Augustana College Co-Rec Indoor Volleyball Rules

1. Matches will be best two out of three games
   a. Rally scoring will be utilized
   b. Games one and two will be played to 25 points. Game three will be played to 15 points.
      i. A team must win by two points.
      ii. Games one and two will be capped at 28 points. Game three will be capped at 18 points.

2. Teams are allowed one timeout per game.
   a. Each timeout will be 30 seconds.

3. Each team may have three hitters in the front row at all times.
   a. With four players, the server is considered back row.
   b. With five players, the team must declare who the second back row player is.
   c. A back row player may contact the ball above the net from the back row providing they jumped from behind the 10 foot line.
   d. A back row player may contact the ball below the net in front of the 10 foot line.

4. There will be a two minute break between each game.

5. Substitutions must be made at the server position.

6. The server may serve from anywhere behind the service line.
   a. A serve that contacts the net and goes over will be considered legal.

7. Each team is allowed three contacts per possession.
   a. One player may not contact the ball consecutively.
   b. Blocks do not count as a contact.
      i. No attempts may be made to block a serve.
   c. The “multiple contact” or “two-guy” rule will be in play
      i. If there are multiple contacts, one of those contacts must be made by a female.

8. The ball may not do any of the following:
   a. Rest or sit on a player’s hands.
   b. Rollup a players arm.

9. All of the following will be considered illegal:
   a. Scooping the ball
   b. Lifting the ball
   c. Shoving the ball
   d. Throwing the ball
   e. Kicking the ball
   f. Blocking of a serve
   g. Making contact with the net during play
   h. Overhand serve receive (recreational only)
   i. Jump serving (recreational only)

10. A ball landing on the line is in

11. A player may not be in the net at any time
   a. A player may cross the center line as long as they do not come into contact with the net or an opponent.

12. All conversation with officials regarding interpretation of the rules must be initiated by the team captain.

13. Any unsportsmanlike or disrespectful conduct will result in the following:
a. Yellow Card
   i. Warning

b. Red Card
   i. Ejection
      1. Any player ejected from a game is suspended for their next date of competition.
      ii. The non-offending team will receive a point and be granted serve.