



Indoor Court Volleyball Rules – Coed 6’s

COVID-19 MODIFICATIONS

OBJECTIVE	Volleyball is a team sport played by two teams on a playing court divided by a net. The objective is for each team to send the ball over the net attempting to ground it on the opponent’s court, and to prevent the ball from being grounded on its own court.
GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS	<ul style="list-style-type: none"> • Games are 55 minutes in length with a 5-minute stop for halftime. • Games start and end according to your online SSC schedule. • If games start late, games must finish at the scheduled time (e.g. 6:15pm-6:55pm). • Players are required to arrive and depart directly before and after their games. • Do not enter a playing space until the game before yours has cleared the area or until the Game Coordinator has signaled for your team to enter. • Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, and departing the game. • All players must wear a mask during your arrival/departure from the facility, and when not playing. You are not required to wear a mask while playing sport, as wearing a mask while “engaging in physical activity” is an exception to the rule. • Directional signage will be posted onsite when possible to ensure physical distancing is followed. • During gameplay, all efforts should be made to avoid contact and provide sufficient spacing with your opponents and teammates. Players must expect that there may be some contact when playing sport. Due to the contact, please avoid touching your face at any time and please sanitize your hands before, during and after games.
EQUIPMENT	<ul style="list-style-type: none"> • Teams are required to bring 1 volleyball to every game. • Teams are responsible for sanitizing the game ball before each set (three times throughout the game), before and after each game. • Do not share your game ball with other teams. • Volleyballs and scoreboards are not available for rent from SSC at this time. • Teams are permitted and encouraged to bring their own scoreboard and sanitize before and after the game. • The same player on each team should manage the score board, or teams can choose to verbally announce the score prior to serving.
PLAYERS ON COURT, GENDER RATIO AND DEFAULTS	<p>Mandatory Roster Requirements:</p> <ul style="list-style-type: none"> ○ Teams are comprised of 6 players on the court and a maximum roster of 8 players. ○ No spectators allowed under any circumstance (this includes kids, family, etc).

	<ul style="list-style-type: none"> ○ No substitute players allowed outside of your 8-player roster maximum (unless from the same league and tier). • Teams must play with a minimum of 2 males and 2 females on the court at all times. • A team can play with a minimum of 4 people, as long as 2 of the players are female and 2 are male. • Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts. Teams that do not meet the minimum gender requirement may play with the ‘Ghost Rule’ or play short. • A default for the match (all three sets) will occur if any team cannot field a squad 15 minutes after the official start time (unless otherwise agreed by both captains).
GAME SET-UP	<p>Volleyball nets will be set up by the Game Coordinator or facility staff upon arrival to your game.</p> <ul style="list-style-type: none"> • All warm-ups, on-court and off-court need to comply with current physical distancing requirements. • To determine who serves first, teams can either choose to play a rally game (minimum 3 crosses over the net), or rock-paper-scissors. • Teams are responsible for keeping score and time. • If time runs out in the middle of a set, whichever team is winning at that moment is considered the winner. • However, a team must win at least 5 points in a set in order for it to count as a win/loss. If neither teams gets at least 5 points, the set is deemed a tie. • Please be courteous of space on the court. Try and stick to your quadrant of the court and communicate clearly with teammates for each hit to ensure there is no unnecessary contact.
GENERAL GAME RULES	<ul style="list-style-type: none"> • Matches are comprised of three sets which equals one match. • A player may play the ball off any part of his/her body, including feet. • A player may not make two consecutive hits of the ball, except where the player has contacted the ball on a block, then the player may hit the ball a second time. • Players are to call balls ‘in’ or ‘out’ of bounds. If the ball touches any part of a court line, it is ‘in’. The ball must completely pass the line to be ‘out’. If there is a dispute, resume play by re-serving the ball with no point awarded. • If a disagreement escalates, any disputes should be discussed amongst the two team captains only. • A ball that hits the wall or ceiling is out of bounds. • Teams may call a 1-minute time-out per match if needed, except during the final 10 minutes of play. • If a match concludes early, the teams can continue to play, but the score of the fourth game will not be recorded. • If a ball from another court comes over, participants should use their feet to kick it back. • Physical touch like handshaking, high fives, fist/elbow bumps and huddles are not permitted. All greetings and congratulations should be vocal.
SCORING	<ul style="list-style-type: none"> • The first team to score 25 points by a two-point margin (with a hard cap of 27 points) is awarded the set. A game consists of 3 sets. • After a set teams are encouraged to stay on the same side of the court, however, can switch sides while maintaining a safe distance.
PLAYER	Each of the 6 players must rotate positions after winning back the serve.

ROTATION AND POSITIONING	<ul style="list-style-type: none"> • How to rotate: after serving from position one, players rotate to position six (middle back), then position five (left back), position four (left front), position three (middle front) and position two (right front) before returning to serve. • If your team has more than 6 players (but not more than 8 players), the previous server exits the court and the new player takes position six (middle back). • A team must be in correct rotation order before the serve is put into play. Once the ball is served, players can move positions, however backcourt players cannot move to the net to block or spike. Only the three players at the net positions (4,3,2) can jump and spike or block near the net. The backcourt players (5,6,1) can only make attacking actions (jumping hit/spike) from behind the attack line.
VIOLATIONS	<ul style="list-style-type: none"> • Players are to call their own fouls and violations. If an obvious foul is missed, a player on the opposing team may politely point this out, assuming their opponent either does not know the rule or missed their own foul. Generally, teams should not call fouls against their opponents. • Obvious fouls include - carries, double hits (allowed on serves), touching the net, going under the net and contacting another player. • Absolutely no contact with the net whether this be intentional, accidental or affect the play or not. Players at the net should begin each point three feet back from the net. • If the ball is driven into the net causing the net to touch an opponent, no fault is committed. • A player is permitted to pass his/her hand above the plane of the net in the following scenarios: <ul style="list-style-type: none"> ○ While blocking an attack. ○ If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side. • An infraction has occurred if a player interferes with their opponents attack (e.g. if a setter is trying to set their player, the opponent can't reach over the net and block that set). • Players are not permitted to penetrate fully into the opponent's space under the net. Player's feet must remain in contact with the centre line and any part of the body above the feet. Players need to be as cautious as possible when crossing under the plane of the net, so as to avoid injury to themselves or their opponents.
SERVING	<ul style="list-style-type: none"> • A server may serve the ball from anywhere behind the baseline. • Only one toss or release of the ball is allowed per serve. • Players can open-hand volley a serve. • A player may NOT block or spike a serve. • Net serves are allowed. Meaning, if a serve hits the net but the motion of the ball carries it over, it is a live ball. • A double hit off of the serve is allowed (e.g. the serve hits the defender's arms and then chest). • Servers must rotate after five consecutive points. The same team continues to serve as long as his/her team successfully wins the point. • Recreational skill division – jump serves are not allowed (jump serves are allowed in intermediate, advanced and competitive leagues).