

CINCINNATI SPORTS LEAGUES

Official Indoor Volleyball Rules - (VERSION #1)

The CSL adheres to USA VOLLEYBALL indoor volleyball rules. The general rules listed below are designed to fit the Cincinnati Sports Leagues Format.

OVERVIEW

CSL's rules require 3 men and 3 women on the court at all times. **New Rule** - If a team has either 5 or 4 players with a **minimum of 2 women** it will be considered a legal game. However, the opposing team will have the option to utilize the ghost rule. **Ghost Rule**-If a team has 5 players, for example, they must forfeit their serve after every 5th rotation (4 players will forfeit their serve after the 4th rotation) This will allow the team with a full squad to receive back-to-back serves. If a player(s) arrives after the start of a game they will be allowed to enter immediately. (To avoid confusion we ask that all games utilizing the ghost rule be cleared with staff member on site .) All the above options must be addressed before the start of the match, otherwise the game will stand as started.

- 1) Each match will consist of three games. Each game will count in the overall standings for regular season standings. All games are rally scoring to 21 points win by 2 with a cap of 25 points. One time-out per game 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.
- 3) There are no male/female hitting rules. There can be no more than **3** males on the court at any time.
- 4) A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball:
 - a. If any portion of the ball breaks the plane of the net.
 - b. After the offense has come in contact with the ball on the third attempt.
- 6) The serve may not be blocked or spiked.
- 7) Players can return the serve by:
 - a. Bump pass
 - b. Clasp their hands together
 - c. A Closed fist

Recent revisions to USA VB rules allow a player to return a serve with a two handed set. A set in this manner is extremely difficult and is not recommended for players not familiar with high level volleyball (i.e. club, NCAA etc.)
- 8) No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.
- 9) 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.
- 10) 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.
- 11) Out of bounds is the area outside the line. The line is in bounds.
- 12) A player may touch but not cross over the center line with his/her foot.
- 13) USA VOLLEYBALL rules apply unless stated otherwise.. **Please help the game by calling your own "nets", "lifts/carries", and questionable calls - it's good sportsmanship.**