

Civic Center Fall League Volleyball Rules and Regulations

Who Can Play

1. Co-Ed leagues must consist of males and females. Women's teams must consist of females only.
2. **Only in this fall league will the players from one team be able to be picked up by another team for a days' game.** The substitute player must have a waiver signed and on file with the Civic Center Gym Supervisor. They do not have to sign the teams' roster that picked them up if they are currently on a roster. Substitutes can play for either league. (Ex. Comp can pick up Rec players and vice versa.)
3. A \$75 fee per team must be paid on the night of the mandatory meeting. Rules will be discussed and fall schedule handed out.
4. The age minimum requirement is 16 years of age as of January 1st of that season, and anyone under the age of 18 must have their waiver signed by a legal guardian to play. (No exceptions)
5. High school and College students cannot be on a Civic Center Programs Roster as well as their school roster concurrently. (This is a National High School/Collegiate Rule.)

Administration

1. The Rock Springs Women's/Co-ed Volleyball Leagues are governed by the Civic Center Program Director and Supervisors.
2. Duties of the Governing Body:
 - a. Set up online team sign up, and maintain information on the Civic Center's Web page.
 - b. To update and maintain the league rules.
 - c. To interpret the rules of the league.
 - d. To enforce the rules of the league.

Duties of the Civic Center Program Supervisor

1. To exercise the general supervision of the league and communicate affairs concerning the league.
2. To collect all money concerning the league.
3. Provide an arena in which to play volleyball, and equipment (nets and balls).
4. Put together a league schedule for the teams to play one another.
5. To take care of publicity.

Amendments

Amendment to the rules and regulations may occur when deemed necessary or if more clarification is needed. Coaches will be notified and they are required to pass the changes along to their players. The official change will go into effect the week following the acceptance of the change.

Rules and Regulations

1. **Each individual must sign an individual waiver and their team's roster before participating in a league game** (which must be turned in before the first game). Each team captain is responsible for going over all rules and regulations with all team members. **New players may be added at any time during the shortened fall season.**
2. All matches will start at their scheduled game time. You must have at least 2 players from the original team to start the match, and you can pick up 4 substitute players from teams not currently playing to fill the team. Co-Ed teams, as stated previously must have 2 original players from their roster. **When Co-Ed teams pick up substitutes they may only have one more male or female on the court. For example if there 5 players on the court they must consist of 3 females and 2 males or 3 males and 2 females. NO EXCEPTIONS!!**
3. A match is defined as when a team has won two games out of three. The third game will not be played out after the time limit unless it is necessary to determine the winner of the match. The rally format awards points on each play, regardless of which team serves. All matches will be the best-of-three sets: games #1 & #2 will play to 25 w/ no cap; game #3 (if necessary) will play to 15 w/ a cap at 17.
4. The server must stand behind the end line and not touch the end line on their side of the court at the instant the ball is contacted for the serve. All other players on both teams must have both feet within the playing area.
5. You must have at least (2) players on the front line and at least (2) on the back line during the serve. After the ball is served, the players may move from their respective positions. Players must return to their respective positions after the ball is dead.
6. Players rotate throughout the game between the back row and the front row. When you occupy a back row position, you cannot block or attack the ball from in front of the 10-foot line.
7. A served ball is dead if it:
 - a. Touches the floor on the serving team's area or a teammate.
 - b. Passes under the net or crossed the net entirely outside of the boundaries of the court.
 - c. Touches the ceiling or any obstruction or objects before contacting an opponent.
 - d. Lands out of bounds.

8. A player must not contact any part of the net, rope, or cable while the ball is in play. When the ball is driven into the net so that it causes the net to contact and opposing player or players, this is not a fault.
9. Blocking or Attacking serve – No player in the attack zone may block or attack a served ball while the ball is above the height of the net. Such contact caused the ball to become dead immediately and a point awarded to the serving team. Blocking a ball which is entirely on the opponents' side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - a. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent's court.
 - b. The attacking team had completed its three (3) allowable hits.
 - c. The ball is falling near the net, and in the official's judgment, no member of the attacking team could reasonable make a play on the ball.
10. You are allowed one (1) serve only, regardless if it hits the net or not. A net serve that touches the net and continues into the opponent's playable area is allowed.
11. Held ball on service receive-receiving a served ball with an overhead pass using open hands is not necessarily a fault. Such service receives must be judged the same as any open handed pass. If the served ball is traveling in a low and relatively flat trajectory, receiving it with open hands and passing without holding the ball is extremely difficult. If the serve is high and soft, the pass can be made legally the same as any similar ball crossing the net after the service.
12. A player may cross the center line with his/her foot/feet as long as a part of the foot/feet remains on or above the center line, and the player does not interfere with the play of an opponent.
13. A ball may be played after it touched the net, and may touch the net when entering the opponents' playing area, even on the serve.
14. Held Ball- When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.
15. When two players hit the ball simultaneously, it counts as one hit. Either player may hit the ball after the first hit. A block is not considered a hit.
16. Multiple contacts of the ball are touches by a player during one (1) play on the ball.
 - a. When a ball rebounds from one (1) part of a players' body to another in one (1) attempt to save a hard driven spike not already touched by a teammate; it is legal multiple contact and considered one (1) hit.
 - b. When a ball rebounds from:
 - i. Hand to forearm
 - ii. Hand to hand
 - iii. Forearm to forearm
 - iv. Forearm to hand
 It is an illegal multiple contact.
17. Not more than three (3) hits per team.
 - a. Not more than one (1) consecutive hit per person.
 - b. A block is not considered a team hit or an individual hit.
 - c. In Co-Ed, when the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.
18. One (1) 30 second time out is allowed per game, except for injury. In the event of an injury, game play will cease on both courts until the injured player is safely out of the playing area.
19. Player rotation:
 - a. If a team individual shows up to play, he or she must be allowed to play. If a team individual shows up late, he or she must rotate into the game that is in progress.
 - b. Player rotation must be on an equal basis with EVERY PLAYER taking his/her turn rotating out of play. The rotation must be the same throughout the game.
20. Failure to announce the score by the server with result in forfeiture of the serve.
21. Any ball hitting the line is in play.
22. If a player is hit on the torso with the ball below the waist, it is between the two captains ONLY to make judgment call.
23. If there is any disagreement, it is between the two captains ONLY to make judgment call. If the two captains cannot make a fair judgment call that they both agree upon, it is ruled as a "replay".
24. Non-participating players must stay off the gym floor while a game is in progress.
25. NO SMOKING, EATING, OR DRINKING in the gym area, which will include the stage, playing area, and bathrooms/locker rooms.
26. An official roster must be turned in prior to playing the first game of the season; to the gym supervisor. A minimum of four (4) players must be listed on an official roster.
27. All players are encouraged to bring a change of shoes to all games. PLEASE, NO MARKING SOLED SHOES!!
28. This shortened season is designed as a scheduled open gym volleyball season. It is intended to dedicate gym time for those volleyball teams wanting a court to practice.

Protests

Any rule infraction must be discussed with the opposing team at the time of the infraction. If an agreement cannot be reached by either team on a specific play a replay is mandated. If an agreement cannot be reached beyond that point the gym supervisor and/or league director must be consulted.