

Official Rule Book



6's Action Volleyball



BOX HILL
ACTION INDOOR
SPORTS

VOLLEYBALL RULES

Indoor volleyball is played between two (2) teams of six (6) players, or two (2) teams of three (3) players for the 3on3 competition, on a court divided by a net. The object of the game is to ground the ball in the opponent's court, or to force the opponents into error. Each team is allowed three (3) touches before returning the ball across the net. The ball must *not* be thrown, lifted or pushed, but must be hit cleanly. The players are positioned on the court in two (2) lines, facing the net. Rally Point Scoring will be utilised in all sets and upon winning a point the team rotates one position in a clockwise direction. The game is played over three (3) twelve (12) minute sets with the team winning the most sets being the winner.

The game consists of five (5) basic skills :

1. **Serve** - The act of putting the ball into play, executed from anywhere behind the baseline, over the net, by an underarm or overarm action.
2. **Receive** - The first touch of the ball, executed by a back-court player with a dig (hitting the ball with the forearms together), the object being to pass the ball to a front-court player close to the net.
3. **Set** - The act of setting the ball up for an attacking hit by volleying the ball into the air, using the fingertips.
4. **Spike** - The most common attacking shot. The player jumps up to hit a set into the opponent's court.
5. **Block** - A defensive action performed by jumping up with the hands above and over the net, attempting to prevent a spike from entering the court. See Also 'Blocking' Rule 10D

The standard sequence of the above is for the service to be received by a back-court player, who digs the ball to the centre front-court player, for a set to either of the other front-court players. The receiver of the set then attempts to spike the ball into the opponent's court, avoiding the block and forcing an error or grounding the ball in the opponent's court.

CHAPTER ONE - PLAYING AREA, COURT SIZE & EQUIPMENT

RULE 1 - PLAYING AREA AND LINES

1A. PLAYING AREA

The court shall be marked within a playing area of 14m x 28m x 5m, which is completely enclosed by netting.

1B. COURT SIZE

The court shall be 9m x 18m, divided into two (2) equal halves by the “centre line”.

1C. END LINES

Boundary lines shall be marked at each end of the court, 9m from and parallel to the centre line. (Note: A ball touching the roof or wall nets during a team’s three (3) hits is permissible provided it stays on their side of the court.)

1D. SERVICE AREA

The service shall be taken from anywhere along the baseline.

RULE 2. EQUIPMENT

2A. THE NET

The net shall be 11m in length and 1m wide. The height of the net, measured in the centre of the court shall be 2.4m. This height shall be standard for all men’s, ladies and mixed games.

2B. THE BALL

The ball shall be supplied by the centre and shall be a standard size 5 volleyball.

CHAPTER TWO - PARTICIPANTS IN COMPETITION

RULE 3 - RIGHTS AND DUTIES OF PLAYERS

3A. All players must know the rules of the game and abide by them.

3B. During the game only the team captain is to address the referee.

3C. CONDUCT OF PLAYERS

The following acts are punishable :

- 1. Persistent addressing to the referee concerning decisions made in the course of play.**
- 2. Making derogatory remarks to the referee or opponents.**
- 3. Committing actions tending to influence decisions of the referee.**
- 4. Any unsportsmanlike, rude, offensive or aggressive conduct.**

3D. PENALTIES

- 1. Misconduct Warning**
 - for unsportsmanlike behavior
- 2. Misconduct Penalty**
 - for rude conduct
 - loss of rally
- 3. Expulsion**
 - repeated rude or unsportsmanlike behavior
- 4. Disqualification**
 - offensive or aggressive behavior

3E. The repetition of misconduct by the same team member is sanctioned progressively.

3F. Disqualification due to offensive conduct or aggression does not require a previous sanction.

3G. Any player disqualified cannot take any further part in the match. A substitute will not be allowed to replace the offending player.

RULE 4 - THE TEAMS

4A. COMPOSITION OF TEAMS AND SUBSTITUTES

A team shall consist of a maximum of eight (8) players. Only six (6) players are permitted on the court at any one time, with up to two (2) substitutes. In mixed games there is a maximum of three (3) males allowed on the court at any one time. For the 3on3 competition a team shall consist of a maximum of four (4) players. Only three (3) are permitted on court at any one time, with only one(1) substitute.

4B. PLAYERS SHORT

For a game to start a team must have a minimum of four (4) players. A 3on3 team must have a minimum of two (2) players for a game to commence. In the event of team members arriving in the course of play, they must wait until the end of a point before entering the court.

4C. SUBSTITUTES

Players may be substituted after a team scores a point or wins a side-out. The substitute player will stand off the court in the back right corner and will be exchanged with the next player to serve.

4D. No player may play for (or fill in for) more than one (1) team in any grade.

4E. No team may have more than one (1) fill-in from a higher grade.

RULE 5. UNIFORMS

5A. Teams are to play in full sporting attire. This consists of sports shoes, shorts or tracksuit pants and matching color shirts. Shirts must be predominantly the same color and shade (allowances will be made for fading). Players may wear different styles of tops ie. T-shirts, polo shirt, windcheaters etc. Printing and stripes do not have to be matching and individual numbers are not required.

5B. Teams must be in complete uniform on the night of their third (3rd) competition game. Offending teams will be penalised two (2) points per player (fill in players, if not in correct uniform, also incur this penalty). These points are awarded to the opposing team at the start of the first set or when the offending player joins the game.

CHAPTER THREE - RULES OF THE GAME

RULE 6 - DURATION OF THE GAME AND CHOICE OF COURT

6A. NUMBER OF SETS IN A MATCH

Volleyball is played over three (3) twelve (12) minute sets. At the end of twelve (12) minutes, the point in progress will be completed and the team that is ahead on points will be awarded the set. If points are equal at the end of twelve (12) minutes the set will be deemed a draw. In the event that sets are one all (1:1) at the completion of the game the winner will be decided on the cumulative points scored for the whole match.

6B. CHOICE OF COURT

The captains will call the toss of coin for court or service. The winner of the toss chooses either the court or the right to serve. Teams change ends of the court at the end of each set.

RULE 7 - COMMENCEMENT OF THE GAME AND SERVICE

7A. DURATION OF SERVE

Once the team has gained the right to serve, its players rotate once in a clockwise direction after each successful serve until they lose the right to serve.

7B. SERVICE

The ball is allowed to be struck off the hand in the service action (similar to the handball action). In the act of serving, the ball will be deemed to be out if it touches any of the nets surrounding the court.

7C. When serving, both feet must remain completely behind the baseline until the ball has been struck. Touching the baseline will result in loss of service.

7D. Once a player throws the ball in the air for service it must be hit or allowed to fall to the ground. It *must not* be caught. Catching the ball will result in the loss of service. If the serve is mis-thrown and allowed to drop to the ground, the player must wait for the referee's whistle before commencing a second attempt.

7E. All players of both teams must be positioned inside the markings of the court during a serve. If a player enters the court after a serve has taken place, the point will be awarded to the opposition team.

RULE 8 - ROTATION

8A. When the receiving team has gained the right to serve, its players rotate one (1) position clockwise before serving. They continue to do this before each service until their team has lost the right to serve.

RULE 9 - HITTING THE BALL DURING PLAY

9A. No player is permitted to spike the ball off the serve.

9B. Each team is allowed a maximum of three (3) consecutive contacts with the ball on its side of the net before directing the ball towards the opponent's court.

9C. The ball may be hit with any part of the body *above and including the knees*.

9D. The ball can contact any number of parts of the body down to the knees providing the contacts are *simultaneous* and the ball is not held but *rebounds cleanly*. Usually a double hit or carry occurs.

9E. CONTACTED BALL

A player who contacts the ball or is contacted by the ball is considered to have played the ball.

9F. HELD BALL

When the ball comes to rest momentarily in the hands or any part of the body, it is considered to be a held ball. The ball must be clearly hit - scooping, lifting, pushing or carrying shall be considered as holding. The ball must rebound *vigorously* after contact - it must not roll along the fingers or other parts of the body and must not spin backwards excessively off the fingers when setting.

9G. DOUBLE HIT

A player contacting the ball more than once with any part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit. For this reason, hands must

be joined when digging a ball. When setting, if a ball is rotating rapidly in a backwards or sideways motion, the umpire will deem it a double hit (leniency will apply to novices). However, a double contact by a player receiving the *first* team hit from an opponent's *serve or spike* (any hard, attacking shot) will be deemed play on, provided the double contact is made during the one continuous action of playing the ball.

RULE 10 - SIMULTANEOUS HITS AND BLOCKING

10A. SIMULTANEOUS HITS BY OPPONENTS

If a simultaneous contact is made by two (2) opponents above the net, the player on the side opposite to the projected flight of the ball is considered to have touched it last. After such a simultaneous hit by opponents, the team whose side the ball enters has the right to play the ball three (3) times. If, after a simultaneous hit, the ball lands in the playing area, the team whose side it lands on will be penalised. If the ball is held simultaneously by two (2) opponents, this is a double fault and the referee will direct a replay.

10B. SIMULTANEOUS HITS BY TEAM MEMBERS

If two (2) or more players of the same team attempt to play the ball and the ball is touched by only one of them, this shall be considered as one (1) touch only. A player may play the ball whilst in contact with a player of their team. However, no player may be used as a means of support to reach the ball. When two (2) players of the same team contact the ball simultaneously this is considered as two (2) hits - except when blocking.

10C. DOUBLE FAULT

When two (2) players on opposing teams commit a fault simultaneously the referee will direct a replay.

10D. BLOCKING

Blocking is the action of defending an opponent's attack hit. It is performed by a front court player(s) close to and above the net. Any player participating in a block which contacts the ball shall have the right to make a second contact with the ball. This contact shall count as the first of three (3) hits allowed by the team (ie. A block is not counted as a hit). If the ball touches one (1) or more players on the block, it shall not be counted as a hit for the team, even if the contacts are not made simultaneously by the players participating in the block. The three (3)

back court players *may not* participate in the block at the net. The hand(s) of the blocker(s) may reach over the net providing they do not interfere with the hit of the attacking team (ie. They must have completed their hit before a block can be attempted). When the ball, after having touched the opponent's block, returns to the attacker's side, the players of this team have the right to another three (3) hits.

RULE 11 - PLAY AT THE NET

11A. If the ball touches the centre net in the course of play it is considered to be good and play continues.

11B. If the ball was contacted three (3) times by a team without crossing to the opponent's side, the referee shall stop play, but only after the ball was hit a fourth time or made contact with the ground.

11C. Any person contacting the centre net *whilst playing the ball* shall result in the opposing team being awarded the rally. When a player not attempting to play the ball accidentally touches the net, and it causes no interference to the play, it shall be considered play on.

11D. NET DRIVEN INTO A PLAYER

If the ball is driven into the net with such force as to cause the net to contact a member of the opponent's team, such contact shall not be considered a fault.

11E. SIMULTANEOUS TOUCH OF THE NET

If two (2) opponents touch the net at the same time, it shall be considered a double fault and the point will be replayed.

RULE 12 - REACHING BEYOND THE NET

12A. A blocker may touch the ball beyond the net, provided that they *do not* interfere with the opponent's play before or during the latter's attack hit.

12B. A player is permitted to pass their hand beyond the net after an attack hit, provided that the contact has been made within one's own playing space.

12C. A player *may not* reach over the net
: to block a shot that is not passing over the net,

: to hit the ball before the opposition has had a chance to play their attacking shot or

: to hit a ball that has crossed the plane of the net from your own side

RULE 13 - CROSSING THE CENTRE LINE

13A. CONTACT WITH THE OPPONENT'S COURT

Touching the opponent's court with one's foot/feet is not a fault provided that some part of the foot/feet remains in contact with or directly above the centre line.

13B. It is not a fault to enter the opponent's court after the referee has whistled to stop play.

13C. CROSSING THE VERTICAL PLANE

Crossing the vertical plane of the net with any part of the body, with the purpose of interference or distraction of the opponent, while the ball is in play constitutes a fault.

RULE 14 – BACKCOURT PLAYERS

14A. Backcourt players may not direct a ball from the front line into the opponent's court unless the ball is below the height of the net. From the backcourt they may direct the ball over the net in any permissible way.

14B. Backcourt players may not participate in the action of blocking.

RULE 15 - BALL OUT OF PLAY

15A. BALL TOUCHING THE NET

A ball touching the roof or side nets during a team's three (3) hits is permissible provided it stays on their side of the court. If the ball hits the roof or side net then continues into the opponent's court it is considered to be out.

15B. BALL LANDING OUTSIDE

The ball is considered to be out when it touches the ground outside the playing area. A ball landing on or touching the line is considered to be in. The ball is also deemed out if it hits the side or roof nets and then lands anywhere on the oppositions side.

15C. DEAD BALL

The whistle of the referee stops all play and the ball is then considered “dead”

RULE 16 - SCORING AND RESULTS OF PLAY

16A. When a team fails to return the ball over the net correctly to the opponent’s court, a fault is committed. This fault is penalised by loss of the point.

16B. The Rally Point scoring system will be used. If the serving team wins the rally they score a point and continue serving. If the receiving team win the rally, they also score a point and gain the right to serve the next point.

16C. Volleyball is played over three (3) twelve (12) minute sets. At the end of twelve (12) minutes, the point in progress will be completed and the team that is ahead on points will be awarded the set. If points are equal at the end of twelve (12) minutes, the set will be deemed a draw. The result of the game is decided by the number of sets won. In the event that sets are one all (1:1) at the completion of the game the winner will be decided on the cumulative points scored for the whole match.

16D. Should a team cause a game to start late, the opposing team shall be awarded one (1) point for every minute not played.

16E. Any team failing to field a side within fifteen (15) minutes of the scheduled start time will forfeit the game.

16F. No team shall be allowed on the court until their game fee has been paid.

RULE 17 - COMPETITION POINTS

17A. The position of each team in the competition shall be determined by the accumulation of competition points awarded, based on results of the games. The competition points shall be awarded as follows:

4 competition points for a *win*

2 competition points for a *draw*

0 competition points for a *loss*

1 competition point (skin) for every set won

17B. FORFEITS

Any team failing to show for a fixtured game will incur a forfeit fine equivalent to both teams game fees. This amount must be paid before the offending team's next scheduled game.

17C. In the event of a forfeit, the non-offending team shall receive seven (7) competition points - equivalent of a win and 3 sets won.

RULE 18 - FINALS

18A. Dependent on the number of teams in a grade, a four (4) or five (5) team final series will be conducted.

18B. Finals will follow the same Volleyball format with games being played over three (3) twelve (12) minute sets. In the case of a draw on sets and points, the game will go into five (5) minutes overtime, with the winner being the team scoring the most points.

18C. To qualify for finals, each player must have played at least one third (1/3) of the fixtured games after their registration fee has been paid.

CHAPTER FOUR – 3 on 3 BY RULES

RULE 19 – ADDITIONAL RULES FOR 3 on 3

19A. Players are permitted to perform an attacking hit from above the height of the net, regardless of their position on the court (i.e. front or back court player). The only exception to this rule is off of a serve where no player is allowed to perform an attacking shot above the height of the net.

19B. All players are permitted to participate in the action of blocking. The exception to this rule is off a serve, where no player is permitted to block the ball.

19C. See Rule 4A 'Composition of teams and substitutes'.

19D. See Rule 4B 'Players Short'.

Box Hill Indoor Sports Centre aims to provide a healthy environment where friends, relatives, workmates and families can play social sport while enjoying the convenience of playing indoors and the benefits of professional competition management.

It is therefore the onus of each player to be familiar with the rules of Indoor Netball before participating in a game.

**Melbourne's
No. One
Sports Stadiums**



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