

# Birmingham Sport and Social Club

## Official Indoor Volleyball Rules

### RULES SUMMARY

1. **Schedule** - All games are to be played at the time, date and place specified on the schedule.
2. **Forfeits** - Game time is forfeit time. **(Minimum to start is 4 {1 female})**
  - a. If you know you may not be able to field a full team, please an BSSC representative at least four hours in advance; you should attend with as many people as you can and play pick up... it is the fun and polite thing to do.
    - Call: 205-644-8342
    - Email: [havefun@Bhamsportandsocial.com](mailto:havefun@Bhamsportandsocial.com)
  - b. Teams forfeiting more than two league games will not be eligible for the playoffs. Teams forfeiting three or more games will be asked to leave the league without refund.
  - c. See forfeit policy and guest passes below for more information.
3. **No show officials** - Teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). Games will not be rescheduled. Game will count as official game.
4. **RAIN OUTS** - Please visit the Birmingham Sport and Social HOMEPAGE for updates
  - a. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **BSSC also reserves the right to shorten the season or move games to other than normal league nights due to excessive cancellations.**

Birmingham Sport and Social Club follows the rules and guidelines created by USA Volleyball. Below, are important notes, modifications, and exceptions unique to Birmingham Sport and Social Club indoor league play:

1. Rosters
  - a. The minimum number of players needed to start an official match is 4
    - i. **A team can never have more than 3 male players on the court at once.**
    - ii. If a team elects to start a match with 4 players, 3 of the players are allowed to position themselves as front row players.
    - iii. The server must position himself/herself as a back row player.
    - iv. Teams comprised of less than 6 players are still required to maintain a rotation order.
  - b. Co-ed (Gender Modification)
    - i. This rule is often referred to as the “Female Touch Rule”.
    - ii. If a team contacts the ball more than once (excluding a block), a female must contact the ball at some point before the ball is returned to the other team.
2. Service
  - a. Teams must maintain service order throughout the duration of a set.
  - b. Server is only allowed ONE TOSS per serve. Dribbling or move the ball in the hands, prior to the serve, is permitted.
3. 3 meter line (10 ft line)
  - a. Offense
    - i. Back row players are not allowed to attack the ball, above the net, in front of the 3-meter (10 ft.) line.
  - b. Defense
    - i. If a team has less than 2 male players in the front row, an additional male player may come up to block only. The transitioned blocker cannot attack a ball in front of the 3-meter (10 ft.) line.
4. Scoring
  - a. Rally scoring
    - i. All matches are 3 sets of 21 with a cap 21. (You do not have to win by two.)
5. Time Outs
  - a. Each team may use two, 30-second timeouts per game.
6. Net
  - a. Any contact made with the net is a fault.

## USA VOLLEYBALL INDOOR RULES



