

# Rebound Beach Volleyball – Wildcatz Indoor Sports Rules

## The Rules

### Serving

- 1.The ball is to be served after the umpire’s whistle
- 2.The ball may only be served over or under-arm
- 3.One foot must be touching the back net for the toss of the serve. One step may be taken hereafter.
- 4.The ball may only contact the divider-net on the serve. (Side, back and top nets will be deemed out).
- 5.A team only scores a point when their team serves.
- 6.The ball must be passed once before returning a serve.
- 7.Everyone must serve and rotate clockwise.

### General Play

1. Each team is allowed 3 hits to return the ball.
- 2.Each hit must be made clear, ie. Not carried or lifted.
- 3.Kicking is allowed but not recommended.
- 4.It is forbidden to make any physical contact with the centre net whilst attacking or defending. The only time this will not apply is when the ball is driven into the net causing it to then contact the player.
5. The ball is not permitted to hit the top net, unless it is in the attempt to pass to a fellow team member.

### Blocking

1. A block is not recognized as a “personal” contact. This means that after a block has been made, that same player (blocker) may hit it consecutively and the team would still have one remaining hit.

### Off-Side

1. Off-side will only be called when a player has influenced the opposing teams play. (if someone steps on their opponents court and the ball is nowhere near the player, then the rally will continue).

### Forfeits – late Arrivals

1. If the centre hasn’t received at least 24hrs notice of your team being unable to play, a forfeit fee will apply
- 2.If a team is late they will lose 1pt / minute. (10min = forfeit)