



**Elkins/Randolph County YMCA
Indoor Volleyball Rules
Revised September 2017**

Players:

- A team can roster as many players as they want, but cannot have fewer than 3 or more than 6 on the court. Rotating in is allowed as is switching players out each game, so long as they are all rostered.
- Teams playing with fewer than four players are not required to have a designated back row player.
- For a player to participate in the end of season tournament, they must be on the team roster by the third week of the regular season and must have played in at least three regular season games.

Contacts:

- Each team is allowed a maximum of three touches before hitting the ball over the net (a block does not count as a touch).
- The same player cannot touch the ball twice in a row (again - a block doesn't count as a touch).
- Players are allowed a double hit on a hard driven ball (serve or spike). This is the only time a double hit is allowed.
- Back row players cannot attack the ball in the front row. They have to jump from behind the 10ft line.
- Players are not allowed to catch, hold or throw the ball (no basketball moves).
- The ball can hit off any part of a players body, but a player can't move to the ball with their legs or feet (no soccer moves).
- Players are not allowed to block or attack an opponent's serve.
- Attacking a ball which is coming over the net is illegal if it has not broken the plane of the net.
- Reaching over the net to block the ball is allowed, IF the opposing team has used all three touches. If the opposing team has not used all three touches and they are trying to make a play, it is not allowed.
- No contact with the net is allowed while the ball is in play. The only exception is if the force of the ball hit into the net pushes the net into the player.