

GENERAL LEAGUE POLICIES

1. Profanity is unacceptable.
2. Consumption of alcoholic beverages is prohibited.
3. Play will start at 6:00 p.m. If a team is not ready to start, one game is forfeited. If they are still not ready at 6:10 p.m., the match is forfeited.
4. Play is weather permitting. Teams will be contacted if matches are going to be cancelled.
5. If needed, make-up matches will be scheduled.
6. You may not play on multiple teams in the league.
7. All player(s) involved in a physical altercation will be ejected from the league for the rest of the season.
8. Teams are responsible for keeping score.
9. Score sheets will be provided and located in a binder next to the court. At the end of the match, one player from each team must sign the score sheet. If you are the last match of the night, turn in the binder and the volleyball to the front desk. No changes after the score sheet is handed in.
10. Rosters- All players must be listed on the team roster in order to play in a match. In addition, you must have played in at least one regular season match to be eligible for the playoffs.

FORMAT

1. Each team will play one match per week, either on Tuesday or Thursday.
2. Each match will consist of 3 games. All scoring is rally score to 21 points.
3. Games are scheduled 1 hour apart at 6:00, 7:00 and 8:00. Keep warm-ups to 5 minutes.
4. League Champions and runner-ups will be determined from playoffs. All teams are seeded into the playoffs based on their regular season record.
5. League play will be eight weeks long and starts Tuesday, June 13th. There will be no league play the week of July 4th.
6. Playoffs will begin August 14th.

2-Way Tie

1. Head to head games
2. Head to head points
3. Overall point differential

3-Way Tie

1. Overall point differential

BASIC LEAGUE RULES

1. Play is 3 vs 3.
2. Maximum of 5 players on each team.
3. You may substitute players as you please.
4. You must rotate servers. Once a server loses their serve, he/she must wait 2 rotations before they can serve again.
5. Service rotation must be followed but position on court may remain unchanged.
6. Any ball played open hand must come out clean except on a hard driven spike in which case it can then be doubled. No ball may ever be lifted.
7. Each team is allowed three hits before the ball is passed over the net.
8. A block does not count as a hit.
9. Contact under the net that interferes with an opposing player is a violation and an automatic point for the opposing team.
10. Play over the net is within the imaginary extension of the poles.
11. A ball that makes contact with boundary lines is considered "in" bounds.
12. You must serve behind the back boundary line.
13. Any controversies will be replayed.
14. No blocking or attacking the serve.
15. Only one toss allowed for serve.
16. You may serve underhand or overhand.

DETAILED LEAGUE RULES

- **Scoring:**
 - Teams will be responsible for keeping score and writing it down in the binder that is provided.
 - One team member must sign the score card at the end of the match.
 - The point system will be **rally scoring**:
 - The serving team wins, scores a point and continues to serve when:
 - The ball lands on the receiving team's court or on the sideline or baseline.
 - The receiving team fails to return the ball in bounds on the opposite side of the court.
 - The receiving team faults.

- The receiving team wins, earns the right to serve, and scores a point when:
 - The serving team fails to serve it to the opposite side of the court in bounds.
 - The ball lands on the serving team's court or on the sideline or baseline.
 - The serving team fails to return the ball in bounds on the opposite side of the court.
 - The serving team faults.
- When the receiving team gains the serve, teams must rotate servers.
 - Once a server loses their serve, he/she must wait 2 rotations before they can serve again.
- **Gameplay:**
 - **Ball inbounds:**
 - When its first contact with the ground is on the playing court or boundary line.
 - The ball is in when its first contact is on the baseline.
 - **Ball out of bounds:**
 - When its first contact with the ground is outside of the court.
 - **Playing the ball:**
 - Each team has 3 contacts max to return the ball to the opposing team.
 - No player can touch the ball twice in a row except during or after blocking the team's first contact.
 - After the block any player can make the first contact with the ball.
 - **Simultaneous contact-** When two opponents make contact with the ball at the same time over the net.
 - Team receiving ball entitled to another 3 hits.
 - If the ball lands out of bounds, the last team to touch the ball is at fault.
 - **Contact-** Players can touch the ball with any part of their body. The ball cannot be held, lifted, pushed, caught, carried or thrown.
 - Bumping, setting and spiking are the three legal hits in volleyball.
 - **Bump:**
 - Usually the first of the three allotted contacts, this strike is used to receive the ball from the opposing team.
 - Done by clasping your hands together and hitting the ball upward with your forearms.
 - **Set:**
 - Usually the second of the three allotted contacts, this strike uses the fingertips, not hands, to direct the ball upward.
 - Ball must be contacted with two hands at the same time.
 - Ball cannot visibly stop in hands.
 - **Spike:**
 - Usually the last of the three allotted contacts, during this strike you come downward on the ball with one hand and hit it with force.
 - You may not spike a serve.

- If contacting the ball with one hand it must be cleanly hit with: The back of the hand from the wrist to the knuckles, or the heel of the palm of the hand (roll shot).

- **Ball at net:**
 - The ball may touch the net while crossing the net.
 - A ball hit into the net is playable and may be recovered by the receiving team as long as it's done within the allotted three team contacts.

- **Player at the net:**
 - Touching the ball beyond the net while blocking is allowed.
 - Players can't interfere with opponents movements.
 - Ok for hand(s) to pass beyond the net after an attack-hit, as long as the contact was made within team's playing space.

- **Entering into opponent's playing area**
 - If it doesn't interfere with the opponent, players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball.
 - Incidental contact is ok as long as it doesn't interfere with the opponents ability to return the ball.
 - Crossing the center line and interfering with an opponent during the continuation of play is a fault.