



Indoor League Rules

Mondays W4's – multiple locations :

1. **SUBS** for playoffs must have subbed at least one of the previous weeks for the same team.
2. **RALLY POINT** scoring.
3. **SERVES** that touch the net are considered live.
4. **SERVER** is a designated back court player.
5. The Server is permitted to hit from behind the 3 metre line & set from anywhere on the court.
6. **ROTATION** of Servers is mandatory
 - * **Not** rotation of court positions.
7. **RECEPTION** open-handed service reception permitted
8. **ATTACKS** may be a hit, a roll or closed-hand
 - * **NOT** allowed to tip or block a 3rd ball over
 - * **NOT** allowed to contact the ball entirely in the opponent's space.
9. **VOLLEYS** over the net must be square from shoulders & feet.
10. **BLOCKS** do not count as a touch
 - * **NOT** allowed to interfere before/during the 3rd hit by penetrating
11. **Dispute(s)** shall be resolved by the on court Captain of each team before it is brought to the attention of the League Coordinator.