



INDOOR VOLLEYBALL *Cheat Sheet*

ROSTERS

- A full team consists of 6 players on the court, with a minimum of 2 females
- The minimum number of players required to avoid a default is: *4 total players, with a minimum of 1 female*
- Teams playing with only 1 Female player are permitted a maximum of 4 Males on the court

GAME PLAY

- Teams will play two matches per night against different opponents
- Each match is a best-of-3-games format
- Games use a rally-point scoring system
 - The first two games are to 25 points, you do not need to win by 2 points
 - The third game is to 15 points, you do not need to win by 2 points
- 5 combined points must be played in any game in order for the score to count
- **Regular Season:** Ties are allowed (each team wins one game)
- **Playoffs:** Ties are not allowed
 - Tiebreaker #1: Combined point differential in the first two games
 - Tiebreaker #2: One additional point or rally must be played to determine a winner

- Servers are permitted one toss or release of the ball per serve
- In gyms where the back-court line is within a few feet of the wall, players may step into the court to serve
- If a serve touches the net on the way over, the ball is in play
- Players cannot block or spike a serve
- A double hit off of the serve, or a hard spike is allowed
- Players can contact the ball with any part of their body
- Players are permitted to penetrate under the net, as long as they do not interfere with the opponent's play
- A player's hands may break the plane of the net on a block, or the follow-through of an attack
- A player cannot have their hands reach over the net and interfere with their opponents' attack
- A player is allowed to touch the net as long as it does not interfere with the play or opponent in any way

- **Recreational / Intermediate:** There is a 5 serve maximum, at which point the team rotates to the next server
- **Recreational / Intermediate:** No jump serves
- **Recreational / Intermediate:** No back-row attacks
- **Intermediate Plus / Competitive:** Libero's are permitted

PENALTIES AND VIOLATIONS

- Players are to call balls in or out of bounds
 - If there is a dispute, resume play with a re-serve

