



## **Indoor League Rules**

**Mondays, Wednesdays, Thursday & Fridays R4's – multiple locations :**

1. Rally point scoring
2. 'let' serves are permitted
3. Open-handed service reception permitted
4. A block does not count as a hit
5. Men may only block men
6. For men, the VB must cross one line, besides the net, if one is inside the 3 meter line
7. For women at the net, there must be a downward motion on the VB eg. Cobra, knuckles / wrist down ... no beach dinks
8. You may volley the ball over the net as long as your shoulders & feet are square to where the VB is traveling
9. The on court Captain of the team shall resolve dispute(s) amongst themselves before approaching the League Coordinator.