

## ***ADULT VOLLEYBALL LEAGUE RULES***

### COMMUNITY EDUCATION & RECREATION

*Updated 8/29/23*

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- LEAGUE RULES ARE LISTED IN ALPHABETICAL ORDER BY SECTION.
- DURING LEAGUE PLAY AND PLAYOFFS, CURRENT USA V OFFICIAL RULES WILL BE USED EXCEPT WHERE MODIFIED BY REC & ED ADULT VOLLEYBALL LEAGUE RULES.

## **SECTION I: ADMINISTRATIVE RULES**

### 1. ADMINISTRATIVE DATES TO REMEMBER

Rosters, player info and fees may be turned in at Community Education and Recreation, located at 1515 S. 7<sup>th</sup> Street, between the hours of 8:00 A.M. and 4:30 P.M. Paperwork submitted after the deadline will be charged a \$2.00 per player fee. Late fees are due at the time of submittal.

- ❖ paperwork and fees are not accepted at the gyms

### ADDING PLAYERS PAST THE CONTRACT DEADLINE

Every effort should be made by the captain to include a sufficient number of substitutes on the roster or add them before the deadline. However, if unexpected circumstances, such as injury, change in work schedule, or players moving out of town, occur after the "Add Deadline", leaving a team short-handed for the remainder of the season, a player may be legally added to the roster after ALL the following requirements have been met:

- A. The captain must get written approval from all other captains in their league or division. A form for this purpose is available from the Volleyball Supervisor. If the team is in a multi-division league and qualifies for playoffs, at that point, written approval must again be secured from the captain of playoff opponents from the other divisions. In any case, the league captains must be unanimous in their approval of adding any player after the deadline. If any captain disagrees, the requesting captain must accept that decision in the spirit of good sportsmanship. No further appeal will be allowed.
- B. The completed approval form must be turned in to the Rec & Ed office, along with the signed player contract and all applicable late and/or non-resident fees. This transaction must be completed in person during business hours before the new player may participate in any league play.

This option is only available during the REGULAR season (which includes position play). **NO PLAYER MAY BE ADDED AFTER THE REGULAR SEASON HAS ENDED, OR FOR PLAYOFFS ONLY.**

### 2. AWARDS

#### A. 6 Player Leagues

1. Team and individual awards will be presented to each league, division, and playoff champion.
2. Individual awards will be presented to the second place team in any single division league that consists of nine or more teams.

B. Quad Leagues: Individual awards only are presented to the Champions in each league.

C. Triples leagues has individual awards for league & playoff champions only.

### 3. BASKETBALL RIMS

Anyone who dunks a ball or hangs from a basketball rim will be suspended for one match.

### 4. COURT USAGE

- A. In all non-open leagues, scheduled match time is one hour.
- B. In all open leagues, scheduled match time in ninety minutes.
- C. Upon completion of the match, teams may stay on the court until the full scheduled match time expires.

### 5. FACILITY ENTRANCE TIME

A. Teams may enter locker rooms 15 minutes prior to match time.

B. If a gym is in use prior to scheduled league matches, the site supervisor will determine gym entry time.

### 6. FORFEIT & RE-ENTRY POLICY

- A. Any team that forfeits two matches in a season--except forfeits due to use of ineligible players, ejection, or injury--will forfeit all its remaining matches, unless a \$50.00 league re-entry fee is paid.
- B. A team must pay the league re-entry fee at Rec & Ed within seven days of its second forfeit. A reminder will be sent only as a courtesy measure to notify a team of its second forfeit. If a team is not sure of its number of forfeits, it is the team's responsibility to contact the league statistician at 994-2300 ext. 218 to verify its forfeit status.
- C. The Team Sports Manager may waive the league re-entry fee at his or her discretion.

7. PARKING REGULATIONS

Do not park automobiles in restricted areas. This may result in ticketing and/or towing of your vehicle.

8. PLAYER ELIGIBILITY REQUIREMENTS

A. If a legal protest of a player's eligibility is validated by Rec & Ed, the team using an ineligible player shall forfeit the game(s) in which the individual participated. Use of ineligible players will result in probation and/or suspension of the ineligible player or players and the team's captain.

B. Eligibility Stipulations

1. Men are not permitted to participate in women's leagues; however, women may participate in men's leagues (only valid in Rec & Ed leagues).

2. All players must be at least 16 years old.

a. If players are between the ages of 14 and 16, the Rec & Ed Department must receive a letter from a parent/guardian stating that their child's participation in the adult volleyball league would not be developmentally damaging or hinder their academics.

b. Before participating in league play, the child must receive a letter from the Coordinator of Team Sports approving their participation.

3. No player is allowed to participate on more than one team per program.

Example: Player A may play on one men's team and one co-rec team but not on two men's teams or two co-rec teams.

**EXCEPTION: A player MAY play on a CR Instructional, co-rec 4's team, and a co-rec 6's team.**

4. No player may participate until his or her player contract is submitted to the Rec & Ed office and any applicable non-resident fees have been paid.

5. Members of high school or collegiate squads are responsible to meet recognized codes of the Michigan High School Athletic Association or their respective collegiate athletic association.

6. No player may participate under an assumed name or address.

C. Rec & Ed reserves the right to check rosters periodically during league play.

D. Protests will be accepted on the basis of eligibility. A team may lodge a protest of eligibility under the provisions listed below:

1. Each team captain should bring to each game a copy of their current team roster, which has been signed or stamped by the Rec & Ed office.

2. Any eligibility protest must be made **before** the end of the match in the presence of either the site supervisor or official. Any protest lodged after the last point of the match will be denied.

3. The team and player in question must present to the site supervisor a signed current roster and picture ID to prove eligibility. If a signed roster or picture ID cannot be presented, the match **shall** be completed under protest.

4. The team in question must then file a protest appeal at Rec & Ed within 48 hours. There is a \$15.00 fee for roster verification. If a protest appeal is not made within 48 hours, the protest will be upheld and a forfeit will be declared for all games in which the ineligible player participated.

E. Penalties for Infractions

1. Any player who plays ineligibly shall be suspended for a minimum of **three** matches from any team of which he/she is a valid member. The captain of the offending team will also be suspended for a minimum of **three** matches. All suspensions of this nature carry over to the next season if not completed during the current season.

2. If an eligibility protest is lodged and the offending team or player walks off the court, and the captain fails to appeal the protest within the 48 hour time period, the offending player will be suspended for a minimum of **four** matches from any team of which he/she is a valid member. The captain of the offending team will also be suspended for a minimum of **four** matches. All suspensions of this nature carry over to the next season if not completed during

the current season.

3. All Rec & Ed rulings are final. Protests of eligibility not covered in this rule will be handled in spirit of the rule. The Supervisor may override suspensions if circumstances warrant.

9. PLAYER TRANSFERS

- A. A player may transfer from one team to another after obtaining a written release from the original captain, and returning his/her uniform. He/she must then submit to the Rec & Ed office the signed player release form along with a new player contract signed by the captain of the new team, and pay the \$2.00 add fee.
- B. A captain may refuse to release a player if the player does not return his/her uniform. In all other cases, a captain may not refuse to release a player.
- C. A released player will be allowed to transfer back to his/her original team only once.

10. PLAYOFFS & TOURNAMENTS

- A. In 6-player leagues with more than one division, four teams will play in a single elimination playoff to determine the league champion. Playoff berths and dates are listed on the league schedules.
- B. In all single division 6-player leagues, the team with the best overall regular season record **including position play** will be the league champion.
- C. In all single division 6-player leagues, the top four teams will compete in a single elimination playoff that will determine the playoff champion.
- D. In Quad & Triples leagues, the team with the best overall season record is the league champion. There are no playoffs in these leagues.

11. POSITION PLAY

- A. **What position play is . . .**  
Position play is a scheduling instrument Rec & Ed employs in 6-player leagues to complete or round out each team's full complement of matches. **POSITION GAMES ARE CONSIDERED REGULAR SEASON GAMES.** Therefore, they are included in the standings to determine championship/playoff teams.
- B. **What position play is not...**  
Position play is not an elimination tournament, best of three match, or playoff.

Note: **Position play rankings do not change at any time during position play.**

12. REFUNDS & NSF POLICY

- A. Refund requests must be emailed to CancelTeamSport@aapslk12.mi.us. Include all pertinent information.
- B. Sponsor Fee Refund Request Deadlines:
  1. Sponsor fee refund requests submitted to Rec & Ed by 5:00 pm more than 14 days before the league's first scheduled match are subject to a \$10.00 service fee.
  2. Sponsor fee refund requests submitted to Rec & Ed between 14 and 7 days before the league's first scheduled match are subject to a 50% service fee.
  3. Sponsor fee refund requests submitted to Rec & Ed less than 7 days before the league's first scheduled match will be denied.
- D. If a captain writes a check which is returned for non-sufficient-funds (NSF) or written on a closed account, she/he will be notified by Rec & Ed. After notification, the team will forfeit all of its matches until a cash payment is made for the amount of the check plus the \$50.00 league re-entry fee.

13. DO NOT BRING TO THE GYM

- A. Smoking cigarettes and the use of or possession of alcoholic beverages and/or illicit drugs are not permitted on school grounds. All violators will be removed from the building.
- B. Food and drinks are not allowed in school gymnasiums. Violators will be asked to leave the gymnasium.
- C. **Due to safety and space considerations, please refrain from bringing children to the gym who are not old enough to sit quietly and enjoy watching the game. If a child is not yet in elementary school, or cannot remain seated for an hour-long match, a non-playing adult must supervise him/her away from the court. Site Supervisors do not supervise children at the gym, and have the right to require a child to be supervised.**

14. TIES
- A. If there is a tie for the division or league championship, the following tiebreaker instruments will be used in the order listed:
1. Head to head results during the season;
  2. Head to head point differential between the tied teams during the season;
  3. Point differential for all games played during the season.
  4. One game to 25 rally score (30 points in Open).
- B. If more than two teams are tied for the division or league championship, the final tiebreaker instrument (listed above) will be a bracket or round of single games to 25 points between the tied teams. Seeding will be determined by the following methods in the order listed:
1. If a tie exists between two teams that did not play each other during the regular season, they will be paired for the first round of play, with the remaining team receiving the bye.
  2. If all teams have played each other during the regular season, teams will be seeded by head to head points (first) or overall (used 2<sup>nd</sup>) point differential during the season.
  3. Random draw.
  4. If this bracket does not resolve the tie, the tie will be broken by :
    - A. Head to head point differential during the tiebreaker round;
    - B. Coin flip
- C. If there is a tie for the final playoff spot, a one-game tiebreaker will be played. Teams in Open leagues will play one game to 30 points rally scoring. Teams in Non-Open leagues will play one game to 25 points with rally scoring. If there is an odd number of teams tied for a playoff spot, it will be handled the same as the scenario listed above in 14.B.
- Note: If possible, all tie-breakers will be scheduled the night of the scheduled league playoffs. If this is not possible, playoffs may be postponed a week.
- D. If a tie exists which affects position play or playoff seeding, the following tie-breaker instruments—in the order listed—will be used:
1. Head to head competition between the tied teams (including the use of win percentage).
  2. Head to head point differential.
  3. Results vs the other playoff teams
- E. If there is a tie for runner-up awards (leagues with more than 8 teams only), the result of the playoff semifinal between the 2<sup>nd</sup> and 3<sup>rd</sup> place teams will determine the league runner-up.
15. UNIFORM SHIRTS / APPAREL / FOOTWEAR  
Matching numbered uniform shirts are recommended but not required. **All players must wear a shirt and sport-appropriate athletic footwear.**
16. VALUABLES  
Do not leave valuables unattended in school buildings. Rec & Ed and the Ann Arbor Public Schools are not responsible for any lost or stolen valuables.
17. VOLLEYBALLS
- A. Teams are to provide their own volleyballs for warm-up time.
- B. The volleyball supplied by Rec & Ed is to be used only for official matches.
18. WEATHER POLICY
- A. For information regarding match cancellations, **first check the website: [www.aareced.com](http://www.aareced.com)** or call the Rec & Ed weather update line at **994-2300 ext.53115** between 4:00 P.M. and 5:00 P.M. On nights when the weather is questionable, it is recommended that players check this before leaving for games.
- B. Whenever Ann Arbor Public Schools cancels all classes for weather, Adult Volleyball leagues are not held that night.
- C. Any matches that are cancelled are added to the END of the schedule, before position play or playoffs

## **SECTION II: MATCH RULES**

19. ADJACENT COURT
- A. Any ball hit into the adjacent court is considered a dead ball.

- B. If a player enters the adjacent court before, during or after playing the ball, the ball is dead and a point or side out is awarded to the opposing team.
- C. Rule 19 A. and B. are in effect whenever a match is scheduled on an adjacent court, including a match that is forfeited at the gym. When a match ends and that court is finished for the night, players on the adjacent court may then pursue a ball onto the empty court at the start of the next game.
20. ALTERNATE HITTING / "FEMALE CONTACT RULE"
- A. In Co-Rec Open and AA, when the ball is played more than once by a team (not including a block), a female player MUST make one of the contacts. (USAV Corec rule 1.2)
- B. In all other CoRec leagues including 40 & Over, when the ball is played more than once by a team, a female player does NOT have to make one of the contacts.
- C. In Reverse Corec, this rule is in effect for male players (see USAV Reverse Corec Rule 2.2).
21. BALL ON THE COURT
- A. A ball from the adjacent court that significantly disrupts play or poses a safety hazard to any player shall result in a replay.
- B. These calls are considered judgment calls. In all cases, both teams should continue play until the official blows the whistle.
- C. A point shall be replayed any time both teams agree that a ball on the court interfered with play.
22. BLOCKING
- In Co-Rec, "when only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking." The male back row player is **not** required to signal to indicate his intent. (USAV Coed Rule 1.4).  
In Reverse Corec, this rule applies to FEMALE players (see USAV Reverse Corec Rule 2.4)
23. BLOOD RULE
- If a player incurs an injury that causes bleeding, the [referee] shall immediately stop the game in accordance with USAV rule 17.1.1. The player shall leave the court. If the player cannot continue play and must be replaced, this should be done within the guidelines of USAV rules 15.5 or 15.7. If substitution cannot be made, refer to USAV rule 17.1.2.
24. FORFEIT TIME
- A. Scoring for the first game of the match will be started at the scheduled start time. If the minimum number of players is not present at scheduled match start time, play may begin within the next 14 minutes provided the team reaches the minimum number of players. The penalty is 1 point per minute to the opponent. For example, if the short-handed team has its 4<sup>th</sup> player lined up on the court 5 minutes after the scheduled match time, Game 1 begins with the offending team down 0-5. The maximum penalty a team can start game 1 with is 0-14.
- B. The point penalty will continue to be assessed until the short-handed team has at least 4 players ON THE FLOOR PREPARED TO PLAY or until 15 minutes past scheduled game time. The penalty does not stop when the late player walks in the gym door. Only full minutes past are considered in point penalties, not seconds. So a team that is ready to play 7 minutes and 35 seconds after the scheduled start time would start the match 0-7, not 0-8.
- C. Time outs MAY still be taken before the start of the match, and the use of time outs does NOT increase the penalty point assessment. Each team has two 30-second time outs per game.
- D. Forfeit time for the remaining games is 15 minutes after scheduled match time. Teams may scrimmage for fun until their allotted court time is over. Officials are not required to work forfeited games.
- E. The Site Supervisor shall determine the official match/forfeit time and total number of points penalized. The Site Supervisor and Court Official may synchronize their watches so that the Official can manage the delay, but if there is any question, the Site Supervisor's time shall be considered the official time.
25. GYM OBSTRUCTIONS
- A. Ceiling and overhead obstructions (above 23 feet) including raised backboards and Clague's overhead divider between the courts:
- Ruling: Playable provided the ball contacts the ceiling or obstruction on the side of the net extended of the team which last played the ball and the ball returns to that same team's side.

D. Overhead obstructions (below 15 feet):

Ruling: Dead ball/judgement call -- point, side out, or replay.

C. Un-raised or partially-raised basketball backboards and accompanying vertical supports and cables outside of and extending over the end lines or sidelines are all considered obstructions.

Ruling: Dead ball resulting in official's judgment call of point, side out, or replay.

26. INADVERTENT NET & CENTERLINE RULES! Rec & Ed is keeping the 2008 USAV rules (similar to NCAA rule)

A. It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

B. Any contact of the net while in the act of blocking is a net violation, even if the blocker does not actually touch the ball.

C. A player's foot / hand going over the centerline is legal as long as part of the foot or hand remains on or above the centerline (shadowing) and the penetrating player does not interfere with the opponent's play. Other body parts may not contact the opponent's court past the centerline. (MHSAA Federation rule)

27. JEWELRY

It is forbidden to wear hats or casts (even if padded). Braces, jewelry, prosthetic limbs or other headgear that may cause an injury or give an artificial advantage to the player must not be worn. If a brace, prosthetic limb or headgear is used, padding or covering may be necessary. Therefore, **players wear jewelry at their own risk**. If the jewelry is such that the official feels it may cause an injury, the official may ask the player to remove it.

A. Permission can be granted by the league director for a player to wear head covering for medical reasons.

28. LINE-UP

A. Captains must sign in all players at the site supervisor's table before the first game.

B. Only players who are present may be signed in.

C. Players who report late must sign in at the site supervisor's table before entering the match.

29. MINIMUM & MAXIMUM NUMBER OF PLAYERS/ROSTER REQUIREMENTS FOR 6 PLAYER LEAGUES

A MAXIMUM OF 15 PLAYERS ARE ALLOWED ON THE ROSTER IN ALL LEAGUES.

A. Teams in all leagues must play six players when six players are present (In Co-Rec, 3 men and 3 women).

Exception: In Co-Rec when only four players of one sex and two players of the other sex are present, the team plays with two men, two women and two substitutes.

B. In all leagues, the minimum number of players allowed to begin and continue play is four (in Co-Rec, this means 2 men and 2 women, 1 man and 3 women, or 4 women).

**Co-Rec teams may NEVER play with less than two women or more than three men.**

C. Co-Rec teams play with three men and three women (if they are all present). **Whenever possible, men and women alternate in the lineup** (this will not be possible when playing with 2 women and 3 men). (USAV Cored Rule 1.1.1.1). **If a team plays with 4 or more women and 3 men, they may rotate in freely, without restriction by gender.**

1. If a team is forced to play with less than six players or forfeit a game/match because of 29.C, the rule may be modified if the managers of both teams agree in the presence of the game official. This rule will then be modified for the entire match. **Acceptable modifications include the following lineups:**

**Modified teams of six players:**

6 women and 0 men  
5 women and 1 man  
4 women and 2 men

**Modified teams with less than 6 players:**

3 men and 2 women  
2 men and 3 women  
3 women and 1 man  
2 women and 2 men

Three men and one woman is NOT a legal lineup. The teams may scrimmage for fun, but the result is a forfeit.

2. If rule Rec & Ed Rule 29.C is modified, notification must be given to the referee by both captains before the match begins or when a player injury occurs.
- D. When a team starts with less than six players, additional players may be added under the following conditions:
1. Any new player must sign in on the line-up sheet.
  2. A time out must be called (charged to the team bringing in a late player).
  3. A player entering the game while his or her team is serving may not enter in the service position if the player in the service position has already begun that term of service.
  4. If no time-outs are available, a team may add an additional player only at the start of the next game.
- E. When a team plays with less than six players, those players are considered to occupy three front row positions and one or two back row position at all times.
1. The three front row positions are Left Front (LF), Center Front (CF) and Right Front (RF).
  2. The one back row position is the server's position, Right Back (RB) if 4 players, and RB & CB if 5.
- F. The following position rotations will determine position overlap, attack hitting and blocking rule interpretations when a team plays with less than six players.
1. When a team plays with five players, LEFT BACK is vacant. Rotation: RB-CB-LF-CF-RF-RB.
  2. When a team plays with four players, LB and CB are vacant. Rotation: RB to LF to CF to RF to RB.
30. MINIMUM & MAXIMUM NUMBER OF PLAYERS/ROSTER SIZE FOR 4-PLAYER LEAGUES
- A. In Quad leagues, the minimum number of players needed to begin and continue play is two.
  - B. In Coed Quad leagues, teams must play with at least one woman and no more than 2 men.
31. PLAYING THE BALL
- A. The ball may legally contact any part of the body. This allows any action with the foot, ankle and lower leg that would be allowed with the hands or arms.
  - B. **FOR QUAD LEAGUES ONLY:** When contacting the ball with one hand, other than for setting the ball to a teammate, the ball must be cleanly hit with the heel or palm of the hand (a *roll* shot), "poked" with curled fingers on the knuckles, or hit with the back of the hand from the wrist to the knuckles. One-hand placement or redirection of the ball with the fingers (a *dink* or an *open-hand tip*) is a fault.
  - C. **QUAD LEAGUE RULE: A "set-over" is a fault. (Definition of a set-over: Hand-set ball that crosses over the net, whether intentional or not).**
32. POSITIONING
- A. In Co-rec 6s when 6 players are used, the service order shall be an alternation of male and female.
  - B. For exception, see NUMBER OF PLAYERS Rec & Ed Rule 29.C.1.
  - C. In Co-Rec 4's, players do not have to alternate or rotate, but must maintain correct service order.
  - D. In Co-Rec 4's, any player may attack from anywhere on the court. (There is no "backrow attack" rule in 4's).
33. PROTESTS
- A. There are no protests of a referee's judgement decisions.
  - B. A team must notify the first referee of its intent to protest a rules interpretation at the time of the dispute and before the next serve.
  - C. Protests involving rule interpretations must be submitted in writing to Rec & Ed within 48 hours after the completion of the match and must be accompanied by a \$20 fee, which will be returned if the protest is allowed.



34. SCORING: GENERAL GUIDELINES

- A. Rally scoring is used for all leagues (award one point to the team that wins the rally, regardless of which team served the ball).
- B. All games are generally won by two points, **but there is a 27 point cap on 25 point games (win by one)**. There are never any point caps in any playoff games.
- C. All games are played to completion.
- D. All games count in the standings, including “position play” games. Teams do not change courts in regular season games.
- E. Team captains are advised to verify their number of games won at the end of the match by checking and initialing the scores sheet at the scorer’s table.

35. SCORING & PLAYOFF FORMAT FOR QUAD LEAGUES

**QUAD LEAGUES USE RALLY SCORE TO 21 WITH A CAP OF 23, AND “LET” SERVE.**

- A. In Quads, each team will play one 21-point game (cap of 23) against every other team each week.
- B. There are no playoffs in the Quad leagues. League champ & runner up awards are determined by overall standings.

36. SCORING AND PLAYOFF FORMAT FOR 6-PERSON LEAGUES

- A. In Open Leagues, four 30-point games constitute a match. \*There is no cap in Open except as follows: \*If set 4 has not begun 70 minutes into an Open match (20 minutes or less left), then Set 4 will be a 15 point game (no cap).
- B. In Non-Open Leagues, three 25-point games constitute a match. (Cap of 27).
- C. Playoff format for Open Leagues will be best of 3. Games 1 and 2 are 30 points; Deciding games are 15 points. **No point caps in any playoff games.**
- D. Playoff format for Non-Open Leagues will be best of 3, no cap. Games 1 and 2 are 25 points; Deciding games are 15 points.

37. SUBSTITUTIONS & LIBERO

- A. When a team has seven or more players present, the captain must select a method of substitution prior to the start of the match.
  - 1. Substitution on request: 12 unlimited substitutions per game (USAV Rule 15.6, p. 44). A player must re-enter in the same place in the serving order.
  - 2. Rotation: A substitute must rotate into the service position at every service rotation. All players must rotate off the court after playing the right front position. In Co-Rec, substitutes must replace players from the same gender, in order to maintain the correct male / female alternating lineup.  
  
Exception: In Co-Rec teams with more than 6 players present, **if there are more female than male players**, the players may rotate all players without regard to gender as long as there are not two males next to each other in the lineup. Teams may never have more than 3 male players on the court, and must always have at least two female players on the court.
  - 3. Libero: In all 6-player Leagues, captains have the option to use a Libero plus 12 team subs. A distinctive shirt is recommended for the Libero but not required. (For details and limitations on Libero, refer to USAV rule 11.3). Only one player per game may be designated as the Libero.
- B. When a Corec team uses a Libero, they must continue to maintain 3 men and 3 women in alternating service positions on the court at all times. A team may use only ONE Libero per set, either male or female, not one of each.

38. SERVICE AND NET SERVES
- A. The service line extends the entire length of the end line.  
**THE SERVICE LINE ON TAPPAN'S 'SHORT' SIDE IS TOO CLOSE TO THE WALL. SERVERS (INCLUDING JUMP SERVERS) MAY STEP ON AND OVER THE WIDE, BLACK BASKETBALL LINE AS LONG AS PART OF ONE FOOT REMAINS ON OR BEHIND THE LINE AT THE MOMENT OF SERVICE CONTACT.**
  - B. The server must contact the ball within 8 seconds after the official's whistle for serve (USAV Rule 12.4.4).
  - C. After the first side-out of the game, the serving team must rotate prior to its first service.
  - D. Each server is allowed only one toss. (USAV Rule 12.4.2).
  - E. **In all leagues, "let serves" are legal. The served ball may touch the net while crossing it.**
  - F. Rec & Ed leagues will NOT use USAV Rule 12.4.1 (page 39). Underhand serves do not have to be tossed or released before contact.
39. TEAM SPOKESPERSON / UNSPORTSMANLIKE CONDUCT
- A. Only the playing floor captain may address the official.
  - B. Unsportsmanlike conduct brings penalties of warning, loss of service or points awarded and/or ejection as per USA Volleyball rules.
  - C. League Rule: An ejection is grounds for suspension from the next scheduled game. Suspension may be carried over into the next season.
  - D. MISCONDUCT SANCTION SCALE (USAV Rule 21.3) :  
Yellow Card: Warning- No other penalty is given (one yellow card per team per match).  
Red Card: penalty - Loss of rally (point / serve to opponent).  
Red & Yellow together: Expulsion (player must leave the game for the remainder of the set)  
Red & Yellow apart: Disqualification (player ejected for remainder of the match plus additional games as per Rec & Ed policy.) **Player must leave the gym.**
40. TIME-OUTS
- A. Requests for time-outs must be made by the playing floor captain.
  - B. Each 6-player team is allowed two 30 second time-outs per game. **Only one 30-second time out per game for Quads league due to the time restrictions. Teams are charged for a time out when adding a late-arriving player. (cannot insert a player on the opponent's time out).**
41. WARM-UPS
- A. Teams warm up 10 minutes prior to scheduled match time or **10 minutes from when the previous match ended.** If matches are running significantly behind schedule, the oncoming teams' warm-up time may be reduced at the discretion of the site supervisor.
  - B. **All teams are guaranteed a 5 minute warm-up time.**
  - C. During warm-up time, teams must make every effort to prevent balls from entering the opposite court. Teams also must refrain from contacting the net during warm-up time when another match is in progress on the opposite court. Failure to adhere to these standards may result in loss of warm-up time.
  - E. Players may not warm up with balls in the hallways.

## **VOLLEYBALL STAFF**

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