Indoor Volleyball Rules

Stonewall Sports Raleigh

Stonewall Raleigh Indoor Volleyball will operate under the current rules and regulations as outlined in the USA Volleyball (USAV) - Indoor Rules Book (available on the USAV website). The rules below are specific to Stonewall Raleigh Volleyball and supersede the rules in the USA Volleyball Indoor Rules Book.

1. **Match Format/ Scoring**
   - 1.1. Each match will be played as a best-of-3 sets, utilizing rally scoring. The first two sets of a match will be played to 25 points (win by 2, cap 27). If a third set is necessary, it will be played (time permitting) to 15 points (win by 2, cap 17) and no game interruptions will be permitted in the third set (including substitutes).
     - 1.1.1. The first team to score 25 points in a set (or 15 points for in the third set), winning by two or reaching the score cap, will be the winner of that set.
   - 1.2. Matches are limited to 45 minutes of playing time. Hard cap 50 minutes.
     - 1.2.1. A warning will be given at 40 min and officially finished at 45 min.
     - 1.2.2. If a match reaches the 45 min time limit during the second set, the time limit terminates the match. This does allow a tied 1-1 match possibility and a 3rd set will not be played. If the second set is not completed, the team with a higher score will win the 2nd set for the official record.
     - 1.2.3. If a match reaches the 45 min time limit during the 3rd set, an additional 5 minutes is added to the match to allow the third set tiebreak to finish. If after the additional 5 minutes the set is not finished, the next point is the last point and the third set will be given to the team that has more points for the official record.
   - 1.3. *FOR D BRACKET ONLY* A server may only successfully serve 5 serves in a row before the team must rotate.

2. **Playing Area**
   - 2.1. Due to venue availability and limitations, the designated free area around the competition area may be smaller than outlined in the USAV Indoor Rules Book.
   - 2.2. You may pursue a ball as long as it does not interfere with the other team or spectators.
   - 2.3. If the ball hits the ceiling or basketball hoops above the court and comes back down on the same side of the court, it is active. If the ball hits the ceiling and crosses the net, the ball is dead.
   - 2.4. If the ball hits the middle curtain divider or the basketball hoop to the side of the court, the ball is dead.

3. **Net Height**
   - 3.1. For the purposes of a co-ed, recreational league, Stonewall Volleyball Raleigh will utilize an adult co-ed net height of 7'9 5/8".

4. **Team Composition & Borrowed Substitutes**
   - 4.1. A team roster can consist of up to 10 members maximum and 7 players minimum.
     - 4.1.1. For the purposes of league formation and placement of Free Agents, some teams may exceed these limits with the approval of League Management.
   - 4.2. Only team members that are registered and paid members of Stonewall Raleigh Indoor Volleyball are eligible to play on a team. If a non-registered player is used during a match, the match will be forfeited.
   - 4.3. In accordance with the recreational nature of Stonewall Raleigh Volleyball, all present willing and able players from a team must play three different positions on the court

before the two sets are completed. (Note: this rule is not applicable to teams that run a competitive rotation).

4.3.1. The changing of a position is based upon the serve/receive rotation.

4.3.2. Playing in both the front and back row is not a requirement.

4.4. The Team Captain must present the team lineup to the referee at the beginning of each set. The team must maintain this rotational order throughout the set.

4.5. The play of all team members must occur within the first two sets of a match.

4.6. A team can have 6 players on the court. A minimum of 4 players on a team are required to start a match.

4.6.1. Tardy teammates can join between points.

4.7. Borrowed Substitutes: If team attendance is below 6 players, a captain may find up to 2 players from other teams to play with them.

4.7.1. Borrowed Substitutes may only bring the team size up to 6.

4.7.2. If 2 Borrowed Subs are needed, they must be from different teams.

5. Forfeits

5.1. If a team does not present at least 4 players (2 Rostered players + 2 Borrowed Substitutes) at match time start, a forfeit will be recorded.

5.2. If a team is assigned a Forfeit for a match due to failure to present a full team at match time, the score for that match will be recorded as 2-0 and the score for each set will be recorded as 25-0.

5.3. If a team is assigned a Paper Forfeit due to the inability to provide the assigned referee or line judges for a match, the score for that match will be recorded as 2-0 and the score for each set will be recorded as 25-0.

6. Internal Substitutions

6.1. Unlimited substitutions are permitted per team per set. Substitution of one or more players is permitted at the same time.

6.2. Position-Lock Rule:

6.2.1. Pairing: Once a substitute enters for a specific player, they are permanently paired to that spot in the rotation for the rest of that set.

6.2.2. Re-entry: An outgoing player can only re-enter the game by replacing the exact substitute who took their place.

6.3. A substitute may enter a set in the position of the starting line-up.

6.4. More than one substitute may enter the set in each position.

6.5. An injured player (except the libero) who cannot continue playing should be substituted legally.

7. Uniform

7.1. Every player must wear the provided Stonewall Raleigh Volleyball uniform shirt for that season. Shirts may be modified for comfort, but the Stonewall logo and any sponsor logos must not be altered or obscured in any way.

7.1.1. Exception for teams utilizing a Libero

7.2. All Players must have a legible and rational number written on their shirt.

7.3. Player pronouns may be indicated or left blank.

7.3.1. Only valid pronouns are acceptable. Any joke pronouns will result in an ineligible shirt and the player will not be able to play until a new shirt is ordered.

7.4. All players must wear close-toed, athletic shoes with non-marking soles at all times.

7.5. Kneepads and other protective equipment are not required but are highly recommended.

8. Libero Position

8.1. If a team wishes to utilize the libero position, it is the team's responsibility to clearly identify the libero and to notify the referee of the method used to identify the libero. *(Some suggested methods include: colored arm bands, bandanas, penny-style jerseys, or a contrasting t-shirt color).*

8.1.1. If a referee feels that the libero is not clearly identifiable during game play, the referee may stop play and require the team to more clearly identify their libero in order to continue utilizing the libero position.

8.2. The Libero can only play in the back row - they cannot rotate to the front-row positions.

8.3. The Libero cannot block or attempt to block an opponent's hit.

8.4. The Libero cannot complete an attack hit from anywhere on the court above the plane of the top of the net.

8.5. If the libero uses an overhead finger pass while standing on or in front of the 10-foot (attack) line, a teammate cannot hit that ball if it is completely above the net. However, bumping or setting with the forearms is allowed without hitting restrictions.

8.6. A Libero may be used as a back row replacement for 2 different players at the same time, but may only serve for 1 player.

8.6.1. Libero replacements do not count toward official team substitution limits. The libero must be replaced on the court by the exact same player they swapped with.

9. Season Standings

9.1. Each week, league management will update the league standings.

9.2. League standings are determined (in the following order) by:

i. Win-loss record
ii. Head-to-Head record with all teams in the tie
    1. Assumes teams in ties all played same number of games as other tied teams
iii. Head-to-Head match point differential
iv. Overall point differential
v. Coin Toss

10. Playoff Tournament

10.1. At the conclusion of the regular season, a single-elimination playoff tournament will be held.

10.1.1. Tournament games will be a normal match with best-of-3 sets, utilizing rally scoring.

10.1.2. Tournament scoring will be to 25 points for the first two sets, win by two, with a score cap of 27. The 3rd set (if necessary) will be played to 15 points, win by two, with no score cap.

10.2. The seeding for the tournament will be determined by the:

10.2.1. Final standings from the regular season *(refer to Section 9 Season Standings)*

10.2.2. Respect to the availability of the tournament venue and team schedules

11. Referees/Line Judges *(Note: Only if certified refs are not used for the season)*

11.1. Each team must have at least two (2) members willing and able to serve as a head referee.

11.2. Additionally, the referee teams will be required to provide two (2) additional individuals to serve as line judges.

11.2.1. If a team does not provide the two (2) line judges that week and cannot find willing helpers, the team will be assigned a -7 point score the following week.

11.3. If the assigned referee team is unable to complete their assigned match, then they must arrange for another team within the division to fulfill the responsibilities and notify the Volleyball Director at least 24 hours before the match.

11.3.1. If the assigned team fails to complete their reffing duties all together, they may be issued a paper forfeit.

12. Referee Responsibilities:

12.1. Head/ Up Ref: (Watch the ball/ players)

12.1.1. Before the Serve

Check readiness: Verify that both teams are on the court and ready to play.
Confirm server: Identify the correct player who is serving.
Scan the court: Check for rotational faults or court safety issues.
Authorize the serve: Blow the whistle and use hand signals to beckon for the serve.

12.1.2. During the Rally

Judge ball handling: Rule on faults like double contacts, lifts, and four-hit violations.
Monitor net play: Watch for net touches and faults at the top of the net.
Make boundary calls: Determine if hits land in or out, including touches off blockers.
**A head ref can over ride a line ref boundary call. Use your best judgement.
Evaluate attacks/blocks: Check legality of back-row attacks and blocks.
Control flow: Manage match tempo, handle timeouts, and manage delays

12.1.3. After the Rally

Signal the outcome: Blow the whistle, award the point, and indicate which team won the rally.
Communicate: Clarify rulings using official hand signals and coordinate with the down referee and table officials.

12.2. Down Ref: (Watch the net/ Court)

12.2.1. Before the Serve

Check team line-ups, starting positions, and rotations before each serve. Identify Libero.

12.2.2. During the Rally

Monitor the Net and Centerline: Focus eyes on the top of the net and centerline for net touches, penetration faults, and center line interference rather than tracking the ball.
Make boundary calls: Determine if hits land in or out, including touches off blockers.
Oversee Libero Tracking: Check legal libero replacements and prevent illegal re-entries.

12.2.3. After the Rally

Change the Score.

12.3. Line Refs:

In and Out Calls: Determine if a ball lands inside or outside the boundary lines.
Touch Signals: Signal if a ball touched a player or blocker before traveling out of bounds.
Service Foot Faults: Watch the server's feet to ensure they do not step on or over the endline during a serve or step outside the legal zone during a jump serve.
Antenna Faults: Watch the antenna on your side of the net to see if a crossed ball or touched ball passes outside of it.

13. Dos and Do Nots

13.1. Double Contacts

13.1.1. Double contact in one-fluid-motion, on the first or second contact are legal as long as the ball remains on your side of the court.
13.1.2. A Double contact over the net is not legal.

13.2. Time Outs

13.2.1. Each team has (1) time out per set.
13.2.2. Time outs are not transferable nor allowed in the 3rd set.

13.3. Liberos & Subs

13.3.1. Liberos and Substitute switches are unlimited.
13.3.2. You may not change who the Liberos or Subs are swapping for mid-set.

13.4. Challenging the Ref

13.4.1. Captains may ask the ref (politely) to explain a call or request a re-play.
13.4.2. Team players are not permitted to question the refs.

13.5. Serving

13.5.1. Players on the serving team are not allowed to screen.
13.5.2. Players on the Receiving team are not allowed to attack the ball.

13.6. Moving Positions

13.6.1. After a ball is served, players are able to switch positions within their front-row and back-row teammates.
13.6.2. Front-row players may play further back, but back-row players are not permitted to block or attack at the net.
13.6.2.1. Back-row setters are allowed to set in front of the 10-ft line, but may not have an attack that is higher than the plane of the top of the net nor jump block.

13.7. Ball Play at Net

13.7.1. You may play the ball as it rebounds off the net.
13.7.2. You may not touch the net.
13.7.2.1. Hair and Athletic Clothing does not count as a net touch.

13.8. Under/ Over the Net

13.8.1. Under: You may step under the net as long as it is not a full step/ your foot does not clear the middle line AND you do not interfere with the players on the other side of the net.
13.8.2. Under: If you touch a player on the other side - Automatic Fault.
13.8.3. Over: You may reach over with the attempt to block an attack.
13.8.4. Over: You may not reach over and interfere with an attempted set.

13.9. Touches

13.9.1. Pancake - Legal
13.9.2. Lift - Illegal
13.9.3. Closed Fist Bump up - Legal
13.9.4. Dunking over the net - Illegal
13.9.5. Kicking the ball - Illegal
13.9.6. Foot Bump (think hacky sack) - legal
13.9.7. Chest bum, head ball, booty bump - legal as long as it only touches one part of the body.
13.9.8. If 2 players simultaneously touch the ball, either can hit the ball again as the next touch.

13.10. Disputes

13.10.1. Don't argue with a ref or other team.
13.10.2. Do replay the point.

13.11. Medical Emergencies

13.11.1. Pause the game. Most any substitutions are legal. Take care of the player and the court. Get the director or any member of Stonewall Raleigh Invloved.

14. Player Misconduct

14.1. **Stage 1:** Verbal Warning to the Captain
14.2. **Stage 2:** Yellow Card- Assessed to the individual, but enforced for the entire team. Penalized a Point & Service given to Opponent (Enforced for 1 Game)
14.3. **Stage 3:** Red Card- Player Is removed for the Set, must be legally substituted (Enforced for remainder of the season)
14.4. **Stage 4:** Red & Yellow Card- Disqualification & removal from League

All rules subject to the Volley-Indoor Director:
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