

# Indoor Volleyball

*As of February 2025*

In this competition the emphasis is on enjoyment, social atmosphere, and skill development/maintenance. While competitiveness is not discouraged, it should be remembered that novice players need some encouragement and the "win at all costs" philosophy is not appropriate. All rules are open to the interpretation of the Umpire and their decision is final.

## 1. Responsibility of Players

All players are responsible for reading and understanding the rules contained herein. If there are any rules that are not clear please discuss these with the Umpire prior to the commencement of the game or at quarter time intervals. Because of time constraints the Umpires will not discuss rules or rulings during the game. Should any player be found to consistently damage equipment, venue apparatuses or other materials, despite warnings, they shall be suspended from the competition and be required to pay for damages incurred.

## 2. Responsibility of Officials

### **Umpire**

The Umpire is directly responsible for the game and ensuring the described rules are adhered to. They are responsible for the safety of the players; and the timing and conduct of the games. They have a duty to be respectful and considerate to teams, act in an unbiased manner and ensure the game remains social and enjoyable for everyone involved.

### **Convenor**

The Convenor is responsible for the management of all the games, teams, venue, equipment, and administration. They will be present at all games to ensure First Aid treatment is administered, information is provided and that all players and Umpires are conducting themselves in an appropriate manner.

### 3. Conduct of Players

It is the responsibility of all the players to conduct themselves in a way that is respectful and considerate to team members, opposing teams, the officials (Umpires and Convenor) and any other person concerned. Any behaviour, act or language that is considered inappropriate by the officials will not be tolerated. Poor conduct either on or off the court will be determined by the Umpires or Convenor and action will be taken based upon the offence. This can include the removal of a player, or team from the competition, should they be deemed dangerous or offensive to players or officials. **Zero Alcohol:** There is no consumption of alcohol at the Netball courts by players or spectators. The Convenor or Umpires have the right to remove a player from the court, or from the venue if they are suspected to be under the influence of alcohol. Security will be notified if there is any lack of cooperation shown towards the Convenor or Umpires.

**Zero Alcohol: There is no consumption of alcohol at the Volleyball courts by players or spectators.**

The Convenor or Umpires have the right to remove a player from the court, or from the venue if they are suspected to be under the influence of alcohol. Security will be notified if there is any lack of cooperation shown towards the Convenor or Umpires.

### 4. Location

Games will be played in the UQ Old Gym Building 8144, Inner Ring Road, Lawes, The University of Queensland Gatton Campus.

### 5. Game Commencement

(a) Teams should arrive ten (10) minutes prior to the commencement of their game to allow for smooth transition of games. All players are also required to bring a form of PHOTO ID for the Convenor to check when signing the team registration form for every game.

(b) Any teams that are not ready to commence play with a minimum of 4 appropriate players five (5) minutes after the Umpire has signalled the game can start will forfeit and incur a 0-20 loss. Note that as this competition is social, the game may go ahead after 5 minutes; however the 0-20 loss will stand regardless of the score. See Section 6.

(c) The games commence with the first centre pass taken at the Umpires whistle. The Umpires whistle indicates the beginning and end of each quarter. In all circumstances, the games must finish at the scheduled time. Extra time due to illness/injury may be played at the end of the fourth quarter in finals games only.

## 6. Number of Players

- (a) A team is allowed a maximum of six (6) registered/eligible players on the court. Four (4) registered/eligible players is the minimum number of players that a team can have without a forfeit resulting. This must be indicated on the team registration form.
- (b) A team fielding four (4) or less players five (5) minutes after the official start will automatically forfeit.
- (c) For Mixed divisions there must be a maximum of three (3) and a minimum of two (2) males on the court at any one time. For example, a mixed team with only five (5) players present must have a minimum of three (3) females and two (2) males to start a game.
- (d) Each team may request a maximum of six (6) substitutions per set. Two or more players may be substituted at the same time within the same request. There must be a completed rally between two separate substitution requests by the same team. Substitutions need to be made prior to the start of the set.
- (e) If the event that rule 6 (a), (c) or (d) are broken and the Umpire does not immediately notice, any goals scored by the offending team during this time shall be disallowed and a penalty will be awarded to the opposition. If the number of goals scored during this period is unknown then the offending team shall be deemed to have forfeited the match and the score recorded as a 0-20 loss. Should both teams agree to continue playing, this will be purely for social purposes.
- (g) During finals matches (quarter final, semi-final and grand final), each player on court must have played a minimum of two (2) games to be eligible. If it is found that a player is on court that is ineligible for finals this will result in an immediate 20-0 forfeit by that particular team. It is the responsibility of individual players and team captains to ensure that all their players are eligible for finals matches. While the Umpire and Convenor will try to prevent such situations via the team registration form, the responsibility does rest with the individual players and team captains.

## 7. Required Uniform and Jewellery

It is compulsory for all players to wear appropriate jerseys, bottoms and enclosed sports shoes.

## 8. Game Length

The games are played until the match is won by the team that wins two out of three sets. 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.

An interval is the time between sets. All intervals last three minutes. During this period of time, the change of courts and line-up registrations of the teams on the score sheet are made. The interval between the second and third set can be extended up to 10 minutes by the competent body at the request of the organiser.

After each set, the teams change courts, with the exception of the deciding set. In the deciding set, once the leading team reaches 8 points, the teams change courts without delay and the player positions remain the same. If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

## 9. Start of Play

At the moment the ball is hit by the server, each team must be positioned within its own court (except the server). The ball is in play from the moment of the hit of the service authorised by the 1<sup>st</sup> referee. The players of the receiving team must be in the rotational order at the service hit. The players of the serving team, however, are free to occupy any position at the service hit. Relative positions between players, each player must be positioned further back from the centre line than the corresponding front-row player. After the service hit, the players of both teams may move around and occupy any position on their court and the free zone.

The service is the act of putting the ball into play, by the back-right player, placed in the service zone. When the serving team wins the rally, the player (or his/her substitute) who served before, serves again. When the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front-right position to the back-right position will serve. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the service hit and the flight path of the ball.

## 10. During Play

Rotation: When the receiving team has gained the right to serve, its players rotate one position clock-wise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 5, etc.

The ball is out of play at the moment of the fault which is whiled by one of the referees; in the absence of a fault, at the moment of the whistle. The ball is “in” if at any moment of its contact with the floor, some part of the ball touches the court, including the boundary lines. The ball is “out” when:

- All parts of the ball which contact the floor are completely outside the boundary lines;
- It touches an object outside the court, the ceiling or a person out of play;
- It touches the antennae, ropes, posts or the net itself outside the side bands;
- It crosses the vertical plane of the net either partially or totally outside the crossing space;
- It crosses completely the lower space under the net.

The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of “FOUR HITS”. A player may not hit the ball two times consecutively. Two or three players may touch the ball at the same moment.

When two (or three) team-mates touch the ball simultaneously, it is counted as two (or three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault. When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the fault of the team on the opposite side. If simultaneous hits by two opponents over the net lead to an extended contact with the ball, even if the contact is completed above the opponent court play continues.

The ball may touch any part of the body. The ball must not be caught and/or thrown. It can rebound in any direction. The ball sent to the opponent’s court must go over the net within the crossing space. While crossing the net, the ball may touch it. A ball driven into the net may be recovered within the limits of the three team hits.

In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent’s play before the latter’s attack hit. It is permitted to penetrate into the opponent’s space under the net, provided that this does not interfere with the opponent’s play. Penetration into the opponent’s court, beyond the centre line:

- To touch the opponent’s court with a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the centre line and this action does not interfere with the opponent’s play.
- To touch the opponent’s court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.

Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with the play. When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

## 11. Faults Made During the Service

- Violates the service order,
- Does not execute the service properly
- Faults after the service hit. After the ball has been correctly hit, the service becomes a fault (unless a player is out of position) if the ball:
  - Touches a player of the serving team or fails to cross the vertical plane of the net completely through the crossing space.
  - Goes “out”
  - Passes over a screen

## 12. Attack Hit

All actions which direct the ball towards the opponent, with the exception of service and block, are considered as attack hits. A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space. A back-row player may complete an attack hit at any height from behind the front zone:

- at his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line;
- after his/her hit, the player may land within the front zone.

A back-row player may also complete an attack hit from the front zone, if at the moment of contact a part of the ball is lower than the top of the net. No player is permitted to complete an attack hit on the opponent's service, when the ball is in the front zone and entirely higher than the top of the net.

Faults of the attack hit:

- A player hits the ball within the playing space of the opposing team.
- A player hits the ball “out”.
- A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net.
- A player completes an attack hit on the opponent's service, when the ball is in the front zone and entirely higher than the top of the net.

### 13. Block

Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers, provided that the contacts are made during one action. In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net before an opponent has executed an attack hit. A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball. The first hit after the block may be executed by any player, including the one who has touched the ball during the block. To block an opponent's service is forbidden.

Blocking faults:

- The blocker touches the ball in the OPPONENT'S space before the opponent's attack hit.
- Blocking the opponent's service.
- The ball is sent "out" off the block.
- Blocking the ball in the opponent's space from outside the antenna.

### 14. Interruptions, Delays and Intervals

The only regular game interruptions are time-outs and substitutions. Each team may request a maximum of two time-outs and six substitutions per set. However, a team is not authorized to make consecutive requests for substitution during the same interruption. Two or more players may be substituted at the same time within the same request. It is not permitted to request any regular game interruption after having had a request rejected and sanctioned by a delay warning during the same interruption (i.e. before the end of next completed rally). Substitution before the start of a set is permitted and should be recorded as a regular substitution in that set. Time-out requests must be made by showing the corresponding hand signal, when the ball is out of play and before the whistle for service. All requested time-outs last for 30 seconds.

## 15. Line Judges

If only two line judges are used, they stand at the corners of the court closest to the right hand of each referee, diagonally at 1 to 2 m from the corner. Each one of them controls both the end line and side line on their side. The line judges perform their functions by using flags to signal:

- the ball "in" and "out" whenever the ball lands near their line(s);
- the touches of "out" balls by the team receiving the ball;
- the ball touching the antenna, the served ball, the 2nd and the 3rd hit of the team crossing the net outside the crossing space, etc.;
- any player (except the server) stepping outside of his/her court at the moment of the service hit;
- the foot faults of the server;
- any contact with the top 80 cm of the antenna on their side of the court by any player during his/her action of playing the ball or interfering with the play; the ball crossing the net outside the crossing space into the opponent's court or touching the antenna on his/her side of the court.

## 16. Finals

Only those players who have played a minimum of two (2) rounds for an eight (8) week competition will be eligible to play in the finals (quarter final, semi-final and grand final). If it is a ten (10) week competition, players are required to play a minimum of three (3) rounds to be eligible to play in the finals (quarter final, semifinal and grand final). If a team uses a player who is not eligible to play in the final rounds an automatic forfeit and disqualification will be recorded to the offending team. Prior to the start of each game, the individual players must sign on with a signature indicating they were present and playing that particular night.

Team registration forms will be highlighted where players are not present and any signatures over the highlighted regions will not be valid. In the event that a game is drawn during the finals series, teams will change ends and play for a further 5 minutes. If the game is still a draw after this extra time, then play will continue until a team reaches two (2) goals ahead. This team is declared the winner.

## 17. Team Draws

It is the responsibility of the team captain and individual team members to read the draw and ensure players register and arrive at the correct court in time for kick-off. All correspondence will be forwarded via e-mail to the team contacts and will be available through the website.

Please ensure that you check the fixtures right up until game day as changes can be made to the fixtures from time to time.



## 18. Scorecards and Points

It is the responsibility of players to score. Umpires will not keep score of goals during a game on the official scorecard. In the event that a game has not been scored, it is up to team captains to reach a decision of the score. At the end of the game, a team captain from each team is required to sign off and confirm the score on the scorecard, and rate the Umpires using the scale of one (1) poor - five (5) excellent.

Competition points will be allocated as follows:

- Win – 3 points
- Draw – 2 points each team
- Loss – 1 point
- Forfeit – 3 points to winning team, 0 points to team forfeited (20-0 score)

Please note that the Competitions Coordinator reserves the right to ask a team to leave the competition, without refund, should they forfeit more than two (2) games and do not provide a valid reason. In this instance, what is deemed "valid" shall be at the sole discretion of the Competition Coordinator.

Should teams finish with equal competition points at the end of the regular season then For/Against will be used to separate the teams i.e. (Team A goals scored – Team A goals scored against) – (team B goals scored – Team B goals scored against). If there is still a tie the team with greater goals scored finishes above the other team. If it is still a tie the result of the game between those two teams during the season will determine the final position of the teams on the table.

## 19. Unforeseeable Acts

The following formula is to be used to determine the result for a game that cannot be completed for whatever reason (e.g. serious injury requiring ambulance attention, fields unsafe, power outages, etc.).

- A game called off anytime in the first half (i.e. in either the first or second quarter) will be declared a draw, unless one team is leading by a margin of 20 points or more. In this instance the result will stand at the score line when the game is called off.
- A game called off anytime in the second half (i.e. in either the third or fourth quarter) will be determined based on the score line when the game was called off.

## 20. Injury and Insurance

A player may call for 'time' due to an injury or illness, although the decision to stop play shall be at the sole discretion of the Umpire. If a player is injured, it is their or their team mate's responsibility to immediately inform the Umpire. The Umpire may stop the game at any time. For a minor injury, the Umpire should send the injured player to Convenor for treatment. At the time of the injury an Incident Report Form must also be filled out by the injured or other responsible person. Insurance cannot be claimed if this form is not completed. If the injury is minor (or there is blood on their clothing or person), the injured person has a maximum of two (2) minutes to be treated (or remove all signs of blood) and to return to the court. Alternatively, they have a maximum of two (2) minutes to substitute with another player (provided the Umpire agrees to the substitution).

The Umpire can stop a game for any period of time to deal with an emergency. However, when possible after two (2) minutes have elapsed, the Umpire should immediately restart the game. Time for injury will not be added on to the final quarter during grading or round games – only in finals games. Time for medical emergencies will not be added on to the final half during grading or round games. See section 18 for information regarding the protocol for games that cannot continue due to injury. During finals matches the above injury rules apply with injury time added to the final quarter of the game. This includes any time taken for an emergency. However the injury time able to be accumulated is to be a maximum of ten (10) minutes. During time for injury, all players must remain on the field unless involved in a substitution.

In the event that a player is bleeding, they must leave the field immediately (for health and safety reasons) and not return until the wound has been cleaned and all blood and blood stained items have been removed and covered. If necessary, the ball and court surface shall be cleaned before play resumes.

Many injuries that occur during officially sanctioned and managed UQ Sport activities are covered by our insurance policy. For further information regarding insurance please email [insurance@uqsport.com.au](mailto:insurance@uqsport.com.au) or call 3365 6612. Alternatively you can contact the Competitions Coordinator at [socialsport@uqsport.com.au](mailto:socialsport@uqsport.com.au) or call (07) 3365 6612.

## 21. Grievance and Disciplinary Procedures

Should any player, team or official conduct themselves in a manner that is deemed inappropriate, discriminatory, disrespectful or dangerous, then action will be taken by UQ Sport Officials and Management.

If you feel that a player, team or official has conducted themselves in such a manner, you may lodge a formal Grievance Form in order to report the incident. Disciplinary Procedures are in place to ensure that action is taken against any player, team or official who has acted in an inappropriate manner. Any action(s) taken will be at the sole discretion of the UQ Sport Officials and Management.