



# Indoor Volleyball

## rules and regulations

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# Underdog Indoor Volleyball Rules

These rules are meant as a supplement to the standard rules of indoor volleyball – three hits on a side, a block is not a hit, you cannot lift or carry a ball, etc. The rules mentioned below are to add emphasis, clarify any areas where Underdog rules differ from USAV/FIVB rules, or are unique in regards to facility use and safety.

Rulebooks (and many other resources and explanations) are available for free download from USA Volleyball. [www.usavolleyball.org](http://www.usavolleyball.org).



## I Facilities, Equipment, and Player Attire

### A Net Height

Underdog uses a coed net height of 7'9 7/8" for league play, which is between men's and women's standard competition net heights.

### B Volleyballs

Competition quality indoor volleyballs will be provided by Underdog Sports Leagues. Games are to be played with one of the Underdog balls.

### C Shoes

Players must wear appropriate non-marking gym or athletic shoes on to participate. Casual shoes, open toed shoes, and barefoot play are not permitted. The league supervisor will have final say on whether your footwear is appropriate.

## II. League Format

Underdog Indoor Volleyball has several unique rules regarding the coed format and match scoring.

### A Team Gender Ratios

The primary gender rule is that there are to be **no more than 3 men on the court for a team at one time**, and no fewer than 2 women. There are no maximums or minimums for non-binary players.

- ▶ Some of the acceptable gender combinations for play are as listed to the right.
- ▶ Teams must have a minimum of 4 players to have a legal team as long as they have at least 2 female players within that 4.
- ▶ 3 males and 1 female or 3 males or 1 non-binary player is not a legal playing combination as it does not meet the 2 female requirement.

- 3 women and 3 men
- 4 women and 2 men
- 5 women and 1 man
- 3 women, 2 men, 1 non-binary
- 2 women, 3 men, 1 non-binary
- 6 women and 0 men
- 2 women and 3 men
- 3 women and 2 men
- 2 women and 2 men

### B Officiating

*Underdog Indoor Volleyball is self officiated by the teams playing in an honor system with good sportsmanship.*

Teams are encouraged to call their own violations in the run of play. This includes net violations, lifts, etc. Teams also call the ball in or out on their side of the court (while on defense). If an opposing team is making a recurring violation (in the net, for example), a team may call the violation in a sportsmanlike manner, explaining their call or ask the supervisor for assistance. For judgment calls that are disputed, teams are encouraged to replay the point at stake. The Underdog supervisor is always available to respond to questions that arise over rules interpretations/clarifications – but they are NOT there to referee. We have had great success with this system.

**Example:** You go up to block a ball and touch the net... just barely, and nobody else notices. Please call your own violation.

**Example:** A player on the other team is new to organized volleyball and constantly lifting the ball with poor technique. Between games, the captain should ask the supervisor to observe the match and violations. The supervisor will correct the player privately (vs calling them out during the match, etc).

### C Three Sets Count

ALL 3 sets will count toward a teams standings – it is not best 2 out of 3. Thus, the third game will always be played even if one team takes the first two games.

### D Scoring

Rally Scoring to 25 points per set, win by 2. There is NO cap on scoring.

### E Match Duration

In order to start the next round of matches and leave the facility on time, matches must be completed in the allotted hour. Generally, teams have no problem completing all three sets in 60 minutes. Your 60 minutes starts at the scheduled game time.

However, if a 3rd and deciding game is still in progress at the end of the hour, the team ahead at the hour mark is the winner of the match providing that a total of 8 points have been scored between them. The supervisor will have the final word on when the hour is up. Stalling or poor sportsmanship in a long match situation will not be tolerated.

**Teams who finish 3 sets within the hour and have even a few minutes to spare are strongly encouraged to start a “for fun” fourth game.**

The goal is to play as much volleyball as possible each league night!

### III. Rules

As mentioned above, Underdog Indoor Volleyball rules are identical to the USAV/FIVB rules in most instances. A downloadable version of the rulebook can be found online at [www.usavolleyball.org](http://www.usavolleyball.org). The following rules are highlighted for emphasis, or because they differ in some respect from the standard rulebook.

#### A Gender Rules

This league does NOT use reverse coed rules – play is ‘standard’ as it would be played in either a men’s or women’s match, with the following exceptions.

- There is **no gender blocking rule**. A male player CAN block a hit attempt in the front row by a female player, and vice versa.

#### B Serves Touching the Net

Serves striking the net and continuing over ARE in play.

#### C Service Attacks/Blocks

A serve may not be attacked or blocked when it is above the height of the net and in the front zone of the court (the area between the two 3m lines).

#### D Setting the Serve

A player MAY set an incoming serve during serve receive – if the ball is set cleanly (no double hit or carry).

#### E Setting/Double Hit of an Attack

A player MAY set/double hit a hard driven attack in his or her attempt to dig that attack. An overhand set with a slight double hit is acceptable if the ball is not controlled with any sort of carry – an unintended double hit while digging, either occurring on the arms or body, is also legal.

#### F Feet

Out of concern for safety, a player MAY NOT use his or her feet in an attempt to dig or save a ball in Underdog indoor play. (It does not matter if your foot is planted on the ground or not).

## G “Ball On!”

At a multi-court gym, if a ball comes onto your side of the court from another game, it is up to the team on the side of the errant ball to call “Ball On” and stop play. You should not call this if the ball is not on your side of the court.

## H Playing a Ball Out of the Court

For safety, a player MAY NOT follow a ball onto another court during the course of play. The ball is ‘out’ when it crosses into another court. Playing a ball in the space between courts is acceptable, provided a player deems it safe to do so, and does not end up in another court through his or her own momentum after playing the ball.

## I Playing a Ball on the Other Side of the Net

For safety, a player MAY NOT follow the ball past the plane of the net (unlike FIVB rules). Once the ball crosses the plane of the net and is ‘out’ a team may no longer attempt to return it to their side of the court.

## J Ceiling and Obstructions

A ball is out and play is dead if a ball hits a wall on the side of the court. A ball MAY be played if it hits the ceiling on a team’s side of the net and returns to that side of the net with less than 3 hits. A ball is out if it hits the ceiling in its path over the net to the other team, and play is dead.

A basketball hoop which is raised and parallel to the ceiling will be considered part of the ceiling. A hoop which is down and perpendicular to the ceiling will be considered a wall.

**Example:** A team has made a perfect pass and set, and now their best hitter is flying through the air with a smile on her face because she is going to put one away on your team... but out of the corner of your eye you see a ball roll across the back of their side of the court. Are you supposed to call ‘ball on?’ No – it is on the other team’s side of the net and not in their run of play. Do not interrupt play unless it is necessary as a safety concern.

**Example:** A player hits a hard ball over the net... the other team digs the ball, but it bounces up and strikes the ceiling and stays on their side of the court. Another player is able to set the ball, and a third hit sends it back over the net. This is a legal play. However, if the dig had struck the ceiling and then crossed the net to the other team, the ball would have been “out” and the play over.

## K Rotating

Teams must rotate all of their players for each side out, not only their server.

## L Touching the Net

Touching any part of the net during a point is a violation. This includes the top and bottom tape as well as the netting.

## M Playoffs

### Playoff Format:

In certain situations teams at or near the bottom of the standings may not advance to the playoffs. Playoff brackets are not determined until the end of the season as we may break teams up into separate divisions.

### Seeding:

Teams are seeded according to wins and ties. Teams may be split into divisions. These divisions may not be solely based on team record. Teams may be placed in a division based on their performance, team history and strength of schedule during the regular season.



**Rosters:**

Non-Roster subs are not allowed in the playoffs unless they have been pre-approved by the office and added to your roster. Sub requests are not automatically approved and must be submitted for review during normal business hours for review.

Players are welcome to play on multiple teams in the league during the regular season. During the playoffs, players can only play on one team per division. They must pick the team before the playoffs and are not able to switch teams if one of their teams loses.

Team rosters do need to be independent of each other to the point that they will be able to play at the same time, or play each other.

## IV. Sportsmanship and Conduct

**The on-site supervisor has FINAL authority** to resolve any disputes, make any rulings, interpret any rules as they see fit. They can even be wrong, if necessary. Any philosophical issues or rules interpretations can be directed to the office after the matches.

***No unsportsmanlike conduct will be tolerated at any time.***

This is recreational volleyball – fun is the goal. If a player becomes abusive of teammates or opponents, or of the on-site supervisor – they will be asked to leave immediately. Incidents of this type will be reported to the league office, and further suspension may result, where necessary. The on-site supervisor has final authority in all player conduct decisions during league play.

**REMEMBER EVERYONE: THIS IS FOR FUN.  
PLAY SAFE!!!**

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