***INDOOR VOLLEYBALL   
RULES (4 A-SIDE)***

1. **FIELDING A TEAM**
2. **Number of players**
3. Men’s Grades

* A Team shall consist of a maximum of 4 players
* A Complete team is made up of 4 players, with the option of 2 substitutes.
* Only 4 players per team are permitted on the court at all times.

1. Mixed Grades
   * There must be no more than 2 males and no more that 2 on court at anytime.
2. **Player Short**
3. For a game to start, a team must have a minimum of 3 players. A team reduced to 2 players through unavailability, injured or send off, will forfeit the game
4. In Mixed grades, 2 females must be on court at all times, unless you are playing with 3 players then there must be a minimum of 1 female.
5. **Substitutes**
6. Each team may have up to 2 substitutes
7. Substitutions can be made only at the end of each set, except in the event of a player being injured in the course of play when they can be substituted at any time.
8. **THE GAME**

The game consists of 5 basic skills:

1. **Serve**

The act of putting the ball, from the backline, over the net by an over or underarm action.

1. **Receive**

First touch of the ball on receiving the service must be with the forearms (referred to as a ‘dig;’), the object being to pass the ball to a teammate close to the net.

1. **Set**

The act of setting the ball up for an attacking hit by volleying the ball into the air using the fingertips.

1. **Spike**

The most common attacking shot, the player jumping up to hit a ‘set’ into the opponent’s court.

1. **Block**

A defensive action to prevent a ‘spike’ from entering the court.

1. **DURATION OF GAME**
   1. All matches will consist of 45 minutes game time or 3 sets of 15 minutes. The game DOES NOT stop because a team is leading 3 sets to 0 and cannot lose the game.
   2. There are 2 min breaks between sets
2. **ARRIVAIL/LATE PLAYERS/LATE STARTS PENALTY**
   1. Under no circumstances is any game to start without the minimum number of players required to play a game.
   2. Individual player(s) arriving late may take part in the match providing their arrival is before the commence of the 2nd set. After this time, the team captain must ask for the consent of the duty manager or tournament organiser to allow a late player to participate.
   3. Teams causing a game to start late will be penalised as follows:

**Delay after   
fixture time Penalty**

0-4 min nil

5-9 min opposition to start 10 points ahead in 1st set

10-14 min 1st set rewarded to opposition

15-19 min 1st set plus 10 points of 2nd set awarded to opposition

* 1. Same time will be run according to the automatic timer.

1. **PLAYERS SHORT & SUBSTITUTES**
2. **Player short**
3. A team can play with 3 players.
4. When a team is reduced to less than 3players and a substitute is unavailable the offending team will forfeit the game regardless of the reason.
5. Any team that fields 3 players must nominate a ‘hole’ position and will automatically lose their serve when the ‘hole’ position rotates to the serving line.
6. In mixed grades, at least 1 female must be on the court at all times.
7. **Substitutes**
8. A substitutes must be in correct uniform or uniform penalties will apply
9. **POSITIONING PLAYERS ON THE COURT**

Players can take any position on the court.

1. **BLOOD RULE**

Any player who suffers a cut or abrasion which causes bleeding, must leave the playing area. The bleeding must stop before the player can return.

1. **LOG POINTS**
   * + 1. The winning team will be based on the end score after the full 45 minutes has been played.
       2. Bonus point will be given according to set points.

Eg. If you win 2 sets your team will be given 2 bonus points (skin per set)

* + - 1. These bonus points will be added to your team’s season point on the Log.
      2. Point works as follow:
  + 4 points for a win
  + 2 points for a draw
  + 0 points for a loss
  + 1 point for matching shirts
  + Max 8 points for winning team, the 8 points would be 4 for win,3 for sets(if you won all 3) and 1 for shirts ( if you are wearing matching shirts)