**Basic Volleyball Rules**

**Indoor Volleyball Rules**  
In indoor volleyball, each team is made up of six players. The game starts when one team wins the coin toss (visiting team calls). The winner can choose to serve or receive.  The player who is going to serve the ball stands behind the end line or the modified line and hits the ball over the net and into the other team's area. The ball can hit the net as long as it goes over and lands in the court.  The other team then has to get the ball back across the net. A server can only serve a maximum of 4 serves consecutively then the serving team must rotate to the next server.

A team can only have contact with the ball a maximum of three times to get it across the net.  If there is contact with the ball more than three times, then the opposing team wins the point. A point is also scored if the ball hits the ground or if the returning team touches the net or reaches over the top of it.

The team that wins the point gets to serve the ball as well. The first team to get 21 points wins the set,  must win by 2 points cap 25 points. If a 3rd game is needed; the game will be played to 15, must win by 2 cap 17. The first team to win best of three sets wins the game. If the game ends quickly in 2 games a 3rd game can be played until allotted time is up.

**Hitting the Volleyball**

1. Even though a team is allowed three contacts with the ball, the same player cannot hit the ball twice in succession.  To make it more complicated, blocking, or standing at the net and trying to stop the opposing team's attack, is not considered one of the three contacts.
2. If two players hit the ball at the same time, neither of them are allowed to hit it again while it's in play until it has been hit by another player on the same team or on the opposing team.
3. A player can't accept help from a teammate in trying to reach a ball in play; this is called an assist.  If two players participate in an assist, the point is automatically awarded to the other team.
4. There are only four ways to hit a volleyball legally: with the heel or palm of the hand; with straight fingertips; with the back of the hand, but only from the knuckles to the wrist, or with curled fingers. Any other method of hitting the ball awards a point to the opposite team.

**Indoor Volleyball Errors**  
There are many ways you can have an error called on you, but these are some of the most common.

1. Holding the ball
2. Touching the net with body or clothing
3. Taking more than eight seconds to serve
4. Blocking a serve
5. Serving when it's not your turn in the rotation.

## Team Members

* Six players begin a game for each team in a volleyball match. Players who do not start but who are in uniform and available for play are substitutes.

## Set Rules

* A team may make a total of six acts of substitutions in a set, which can involve a total of 12 player substitutions. In other words, during one act of substitution, several players may come into the game to replace others, but once there have been 12 total substitutions, the team has reached its limit. Substitutions include those made before the set begins.

One or more players may be substituted at the same time, but a player being replaced may only return once during the set and must re-enter into his previous position. The substitute may only enter the game once and, if replaced, must be replaced by the same player whose position she took.

## Exception

* If a player is injured during play, a substitute may be brought in as in normal play; however, if this is not possible--for instance, if a team has used all of its allotted substitutions--an exception is allowed. In this case, any player may be brought in to replace the injured player, without penalty to the team. The injured player is not allowed to return to the match.

## Players Removed from Play

* If a player on the court is disqualified or expelled, he must be substituted in the normal way. If this is not possible, the team is deemed incomplete. There is no exception as there is for an injury.

## Illegal Substitutions

* Players must be on the roster to act as substitutes. They must have legal numbers and uniforms, cannot have been expelled or disqualified during the match, and cannot be replaced by players used in exceptional substitutions.

## Substitution Process

* An area on the court is designated a substitution area, which is where substitutions must be carried out. The substitution must not delay the game needlessly: It should last only as long as it takes to record the action on the score sheet and for the players to exchange positions. If more than one substitution is being made at one time, they must be done in succession to limit the amount of time it takes. A team can be penalized for delays.