



Woodway Family Center

Adult Indoor Volleyball Manual

General Information

- **Rules & regulations not contained in this manual will be governed by the Official United States Volleyball Association Rule Book.**

Court Dimensions

1. Play Area: 18 m x 9 m (59'6" x 29'6")
2. Free Zone: Minimum of 3 m on all sides

Lines on the Court

1. 2 sidelines & 2 end lines (to determine play area)
2. Center Line – The axis of the center line divides the playing court into 2 equal courts measuring 9 x 9 m each. This line extends beneath the net from sideline to sideline.
3. Attack Line – On each court, an attack line (10 ft line) is drawn 3 m (9'10") back from the Center Line. This line marks the front zone.

Net Height

1. Approximately 7'6"

Antennae

1. The antennae are considered as part of the net and laterally delimit the crossing space.

Game Officials

1. Woodway Family Center will provide referees/officials for each game.
2. Teams must provide volunteers as line judges, if desired. WFC staff and/or the official will decide whether or not they feel that the provided line judge will be used.
3. The official/referee will have final say on ALL calls.

League Requirements

Registration Fee

1. \$50 – Woodway residents
2. \$55 – non-Woodway residents

Teams

1. Minimum of 6 players; Maximum of 9 players per team
2. Teams must have at least 4 players present to begin play, 2 of them being women; otherwise they must forfeit their first game.
3. Teams will have at least 10 minutes after the official starting time for players to show up. After 10 minutes, the team that does not have enough players must forfeit the entire match.
4. Players are limited to 1 team only.
5. Additions to the team roster must be made through the WFC office before participating.
6. Eligible players must be at least 16 years or older.
7. Additional players may be added to team rosters until the designated registration deadline.
8. Each team must provide at least 1 team captain. The team captain will serve as the main contact for the WFC office.

Team Uniforms & Dress Code

1. T-shirts with sleeves are required; NO midriffs.
2. Shorts must have at least a 4 inch inseam.
3. Appropriate under garments must be worn at all times.
4. Any offensive, suggestive, revealing or too tight fitting clothing is prohibited. (Spandex shorts are not permitted.)
5. No pins, bracelets, casts, etc. will be allowed during play. Jewelry must be removed before play.

Player's Responsibilities

1. Participants must know, or be familiar with, the rules provided in this manual and abide by them.
2. Participants must accept the referee's decisions with respectful conduct, without disputing them. (Clarification may be requested.)
3. Participants must refrain from actions aimed at delaying the set.
4. Participants must behave respectfully in the spirit of, "FAIR PLAY", towards referees, teammates, opponents, and spectators.

Set, Match, & Default Wins

1. Each game will consist of 3 sets.
2. Each set will be played to 25 points; game must be won by 2 points.
3. If a team fails to provide the minimum amount of players to play (4, with at least 2 women), they must forfeit and the opposing team will be named the winner, by default.

Coin Toss

1. Before the games begin, the referee will conduct a coin toss with the team captains. The winner chooses: a) either the right to serve or receive the serve or b) the side of the court. The loser takes the remaining choice.
2. The team that received the serve from the first set will serve first in the second set. The team that served first in the first set will start the serve in the third set.

Substitutions

1. There are NO substitutions. Instead, players will rotate in & out, before they're team serves, after each "side-out" or dead ball.
2. Only the team that receives the serve can rotate.

Player Positions

1. Each team must be within its own court when the ball is hit, except for the server (who must serve behind the end line).
2. Players are free to position themselves. There are NO determined positions on the court.

The Rally – Start to End

1. The rally begins with the referee's whistle and signal to serve. However, the ball is not in play until the serve.
2. The server must serve from behind the baseline until after contact.
 - a. Stepping on, or over, the baseline will result in a point for the opposing team and loss of serve.
3. The rally ends with the referee's whistle, whether the ball has gone "out" or there has been a "fault" in play.
4. The ball is considered "**IN**" when it touches the ground of the playing court including the boundary lines.
5. The ball is considered "**OUT**" when: a) it falls on the ground completely outside the boundary lines (without touching them), b) it touches an object outside of the court or a person out of play or c) it touches the antennae, ropes, posts or the net outside the antennae.

Playing the Ball

1. Each team must play within its own playing area and playing space. However, the ball may be retrieved from beyond the free zone.
2. A player may NOT hit the ball two times consecutively. A block is NOT considered a hit.
3. The ball may touch any part of the body, or consecutive parts of the body, provided the contact occurs during one action.
4. The ball must be hit, not caught or thrown.
5. **The ball may NOT be kicked.** However, a ball can be played off of a player's foot, as long as their foot is planted on the ground. This call will be made at the discretion of the official.
6. A player may not block or attack a serve.
7. **Attack Hit:** All actions which direct the ball towards the opponent, with the exception of a serve and block, are considered attack hits.

Attack Hit (contd): A front row player may attack the ball anywhere within their own playing area. A back row player may attack the ball anywhere behind the front zone, 10-foot line. If the back row player begins their approach on, or over, the front zone, it will be considered an illegal hit.

Faults at Playing the Ball

1. **Four Hits:** A team hits the ball four times before returning it.
2. **Assisted Hit:** A player takes support from a teammate or any structure/object in order to reach the ball within the playing area.
3. **Double Contact:** A player hits the ball twice in succession or the ball touches various parts of his/her body successively.
4. **Kicked Ball:** The ball may not be kicked while in play.
5. **Lift/Carry:** The ball is held too long during contact.
6. **Rotation Violation:** Failure to serve in the correct order.
7. **Back Row Attack:** A back row player must start their approach, to attack a ball, behind the 10-foot line.

Rules at the Net

1. While crossing the net, the ball may touch the net.
2. A ball driven into the net may be recovered within the limits of the 3 team hits.
3. **Reaching Beyond the Net:** In blocking, a player may touch the ball beyond the net, as long as, he/she does not interfere with the opponent's play before, or during, the attack/hit. A player is permitted to pass his/her hand beyond the net after the attack/hit, as long as, their contact has been made within his/her own playing space.
4. **Contact with the Net:** A player may not make contact with the net, with any part of the body, while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called and the ball shall continue to be in play.

Time Outs

1. Each team has 1 time out per set, unless an injury occurs.
2. Each time out will be 30 seconds – 1 minute.

Other Important Information

1. ALL games & scheduled (by WFC) practices will be held at the Woodway Family Center.
2. Woodway Family Center will keep league records & standings.
3. NO gum, food, or drinks will be allowed on the court.
4. Any player, coach, or team under the suspicion of recent alcohol use (before game play) will be asked to leave the facility immediately.

Use of alcohol & tobacco is PROHIBITED.