

City of Fort Collins Indoor Volleyball Rules

Anything not covered in this rules document will default to the NFHS Volleyball Rules Book.

Updated March 2022. Rules changes will appear in *highlighted italics font*.

League Classifications

- **A Level:** Competitive - designed for those teams that wish to play in the highest level of competition offered. Players in this category generally have a strong volleyball background in organized volleyball. Teams employ multiple offensive attacks and defense strategies with consistent hitting and blocking.
- **BB Level:** Intermediate - designed for teams that wish to be somewhat competitive. Players in this level have above average volleyball skills. Teams use power volleyball skills well – bump, set, and spike with some errors. These teams attempt offensive and defensive strategies.
- **B Level:** Recreational - designed for teams who are less aggressive than BB Level teams. These teams have several inexperienced players. Generally hitting and defensive skills are weaker than other divisions. These teams have a limited ability to bump, set, and spike and are playing for the enjoyment of the game.

Indoor Volleyball Rules

1. **Time Limit:** The 55-minute time clock will start at the first serve; warm up time will vary depending on the ending of previous matches.
2. **Coin Toss:** Two options exist to the winner of the coin toss. The winner may choose to serve/receive or take the choice of the side of the court for the start of play.
3. **Scoring and Results of the Match:**
 - a. *Each match will consist of three games: two games to 21, win by 2, cap at 25, and one game first to 15.*
4. **Rosters and Substitutions:**
 - a. Rosters are unlimited but a maximum of six players may compete on the court at one time.
 - b. Teams must start with a minimum of four players.
 - c. If a team drops below the legal number of players due to an injury on the court the game may continue without penalty.
 - d. All substitutions must be made during dead ball periods.
5. **Playing for a different team (fill-ins):**
 - a. Players may not play down a division (without agreement from the opponent see Rule 5.a.i) but may play in the same division or up one division as a fill in player.
 - i. **Fill-ins playing down a league:** The opposing team must agree on a fill-in if that player plays in a league above the one they are filling in for. Upon agreement, the game will be played as normal and will count in the standings. If the team is not approved the fill-in, the team that is shorthanded will forfeit the unplayed game.
6. **Rotation:** a team must rotate all player one position clockwise each time they regain possession and are next to serve.
7. **Timeouts:**
 - a. Every team will have two 30-second timeouts per set. No timeouts the last 4 minutes.

- b. In the event of an injury the clock will be stopped for a reasonable amount of time.
- 8. **Serving:** The player serving the ball, to start a point, must be behind the back line at the time they strike the ball. If the server jumps, they must leave the floor behind the line but may contact the ball in front of the line, provided they aren't touching the ground in the court, prior to hitting the ball.
 - a. Jump serving is not allowed in B leagues
- 9. **Ball Contact:**
 - a. Teams are allowed up to 3 hits during an offensive possession to return the ball over the net.
 - b. No player may touch the ball more than one time in a row
 - c. A block attempt, at the net, is not considered to be player or team touch, and does not count against their individual or team total for that possession
 - d. Nobody in the back row may block at the net
- 10. **Ceilings/Walls:**
 - a. Any ball that touches the ceiling may be played if the ball comes down on the hitting teams side of the court and that teams has not used all three of their touches.
 - b. Any ball that touches the surrounding walls or backboards will be considered out of play.
 - i. This does not include raised backboards over both ends of the court.
 - ii. A player may not use the wall in order to gain an advantage on the play.
 - iii. There is an area around any obstruction (e.g. bleachers, tarps) that is automatically out at the referees discretion.
- 11. **Penalty Card:**
 - a. Yellow Card-1st Warning
 - b. Red Card-Loss of rally (serve and point to the other team)
 - c. Red + Yellow- Loss of rally (serve and point to the other team)
 - i. Must leave gym for the remainder of the night and Sports Supervisor will determine if any further action needs to take place.
- 12. **Uniforms:** Uniforms and numbers are not required for City of Fort Collins play.

Mixed League Rule Modifications (formerly Coed)

- 13. **Number of Players**
 - a. A maximum of three males may participate on the court if a full team is present. *At no time, can there be a difference greater than 1 between the total number of men and the other players on the court (ex: 3:3, 2:3, 3:2, 2:2 are all legal rosters).*
- 14. **Substitutions:**
 - b. Substitutions may be made during any dead ball provided they do not violate the gender ratio of on the court.
- 15. **Contact Rule:**
 - c. *If a team contacts the ball more than one time during the offensive action, at least one contact must be made by a player other than a man.*
 - d. *A ball contacted by more than one man, without a player with a different gender having contacted it, remains alive and doesn't become an illegal hit until it fully crosses the plane of the net or is legally contacted by an opponent.*

16. **Rotation:** *teams may never have two men next to each other in rotation when there is an even number of players.* If there is an odd number of players, the players on the court must satisfy Rule 13.