

INDOOR VOLLEYBALL RULES

- 1) Each match will consist of three games (sets). Each set will count in the overall standings for regular season standings. **Each set will be played to 25, win by 2 with a hard-cap of 27 (RALLY SCORING).** . One time-out per match is allowed.
- 2) The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is infinite. Please note, based on some facilities having a tight end line, the ref will instruct if the players are allowed to have one step over the end line on their serve.
- 3) There are no male/female hitting rules. There can be no more than **3 males on the court at any time. A team may play up to 6 females on the court, but no more than 3 males.**
- 4) A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball only when a) any portion of the ball breaks the plane of the net or after the offense has come in contact with the ball on the third attempt.
- 5) The serve may not be blocked or spiked. Serves hitting the net are legal.
- 6) Players may hand set the serve.
- 7) No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Contact with hair will not be considered a fault. Please help to protect our equipment and avoid contact with the net.
- 8) Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net. Spikers may follow through over the net after a legal contact.
- 9) The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal. *A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.
- 10) Out of bounds is the area outside the line. The line is in bounds.
- 11) A player may touch but not completely cross over the center line with his/her foot.
- 12) The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact.
- 14) Oversets are legal.

Intermediate & Competitive League Rules Only:

- 15) Servers are now allowed to “drop” the serve and re-attempt a serve due to a poor toss. Players must follow through on the serve once they start the process or be called on a side-out.
- 16) Teams must rotate when they receive serve. Teams are not allowed to hold their position when they receive serve to start the set or when they receive the serve for the first time in a set.

LEAGUE POLICIES

SUBSTITUTIONS:

At Mile High SSC, we understand life happens! During the regular season, any player over the age of 18 may substitute in to fill-in for a roster player. Substitute players **MUST report** to league official to sign-in on team’s respective waiver sheet **BEFORE THEIR GAME**.

PLAY-OFF SUBSTITUTIONS:

Only players on their respective rosters may play in the end-of-season tournament or play-off games. Teams may not add players to their roster after week 5.

FORFEITS:

If your team forfeits a match during the season, the following rules apply:

First Offense: Loss of three games and warning issued

Second Offense: Three losses and staff reserves the right to remove team from playoffs.

Third Offense: Removal from the league.

If you know in advance that your team is going to forfeit a game, we encourage you to call our office so as to help us schedule your opponent a game.

Teams have until ten minutes past the designated start time to field a full squad. If at that time one team is unable to field a full team (minimum number of players required according to the rules), it will be up to the staff and the opposing captain to determine what is allowable.

PLAYOFFS:

Playoffs are single elimination.

Matches are best two out of three format. The third game will not be played unless needed.

Seeding: Teams are seeded according to # of match wins, # of game wins and lastly point differential.

Any questions regarding policies, rules, or eligibility must be addressed before the start of the match.

WAIVERS:

In order to participate in the league, **each participant must sign the team waiver**. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating. Check in with the official as he will always have a copy of the waivers on hand.

PLAYER ELIGIBILITY:

A formal protest may be filed before a game if an opposing player's eligibility is in question. (This is only acceptable for end-of-season tournament games). The player in question will be required to provide his/her player information (name, address, phone #, signature) in writing to a Mile High SSC staff member prior to the start of the game. This qualifies as an official protest. The game will then be played in its entirety as scheduled. Teams will be notified of all rulings on the identified eligibility discrepancy by the following business day – decisions will not be made on site. If the protest is proven to be legitimate, it will result in the forfeiture of the game in question. Games subsequent to the protested game may be rescheduled.

The above procedure will also apply for any other “logged” protests. All rulings by Mile High SSC staff are considered final.

SPORTSMANSHIP:

The idea of Mile High SSC is to have fun. We hope that all participants keep that in mind when becoming involved in our activities. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league.

STAFF:

To coordinate and run the league, our refs and/or staff will be available at all times to help the league run as smoothly as possible. If you have questions regarding schedules, policies, rule interpretations, directions to the bar, etc. please ask.

LEAGUE CANCELLATION/RAINOUT:

Leagues may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. Mile High SSC staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league.

If the matches are cancelled, Mile High SSC staff will change the voicemail immediately. Mile High SSC will then call all of the captains. If a league is cancelled on site, our staff will attempt to contact those teams still scheduled to play the remainder of the league day/night. Depending on the time of cancellation, some teams will have to be notified on site. If we do cancel, follow next week's schedule (ex. If games on the night of May 20th are cancelled, teams should follow the May 27th schedule for their next game). The games that are cancelled will be made up at the end of the season if time allows. In extreme circumstances, Mile High SSC reserves the right to run a shortened season with a credit for any matches unable to be scheduled for the next season