- Jump serving is not permitted
- Back row attacks are not permitted
- Liberos are not permitted
- Hard-smashing is permitted in a controlled manner

INTERMEDIATE PLUS AND COMPETITIVE

- There is no limit to the number of consecutive serves per player
- Jump serving is permitted
- Back row attacks are permitted
- Liberos are allowed, but not mandatory
    - A female libero does not count towards the minimum female requirement on the court
    - The libero must be easily identifiable
    - The libero is restricted to performing as back-row player; no serving, blocking, or completing an attack when the ball is above the plane of the net
        - The libero can replace any back-row player following a rally
        - A team may exercise only one replacement per dead ball
- Hard-smashing is permitted