



Please read all rules so that you understand and follow them in the games. Team captains are responsible for making sure their players have read the rules.

# VOLLEYBALL LEAGUE RULES AND REGULATIONS

## GENERAL ELIGIBILITY AND REGISTRATION

- A. Team fee is due when turning in the registration form. All current player fees and signatures must be received prior to the start of the first game.
- B. No player is allowed on the playing surface prior to signing the waiver release form and paying the annual Player's Package/Membership Fee. Violation of this rule will result in a forfeit for every game in which the ineligible player has participated.
- C. Participants should have adequate health and accident insurance coverage to cover any injury that may occur.
- D. A player cannot be registered with more than one team playing in the same league.
- E. A player must be 16 years of age or older to play in the league.
- F. Volleyball at the YMCA Sports Center is intended to be enjoyable for all. Please display good sportsmanship at all times. Rough play or bad language will not be tolerated and may result in facility dismissal.
- G. Failure to abide by all league and facility rules will result in your team being dropped from the league.

## TEAMS

- A. A full team consists of 6 players. Teams must field a minimum of four (4) players at all times. Please make sure you have adequate substitutes and compensate for players who may have conflicts on certain nights.
- B. Teams must only use players on their roster. Players may be added to the roster during regular season play. Absolutely no additions or substitutions may be made for playoff games. A player is eligible when their team fee and player's package are paid in full and they have signed the league waiver. Players under 18 must have a parent's signature.
- C. If a team fails to arrive within 5 minutes of the designated start time, the game will result in a forfeit. If a team captain knows the team will be late or cannot show, they are responsible for contacting the Sports Center in advance.

## GENERAL RULES

- A. The game will be best of three. All games will be played to 25, win by two (29 cap). If time limit is a factor, the third deciding game will be played to 15, win by two (19 cap).
- B. Teams consist of 6 players, 3-male/3 female. A team may start or continue the game with 4, 5 or 6 players. Teams may play with an additional female but not an additional male.
- C. One 30-second timeout per game. Time outs may not be carried over.
- D. Captains shall meet prior to game start and play "Rock, Paper, Scissors" to determine serve.
- E. Each team will hold their position until the person starting in the serving position has served.
- F. Substitutions should be made in the back center of the rotation upon side out.
- G. Nets will be positioned at official women's height (7'4").
- H. A player cannot block or attack a serve from on or inside the 10-foot line.
- I. Let serve is allowed - If the served ball hits the net and goes over it is legal. Play on!
- J. On a serve a player may pass the ball using a setting action.
- K. A centerline violation shall be declared when a player's foot completely crosses the centerline and/or contacts the opponent's playing area.
- L. League tie-breakers: Head to head competition, Pt Differential, Pts Against, Pts For

ALL OTHER WIAA RULES WILL APPLY!