



INDOOR VOLLEYBALL RULES (CO-ED)

1. Matches will consist of best two out of three games. Each game to 15 points (rally scoring), must win by two. Matches will last a maximum of 45 minutes. The team that is winning at the end of the 45 minutes will be declared the winner.
2. This is a 6 player league; however, you may start or finish the game with 5 players. There must be 3 women and three men on the court at all times. One hit must be made by a female. EXCEPTION: If a team is playing with 5 players, two must be women.
3. One rally for serve. Starting with the team who is ready on the court first. Whichever side wins the rally, wins the serve.
4. All players must alternate to serve. The server has 5 seconds to serve, or the team loses the serve.
5. Substitutions may occur when the ball is dead. Time-outs are not required for substitutions.
6. You cannot block a serve.
7. Players may interchange positions to pass or block, only after the serve.
8. All passes must be clearly hit, not thrown, lifted, or change of direction allowed by a double hit.
9. A back line player may spike providing that he/she jumps and remains behind the 10 foot line.
10. No player may reach over or touch the net, or step over the center line (A player's foot may land on the center line provided it is not entirely over the line. Also, while playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the center line.
11. Successive contacts may be made only after blocking a spike attempt.
12. Opponents simultaneously hitting the ball directly over the net may play the ball again if it falls into their court.
13. Each team is allowed one 30 second time out per game.
14. Each team is only allowed two varsity female athletes on the court at one time.
15. The intramural supervisor will have the ability to make final decisions.