



**INDOOR VOLLEYBALL  
SUPPLEMENTAL RULEBOOK**

**2023 EDITION**

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# RULES OF THE GAME

## 1. USA VOLLEYBALL RULES

- 1.1. Generally, all OUT Sports League Indoor Volleyball sanctioned play follows USA Volleyball rules from the USAV [2021-2023 Rulebook](#), except as otherwise specified in this supplemental rule book.

## 2. USAV RULE EXCEPTIONS AND CLARIFICATIONS

- 2.1. **Libero Players** - OUT will not utilize the Libero player rule. All players must rotate as normal and play all positions on the court.
- 2.2. **Service** - The service zone is extended to include the full width of the 9-meter area behind the end lines. The serving player is exempt from the positional order and may be at the left of the players on position 5 or 6. All other players must be in correct order inside the court.
  - 2.2.1. A point does not begin until the server makes contact with the ball (thus when the referee indicates for the point to begin and the clock expires prior to the server making contact with the ball, the play is dead and results in a fault for the serving team).
- 2.3. **Contact with Net** - A player is not permitted to make contact with the net during the act of playing the ball, or anytime the contact interferes with play. The act of playing the ball includes (among others) the act of take off, a hit, block or set attempt, or landing. Any contact with the antenna or net in the playing area while playing or attempting to play the ball is considered interference and a fault. A player is considered "in the act of playing the ball" if the player is close to the ball as it is played or the player is attempting to contact the ball, even if the player does not actually make contact with the ball. Other examples of interference include catching or holding the net, taking support from the net or antenna, using the net to hinder an opponent from playing the ball, or using the net to create an unfair advantage over the opponent.
- 2.4. **Contact with Opponent's Court** - A player is permitted to penetrate under the net into the opponent's court with any part of the body above the feet, provided it does not interfere with the opponent's play. Therefore, a center line fault is called when either (1) a player's foot penetrates into the opponent's court past the center line or (2) a player interferes with opponent's play while penetrating into the opponent's court.
- 2.5. **Ball Contact with Ceiling and Walls**
  - A. A team may play the ball off the ceiling within its own court only. If ball breaks the plane of the net after hitting ceiling, it's considered "out" off last contact.
  - B. Ball contact with walls or the center gym divider are considered "out" off last contact.
  - C. Ball contact with basketball backboards in the active / down position can be considered interference at the referee's discretion and may be played over. Contact with the backboards in the stored / retracted position will be considered a part of the ceiling and the rules of 2.5a will be applied.

- 2.6. **Substitutions** - There are no substitution rules observed.
- 2.7. **Rotation** - All teams must rotate members. All team members present must play. Players must be in their positional zone during the serve (except the server).
  - 2.7.1. Players may rotate in at position one (1) or four (4) or both.
  - 2.7.2. In the event of an injury, a player off the court must rotate in to fill the vacancy while maintaining the integrity of the established rotation for that set. If there is no player off the court, the two players to each side of the injured player shall “collapse in” to maintain the integrity of the established rotation.
  - 2.7.3. Late arriving players are permitted to enter the set, however they must wait for the established rotation to cycle through fully and may only initially rotate in at position one (1).
    - 2.7.3.1. If a substitute player is being utilized, a late arriving player should immediately replace that player on the court, assuming their rotational position.
- 2.8. **Back Row Attack** - The three backrow positions cannot jump above the top of the net in front of the ten foot line and hit (or block) the ball. If they do, it is a fault that results in a point for the other team. Backrow players can attempt to hit the ball above the top of the net in front of the ten foot line if they jump from behind the ten foot line and contact the ball while in the air.
- 2.9. **Timeouts** - Each team is allowed one 30-second timeout per set.
- 2.10. **Disputes** - Only Team Captains may address the Referee about a disputed play. No other team members should address the Referee directly.
  - 2.10.1. A Captain who wishes to dispute a play should approach the Referee after the play is blown dead, not before. If a Captain or other player on the team attempts to end the rally prematurely due to a disagreement with a call (e.g. by catching the ball, walking off the court and/or encouraging teammates to stop playing), any dispute over the call shall be deemed waived, and the point shall be awarded to the other team.
  - 2.10.2. When a Captain seeks to dispute a call, the Referee should acknowledge the Captain following the conclusion of the point and before beginning the next point. The Captain must address the Referee with a respectful demeanor and maintain appropriate sportsmanlike behavior at all times. The Referee shall likewise address the concern with respect and with professional behavior, including providing an explanation for the call if requested.
  - 2.10.3. The primary referee should take all steps necessary to get the call correct, this includes consulting the line judges, the rulebook, or the league manager if necessary.

# PARTICIPANTS

## 3. REFEREES

- 3.1. Sets should be managed by one primary referee and one or two line judges. In the event there are no line judges available, having a set managed solely by the primary referee is acceptable.
- 3.2. **Primary Referee** - Each set should have one primary referee who will be responsible for calling faults, keeping time and score, managing disputes, disciplining players and keeping sets moving.
  - 3.2.1. The primary referee should take all steps necessary to get the call correct, this includes consulting the line judges, the rulebook, or the league manager if necessary in the event of a disputed call.
  - 3.2.2. Disciplining players - When a player's behavior reaches the level of inappropriate conduct the referee should issue a warning to the player. If the player's behavior continues or escalates to verbal or physical abuse the player may be ejected at the discretion of the referee. Ejected players must leave the gym immediately and may be subject to further disciplinary action by the league.
- 3.3. **Line Judges** - Each set should have two line judges. Line judges are primarily responsible for judging if balls are "in" or "out" when they hit the ground and tracking player rotations, but can also assist in making calls not seen by the primary referee.
  - 3.3.1. Each week, teams will be required to supply one (1) Line Judge for sets. Failure to provide a line judge may result in a 10 point penalty in the first set against the non-complying team.

## 4. TEAMS, CAPTAINS & PLAYERS

- 4.1. Each match shall have two (2) participating teams.
- 4.2. Each team must have between eight (8) and ten (10) players on their roster.
- 4.3. A team must have a minimum of four (4) and a maximum of six (6) players on the court at a time.
  - 4.3.1. Teams must play all of their available players and cannot withhold players from participating in sets, unless their players are injured.
  - 4.3.2. Teams with more than the maximum number of players allowed on the court will rotate a player onto the court after a change of service, replacing a player already on the court by rotating in from position one (1) or four (4) or both.
- 4.4. Each team must field at least four (4) of their own rostered (non-substitute) players.
- 4.5. Each team must decide on a captain. Captains must ensure that all players participating in the set serve in the correct order;
  - 4.5.1. Only captains may protest calls with the primary referee.

## **5. SUBSTITUTE PLAYERS**

- 5.1. A team must have a minimum of four (4) of their rostered players to start the set and to avoid a forfeit. Teams with less than six (6) players may add substitute players to their rosters in accordance with the following:
  - 5.1.1. A team with 4 or 5 players may add 2 and 1 substitute players, respectively.
  - 5.1.2. Teams in the Competitive Division may only add substitute players from outside of the league or from the Competitive Division or Social Divisions.
  - 5.1.3. Teams in the Social Division may only add substitute players from outside of the league or from the Social Division.
- 5.2. If a player from the team's roster shows up they must immediately take the place of a substitute player. They will inherit the rotational order of the replaced player.
- 5.3. Substitute players are eligible to participate if:
  - 5.3.1. They are currently registered players in OUT Beach Volleyball.
  - 5.3.2. They are non-league players who have signed the substitute waiver form. Non-league players are allowed to substitute a maximum of two (2) times per season

# GAME PLAY

## 6. REGULATION SETS AND MATCHES

- 6.1. Teams play three (3) regulation sets in a match.
  - 6.1.1. A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved or a team is the first to score 29 points.
  - 6.1.2. Teams have 55 minutes to play 3 sets. In the final set, at 5 minutes remaining, the referee will provide a 5 minute warning to teams. Within these 5 minutes teams are not allowed to call a timeout. When time expires the team leading by 2 points wins the set, or teams will continue play until one team is winning by 2 points.
  - 6.1.3. All 3 sets are played to help determine playoff seeding by winning percentage.
- 6.2. The team that wins two (2) out of three (3) sets is the winner of the match.
- 6.3. Teams have a 5 minute warm up period before their match.
- 6.4. Rally scoring is in effect. That means a team can score points on offense or on defense.
- 6.5. Teams will flip a coin or play rock-paper-scissors before the match, the winner will determine either if they want to serve first (for both the first and third sets) or the side of the court to play on.
- 6.6. **Forfeits** - A team must have a minimum of four (4) of their rostered players to start the set and to avoid a forfeit. Teams with less than six (6) players may add substitute players to their rosters in accordance with the substitute rules in section 5. In the event of a forfeit, teams are encouraged to play a friendly scrimmage. A Forfeited match will be recorded as a 3-0 set win for the non-forfeiting team.
  - 6.6.1. Sets may be delayed by a maximum of 5 minutes for teams with less than four (4) rostered players to wait for their players to arrive.
- 6.7. A match that is called off by the Referee after two full sets shall be considered a completed match and will not be rescheduled. Any points scored during a set in-progress will not count.
  - 6.7.1. A match may end in a tie if called off by the Referee.

# SEASON & TOURNAMENT

## 7. STRUCTURE & SEEDING

- 7.1. At the closure of league registration the League Commissioner must finalize a divisional structure and schedule for the entire season.
- 7.2. The League Commissioner has the authority to transfer teams between divisions, schedule inter-division sets, create free agent teams and allocate free agents to under-staffed teams to create a reasonable league structure.
- 7.3. In the event of teams having tied rankings going into the tournament, final standings will be based on the following tiebreaker structure:
  - 1st** tiebreaker: Head to Head matchup
  - 2nd** tiebreaker: Total Games Won
  - 3rd** tiebreaker: Coin Flip

## 8. TOURNAMENT RULES

- 8.1. Teams are NOT permitted to use substitute players in the championship brackets of the tournament. Teams in consolation brackets, or teams eliminated from the championship bracket may use substitute players in accordance with section 5..
- 8.2. Winner is determined by first to 2 set wins in a match. Teams do not have to play a 3rd set if they have won the preceding 2 sets or if time is short.
- 8.3. In the event of a cancellation, sets will be played on a makeup date that will be determined by the league. Teams that cannot attend the makeup date will forfeit the set.





## **ABOUT THE RULEBOOK**

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