

Rules shall be the latest version of the US Volleyball Official Rules except where specifically stated below:

1. Each team must have a minimum of 3 players. All players must be at least 18 years of age. Teams must maintain service rotation but players may play any position on the court at any time. **Teams that only have two of their regular roster players available to play may pick up ONE additional player from another team, except for during playoffs.**
2. There are no referees in this league. Please call all your own fouls including carries, double hits (miss sets) and net fouls. No open-hand finger dinks/tips (roll shots, cobras, knuckles are allowed). No directional blocking. Touching of the net when away from the playing or blocking of the ball is no longer a net foul. Any hard driven ball including serves can be received overhead with open hands as long as the ball is not literally "caught." If the captain feels the other team is not calling fouls, he/she shall call for a non-charged time-out to discuss it with the other captain. The two captains and the two captains alone shall resolve any disputes on their court. If the two captains can not come to an agreement, there shall be a replay.

3. Contact With the Net

Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of play the ball includes take-off, hit (or attempt) and landing.

Player's Faults at the Net

A Player interferes with play by (amongst others):

- * Touching the net between the antennae or the antennae itself during his/her action of playing the ball
- * Using the net between the antennae as a support or stabilizing aid
- * Creating an unfair advantage over the opponent by touching the net
- * Making actions which hinder an opponent's legitimate attempt to play the ball, or
- * Catching/holding on to the net.

Players close to the ball as it is played, or who are trying to play it, are considered in the action of playing the ball, even if no contact is made with the ball. However, touching the net outside the antennae is not to be considered a fault (except for takes support from the net/structure/object in order to hit the ball.

4. Centerline violations – Players may have contact with the court across the centerline as long as they do not cause a safety hazard or interfere with the opponent's ability to play the ball.
5. When setting over the net, the direction of the ball must be perpendicular to how the shoulders line up (translation: sets must be facing forward or directly backward; no side sets over the net)
6. All individual games shall be to 25 points, win by 2, except first team to reach 27 wins, using the rally scoring system (i.e.: a point is scored by one of the teams on every play. You do not have to serve to score the point). Captains shall keep track of their team's win/loss record and report their scores to gym administrator.
7. In line with recent USA Volleyball rule changes, the server is now allowed only one toss on a serve. You no longer are allowed to let a bad toss drop to the floor untouched and re-toss. The ball touching the net during a serve is legal. Missing your serve is a loss of point and loss of serve (side out).
8. The first game of the night shall begin at the official start time for the division. Five minute grace period is allowed prior to forfeiture. You must have a legal team (see rule 1) by end of the 5 min. grace period.
9. Last serve shall be at 8:25pm and 9:25pm. Win by 2 not required. One more serve allowed to break a tie.
10. A ball spin, coin toss or rock/scissors/paper (rsp) shall be used to determine serve or side. Winner may choose to serve or receive, or may choose the side to start on. The loser has the choice on the item not selected. Teams shall change sides in a game when the first team reaches 10. Each team shall be prepared to provide the game ball. If captains can not agree on ball, use ball spin, coin toss or rsp.
11. Substitutions using current USA Volleyball rules or "rotating in" during a dead ball may be used at a team's option. Position used for rotating in (i.e. middle back, server, etc.) is at team's option but must constant during the game. A team may use a libero player as described in USA Volleyball rules.
12. Do not step on or across the adjacent court lines or touch the other court with any part of the body. If you do, the play is dead and your team loses the point. This is a critical safety issue. Please call out "ball on" if a foreign ball enters the wrong court. Immediately stop play when you hear "ball on" and replay the point. You can play a ball that is behind the end lines of the adjacent court as long as you do not touch that court during any part of the play. Unless you have a foot on the floor, you can not use a wall, chair, table, another person, etc. to support you when playing a ball.
13. Each team is allowed a maximum of two 30 second time-outs per game. No time out in last minute of last game.

14. The server shall call out the score prior to each serve. When serving, no contact may be made with any part of the court prior to contacting the ball.
15. You can play off the ceiling and ropes, backboards or other items attached to the ceiling on your side. However, if it touches one of these items and then crosses the net it is a loss of point & serve. The bleachers, side and back walls are dead balls. The items projecting down to less than 10 feet above the floor (i.e. the basketball backboards in the down position just behind the end line of the court) are a discretionary replay. If the ball would have been playable if the item was not there, it shall be a replay. If the ball is clearly sailing out of bounds when it hits the projecting item, it is a dead ball. If the two captains do not agree on any interpretation, it shall be replayed. Hitting the backboards on a serve however is a loss of point and side-out.
16. All players must have signed the League Roster prior to playing in any game. Failure to do so may result in forfeiture of the match. Only players who have played in at least two regular season games may play in the final tournament. Players may not sub for more than one team. One new emergency roster addition is allowed at the discretion of the league director. ID is required at tournament for roster verification.
17. Standings – Teams to be given points depending on their weekly win/loss results. Tie breakers: 1) Head to Head Match for 2 way tie; 2) Best point differential for the day for 3 way tie; 3) Incoming standing for that week.

Each team is encouraged to get a copy of the Official USA Volleyball Rules. See www.usavolleyball.org