

Indoor Volleyball League Rules

Frederick County Division of Parks and Recreation

Player Requirements/Safety

- Players must wear athletic clothes and shoes. Team jersey/color is not required.
- Jewelry may not be worn at any time while playing.
- The games will be 6v6 and a team must have at least 4 players to play a game.
- A max of 4 male players can be on the court at a time for each team.
- Should an injury occur, a first aid kit will be provided by the FCPR staff on site.
- Captains and players will sign the code of conduct waiver for their team prior to the first game.

Scoring

- Each game is played to 25 points with rally point scoring (i.e. a point is scored on every serve). A team must win at least 2 points, with a 30-point cap.
- All matches are played as best 2 out of 3 games. The tiebreaker or third game is played to 15 points, but you must win by at least 2 points with a 30-point cap. In the third game, teams can switch sides when the first team gets to 8 points if desired.
- If there is a penalty on one team, the opposing team will be awarded a point and service.
- The games will be self-refereed with the captains having the ultimate decision on a call.

Game Play and Rotations

- A player may never block a serve.
- No player may reach over or touch the net, or step over the center line (A player's foot may land on the center line provided it is not entirely over the line).
- Lifting, scooping the ball, and double hits are not permitted.
- A block is not counted as a hit.
- Maximum of 3 hits per side.
- If the ball lands on the line, it is in.
- Players may play the ball off any part of their body, including their feet.
- All players must rotate clockwise.
- No player may skip any position or stay in one position for the whole game, including serving.



- Rotate new players in before your team starts a new server if you have more than 6 players on your roster.
- Each team is allowed one 30 second time-out per game.

Serving

- Net serves are allowed (the ball is allowed to contact the net on the serve).
- A server may serve the ball from anywhere along the baseline.
- The same server continues to serve if his/her team successfully wins the point.
- A player cannot touch the net at any time during the game (if you touch the net, it is the other team's ball). However, a player may cross the imaginary center line if they don't interfere with the play or get in the way of the opposition.

Sportsmanship

- Unsportsmanlike conduct from players, or spectators will not be tolerated, and should be immediately reported to the league director:
Benjamin Coleman at 227-203-4266, or Bcoleman@FrederickCountyMD.gov.
- Violators could face suspension/ban from Frederick County Division of Parks and Recreation programs.

