

City of Kelowna – Active Living & Culture
INDOOR VOLLEYBALL
RULES – School District 23 Facilities



OBJECT OF THE GAME

- To cause the ball to strike the ground on opponent's court or to cause an opponent to engage in faulty playing.

NET HEIGHT

- Net height will be set at 2.43 meters (Sr. Boys)

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. Teams cannot pick up players from any other team during playoffs.

SCORING

- Each match is the best 2 out of 3 sets (time permitting – 1 hour time limit). Once a team has won 2 sets the match is over. Once a team has won 2 sets and the match is over, any further games are for fun and not for points.
- Match results are posted online at www.kelowna.ca/recreation
- Sets go to 25 points. A two-point advantage is needed to win. The Rally-point scoring system is used.
- If the ball hits any part of the line, it is considered in.
- Service zone is the full width of the court. A serve that hits the net, goes over, and lands in is considered good.

FOULS AND ERRORS

- More than three hits on one side.
- A player touching the net or stepping over the center line.
- A double hit (only one consecutive hit per person).
- Contacting the ball on the opponent's side of the net prior to their 3rd hit. (NOTE: A follow-through on a spike that started on the right side of the net is not considered a foul.)
- Server hits the ball out-of-bounds or into the net.
- Ball hits the roof or floor.
- Blocking or spiking a serve.

CHARACTERISTICS OF THE HIT

- The Ball may touch any part of the body.
- The Ball must be hit, not caught and/or thrown. It can rebound in any direction.

REPLAY

- There is interference (i.e. ball on court).
- If ball hits an object that is hanging down. ie: gym curtain.
- Both teams foul simultaneously.
- Injury to player.

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.