

City of Kelowna – Active Living & Culture
INDOOR VOLLEYBALL
RULES – Parkinson Rec Centre



OBJECT OF THE GAME

- The object of the game is to send the ball over a net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is; grounded on the playing court, goes "out" or a team fails to return it properly.

PLAYING AREA

- Net height is set at 2.35 meters
- The court boundaries are the DARK GREEN lines for the side and back lines.
- Please note that teams are required to play within their designated court area when 3 courts are in use.
 - Do not enter an adjacent court to continue play.

PLAYERS

- Minimum 5 players on the court at all times of which at least 2 must be female.
- The match is forfeited if a team does not have the minimum player requirement by 10 minutes past the scheduled start time.
- Player Pick-up Rule: A team may pick up 1 player only from another team in the league to reach the minimum number of players required (5 players of which at least 2 must be female). The team must continue to play with 5 players throughout the match. If the team's regular rostered player shows up then he/she must take the place of the substitute player and the team must continue with the legal minimum 5 players. This is for league play only.

RULES OF PLAY

- Three hits aside maximum.
- The ball may touch any part of the body (this includes the feet).
- The ball must be HIT; not caught, thrown, and/or be hit with separated hands unless it is obvious that a one-handed hit is intended.
- Players of the serving team must not prevent their opponent from seeing the server or the path of the ball by use of screening.
- The one-hour time limit or best two-out-of-three wins the game, whichever comes first.
- Service zone is the full width of the court.
- If the ball hits any part of the line (DARK GREEN Lines), it is considered in and good.
- All three (3) games go to 25 points and are played using the rally point system.
 - Each game is to be won by 2 points. ** Remember, one-hour time limit
- Re-serve/replay is done when the ball hits:
 - the basketball nets
 - the gymnastics rings
 - the gym curtain
 - another ball enters the court of play
 - both teams foul simultaneously
 - or there is an injury to player
- Jump Serves are not allowed in the Recreation Level Leagues.
 - They will only be permitted in Competitive Level Leagues.

FOULS AND ERRORS

- More than three hits on one side.
- A player touching the net or stepping over the centerline. Centerline infractions are a major causes of injuries on the court, please be aware of this hazard, particularly while blocking.
- A double hit by a player.
- Back row players leaving the floor ahead of the attack line to spike.
- Server hits the ball out-of-bounds or into the net.
- Ball hits the floor, ceiling, wood supports on the ceiling, the fans, the walls, or light fixtures.
- Blocking or spiking a serve. Serve receptions may be set or bumped.

REPORTING RESULTS

- The winning team is responsible for reporting the match result to the appropriate Score Line (outlined on their schedule) within 48 hours of the match completion.