



GAME ON

Indoor Volleyball League Rules

Game On Sports Complex has basic rules to prepare you for league play. Please handle all violations in a respective manner, polite tone and redo the play if there is a continued disagreement. Please feel free to email us with comments or suggestions. Also be aware that all players who sign the waiver are responsible for knowing and abiding by the rules.

1. The game ball will be provided by Game On but players are welcome to play with personal volleyballs.
2. Leagues consist of 7 one hour matches. League matches consist of 3 games with rally scoring straight to 21 (cap at 21, no win by 2). In respect to all player's time on the court, the 3rd game is timed and game point will be called on the hour because lights go out at 11PM. In order to maximize your time on the court, please make the league director aware of a team running behind and warm-up off the court. Limit warm-ups on the court to 5 minutes.
3. Each game should take around 15 minutes but players are recommended to also keep rest period between games limited to 1-2 minutes when games are tight, like 21-20 or even just long rallies.
Teams will rotate sides on 7 points ex) 3-4 score. Captains are recommended to "rock, paper, scissor" for side or serve on the 1st and 3rd game. Loser of game 1 chooses side or serve.
4. All 3 games count and are recorded. If the 3rd game is cut short due to time, then points will be prorated. For example, if the actual score was 15-13 the final score will be 21-19. Forfeits result in 3 losses but 5 points less than the lowest total of the week in their division.
5. Let serves are live and not a fault.
6. Blocks do not count as a hit (except for 2-on-2 format) and serves are not considered hard-driven so "beach digs" do not apply, which means there cannot be a double contact nor can the ball be momentarily held on a serve. Players are allowed to use fingertips on the serve and non-hard driven serve or attack as long as they do not make double contact nor momentarily hold the ball. Players are not allowed to make any action to direct the ball towards the opponent when the ball is entirely above the top of the net immediately following the serve.
7. Teams are allowed to hit 1-3 times on their side, the 4th hit is a dead ball.
8. Captains are expected to call their own team's faults (lifts, carries, throws, etc.). How "tight" captains will call hand-setting or overhead passes should be determined before the match begins and at least one replay to establish the standard if there is a dispute.
9. Captains record scores & may communicate any concerns or comments to 817-367-7800 or jsmith@gameonfw.com
10. Forfeited matches are not refundable and are not rescheduled by Game On. There is a \$10 fee for no-shows (missing a match without providing us with at least 6 hours' notice). Some players have a long commute, so please be considerate. We have a sub list on Dash Platform to help find

players and please understand that we encourage subs over forfeits. Captains are asked to find subs even if it's for the entire team, out of respect for the other team.

11. Each participant needs to register in DASH Platform and added to a team. Rosters are finalized by the 2nd game.

Definitions of Common Violations

Game On Sports Complex is a Player's League, first & foremost, which means that all violations should be handled in a respectful manner by the Captains. Please redo the play if you choose to call your opponent for any first time violation when there is a disagreement.

Double Hit is a violation that occurs when players uses two parts of their body on the 2nd or 3rd team contact or when the player makes 2 actions causing 2 hits on the 1st team contact. The ball may contact various parts of the body on the 1st team contact (serve or attack), provided that the contacts take place simultaneous. A double block or two players above the net making simultaneous contact will not be considered a double hit nor a contact for that matter in coed 4's and the team will still have 3 contacts. A blocker making contact with the ball above the net may make the first contact after the block. NOW, if the player's hands are rigid and the player is not using a fingertip action, then the hands may be apart on the first contact as long as it is one action. For example, a player cannot "paddle motion" or make two actions on a ball on any team contact. Another example that is not a violation is if the ball hits the player's platform and then the player's shoulder in one action on the first contact—it is a violation if the player tried to hit the ball again with their shoulder.

Digs are when a player momentarily holds the ball on a "hard driven" attack. Players will be called for a violation when the player momentarily holds the ball on a serve.

Hard-Driven means that the ball has a downward trajectory with very little time for the defense to react, except the serve. An overhead attack that is fast but still having an initial upward trajectory will not be considered "hard-driven" and the first hit may not be momentarily held.

Overhead passing or hand setting (using fingertips) is legal on the first hit that is not "hard driven" when the ball is not momentarily held or the player does not make double contact. The first pass using fingertip action (on the serve or attack that is not consider to be "hard driven") will be more strictly judged than the second hit. Players should not be called for overhead passing or "hand setting" based on spin or the number of revolutions. The only time The Sand Club agree with a "spin" violation is if there is more spin coming out then coming in. Due to high controversy in the past, there was no hand-setting over the net in The Sand Club leagues, unless both captains agree to play it. Technically, if a player is square, there is no double contact, and the ball is not momentarily held then the player may set the ball over. We ask that the captains discuss the "tightness" of hand setting and setting over before the match or game begins.

Attacking The Serve is a violation that occurs when teams first contact is above the net. If a player is standing at the net and raises their arms to make 1st contact after the serve but the contact is not above the net, then it is not attacking the serve.

Throw is a violation that occurs when the player attempts to strike the ball over-head but momentarily holds the ball. The ball should “pop”. A spike that appears to look like a basketball “dunk” is a throw and a violation.

Tipping is a violation that occurs when the player is attacking and using just fingertip action. When the fingertips are rigid (like the cobra technique) then the player is not called for a tipping violation. Players are recommended to use knuckles to avoid a tipping violation.

Lift or Carry is a violation that occurs when the player attempts to bump the ball underhand with the palm or open hand but momentarily holds the ball. The ball should “pop”. The player may make contact with an open hand as long as the ball is not momentarily held or “pops”. Players are recommended to make a closed fist to avoid a lift or carry violation.

Net Violations occur any time the player makes contact with the net while making a play on the ball. This rule has gone back and forth but we are sticking with the change of FIVB rules.

Through or Under-The-Net occur when a player crosses the plane through or under-the-net and interfere with the ability of the opponent to make a play on the ball. The blocker is not able to touch net or the attacker if the blocker makes contact with the ball. If the blocker makes contact with the net but does not make contact with the ball or the player, then it is not a net violation unless the blocker makes contact at the top tape of the net. If the attacker and blocker make simultaneous contact under the net (but on the plane), it is not a violation.

Over-The-Net occurs offensively and defensively. When the offensive player is attempting to spike the ball on the 3rd hit, the attacker is not allowed to reach over the net or the offensive player will be called for an over-the-net violation. When a defensive player reaches over the plane, in the opponent’s space, and makes contact with the ball before the attack hit the defensive player will be called for over-the-net violation. When there is an overpass on the 1st contact that is approaching the net, the blocker may penetrate and block the 2nd contact but not before the 2nd contact is made because all actions (whether it be the 2nd contact or 3rd contact) which direct the ball towards the opponent are considered as attack hits so the 2nd contact could be considered an attack hit.