



Indoor League Rules

Tuesdays & Thursdays W6's – multiple locations :

1. Rally point scoring. Best 2 out of 3 games per match: 0 – 21, 0 – 21, 0 – 7, all cap; or League Coordinator's time. You will be given the benefit of one 5 minute timed warm up in the first evening match.
2. In order for a game to count, when time is called, a total of 7 points shall be accumulated between the teams.
3. The default rule shall apply when an incomplete team is on the court. One point lost for every minute an opponent can not field a full team. The Ghost Rule share apply too.
4. League Stats: A. Total games won. B. In the event of a tie, head to head match-up. C. In the event of a tie, total points won.
5. Both teams shall report match scores for accuracy both they leave the gym.
6. 'Let' serves are permitted.
7. Open-handed service reception permitted.
8. A block does not count as a touch.
9. When volleying the ball over the net, your shoulders & feet shall be square to where the ball is travelling.
10. For safety, play is dead when the ball crosses the court plain of the next court.
11. League Coordinator will limit on court warm-up to 5 minutes for all matches.
12. The on court Captain of each team shall resolve dispute(s) between themselves before approaching the League Coordinator.
13. Sub(s) must play at least one week in the league, for the same team, to be eligible for the play-offs. Otherwise, Rule 3 applies.
14. Losing team of the final match on each court shall store equipment away.
15. Please, pick-up all garbage in your area when you leave.