



# Indoor League Rules

## Sundays Co-Ed 6's – Bonsor Recreation Complex :

### Net Height: co-ed height

#### 1. Format

- Teams play best 2 out of 3 rally point games or 50 minute match limit. First two games cap at 25, third game cap at 11. A team must score at least 6 points for the third game to count as the deciding set. If not enough points are scored, match is decided by total points in first two games
- Winning teams must record their scores after each match or before they exit the gym
- Results will be based on matches won versus lost, any ties will be broken by games won & lost between the respective teams
- Teams will be re-ranked after Week 7 to ensure the competitiveness of the league in play-offs
- Play-offs will take place during the last week of the league.

#### 2. Team Composition

- 6 players is a complete team (minimum 2 females on the court)
- A new player can not be picked up in the play-off week (player(s) must have played at least one week for the same team in the current session)
- A team may compete with 5 players (they must have a minimum of 2 players of each gender) with no penalty ... provided the Ghost Rule is adhered to.

#### 3. Incomplete Team & Default Team (no show)

- \$25 Performance Bond due before the next scheduled league night
- If a team has 4 or less players on the court when the Coordinator's whistle blows, the team will be considered incomplete & they will lose the first game 0-25. If after 30 minutes the team is still incomplete it will be considered a complete match default & lose the second game 0-25.



#### **4. Captain or Team Representative**

- Captains are responsible for informing their team of all league rules, policies & procedures
- Captains are responsible to confirm the correct score is recorded correctly before they exit the gym. If no score is recorded, the match will be considered a tie (25-0, 0-25).

#### **5. Rules**

- 'Let' serves permitted
- The ball may be contacted no more than 3 times in succession by a team. A block does not count as a contact ('touch')
- The ball must pass over the net & completely between the antennae to remain in play. If there are no antennae the net metal pole is the gauge.
- A player may not contact the net with any part of his body or clothing. Incidental contact of hair is not a fault.
- It is not a fault when the force of an opponent's contact of the ball hitting the net causes a player to contact the net. It is not a fault when a player has incidental contact with the metal supports or support cables or referee stand.
- A ball may never be carried or allowed to come to rest on player's body
- Multiple contact is allowed on the first contact if it occurs during one attempt to play the ball
- The ball may be contacted with any part of the body. Service must take place with a hand or arm.

#### **6. League Coordinator**

- The League Coordinator will make final on-site decisions on the rules that govern the league.