

# Indoor Volleyball House Rules - Sixes



## 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

- Cross Court Leagues - PRC
  - Net height is set at 2.35 meters (jr. boys)
  - The court boundaries are the DARK GREEN lines for the side and back lines.
  - Do not enter an adjacent court to continue play.
- Full Court Leagues – OKM, Watson
  - Net height is set at 2.43 meters (sr. boys)

## PLAYERS

- Minimum 5 players on the court at all times of which at least 2 must be of the same gender.
- 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 of the same gender). The team must continue to play with 5 players throughout the match. If the team's regular rostered player shows up then that player 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

- FIVA rules apply. All City of Kelowna House Rules will supersede when there is a discrepancy.
- 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 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

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- 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.

## ROSTERS

- Teams may not consist of more than 10 players (6 regulars; 4 subs).
- Your TeamLinkt team roster is your official roster.
- Rosters will be frozen and unable to be updated 3 weeks prior to the start of playoffs.
- Roster checks will be performed prior to playoff games; only those on the roster will be eligible to play.

## PLAYOFFS

- All teams qualify for playoffs (as long as their TeamLinkt roster has been complete with the minimum player requirements of 6).
- Playoffs occur on your night of play over the last two weeks of the season.
- The playoff format groups teams with similar league records from the same night together into divisions.
- Playoffs are single knockout.
- Teams forfeiting 3 or more league games are eliminated from playoffs.

## REPORTING RESULTS

### TeamLinkt

- The WINNING team is responsible for reporting the match result through the TeamLinkt app within 24 hours of the game completion.
  - The scheduled game time (1hr) must have passed in order to submit the score.
  - If the game was won 2-1, please select that the game was won in Overtime to award 1 pt to the losing team.
  - If the game was won by forfeit/default; please select that the game was won with the Indoor Volleyball Default Score of 3 – 0.
    - Please email [sportsleagues@kelowna.ca](mailto:sportsleagues@kelowna.ca) to notify the league coordinator of the default/forfeit for tracking purposes.
- The losing team may submit the score after the 24 hour window has passed.

## Point System

- Win = 3 pts
- Loss = 0 pts
- Tie = 0 pts
- Overtime Loss (Won a Set; 2-1) = 1 pts

Default Rule – Teams defaulting and/or forfeiting 3 or more games will be disqualified for playoffs.