



### **Rule 1: Facility**

All matches will be played at the Woodward Hill Elementary School unless otherwise noted. Alcohol and smoking are not permitted inside the facility, or in the parking lot.

### **Rule 2: Player Eligibility**

Players must be 18 years of age or older as of September 21, 2021. For players to be eligible to play in the playoffs, they must have played in at least one regular season game.

### **Rule 3: Team Composition**

The match shall be played between two teams of six players each. Each team must have at least 1 female player on the court at all times. In case of injury, if no female substitution is available, the team without an eligible female player will forfeit the game. Player sharing is permissible to avoid forfeiture if both coaches agree, but only during regular season play. A minimum of four players (including at least the minimum of 1 female player) is required to prevent a forfeit.

### **Rule 4: Equipment**

Athletic shoes and athletic attire are required.

Jewelry is permitted; however, the Referee reserves the right to require any jewelry taped or removed that is deemed unsafe.

### **Rule 5: Beginning a Match**

Before the start of the match the referee shall toss a coin in the presence of the opposing captains, after first designating which captain shall call the coin toss.

The captain of the winning toss shall choose one of the following options:

- i) Team Area
- ii) Service

If the captain chooses the serve, his/her team will serve first during the first set, however the teams will change sides and the opposing team will serve first during the second set.

All matches will start at their designated times. There is a 10-minute grace period until forfeit is declared. Referees will declare a contest a forfeit and have the discretion to amend the 10-minute forfeit time rule in the event of unforeseen circumstances.

### **Rule 6: Match Procedures**

Each game will be 2 sets, with total point differential being taken into account to determine a winner of the sets are split. Both sets will be played to 25 points with rally scoring, and a team must win by two. There is a cap of 30 points, meaning a team could win 30-29. Teams will play two back-to-back 2 set games against the same opponent each week.

Court Boundary: The ball will be declared out-of-bounds if it hits a basketball goal, rope, wall, or any other object not part of the court. A team may play the ball off the ceiling on its own side. A struck ball that hits the ceiling before or after traveling to the opponent's side of the net shall result in the attacking team losing serve and a point. A ball being over any part of a boundary line when landing is in. It is permissible to run out-of-bounds to play a ball. The ball is dead when it touches a net antenna or does not pass entirely between the net antennas.

Substitutions: All substitutes will be made in the center back position. All substitutes must make one complete rotation. A player late in arriving for a team of less than six can only rotate in when his/her team has the serve, and must enter in the center back position. Players must substitute out and be replaced by eligible players once possession is regained after having played both offence and defence in the serving position. This is not required when it would cause less than 1 female player to be on the court at any given time.

Rotation: All players are required to play every position on the court as they rotate. Players will rotate clockwise to the next position after their team sides out. Each player must play all six positions including three in the front row and three in the back row, or two in the back row if a team is playing with fewer than six players. The positions must be played in the clockwise order, or the other team will be awarded a point and the serve. (Ex: The server rotates to middle back, middle back rotates to left back, left back rotates to left front, left front rotates to middle front, middle front rotates to right front, and right front rotates to serving position). If facing the net, the serving position will always be in the back row on the right.

### **Rule 7: Game Play**

The Serve: The server shall stand with both feet behind the rear boundary line and serve from any position behind the boundary line. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed.

It is illegal for the receiving team to block or spike the ball directly off of a serve.

Legal Contact: Legal contact is a touch of the ball by a player's body, above and below the waist. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.

A player shall not make successive contacts with the ball unless he/she has blocked a ball at the net.

A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.

The ball must always be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.

Blocking: Blocking is an act at the net which intercepts the ball coming from the opponent's side by making contact with the ball as it crosses the net, before it crosses the net, or immediately after it crosses the net.

An attempt to block does not constitute a block unless the ball is contacted during an attempt.

Only front row players may block.

The team that has blocked shall have the right to three more contacts with the ball in order to return it to the opponent's side.

When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's area.

Net play: A player may:

- Reach under the net as long as one doesn't interfere with an opponent's attempt to play the ball.
- Reach over the net to complete a spike which was begun on the player's own side of the net.
- Reach over the net to block, but not interfere with the opposing team's play.
- Have his or her foot touching the opponent's court as long as some part of the foot is on the midline.
- NOT touch the net.

Back-Row Play: A back-row player is allowed freedom in moving about the court but may not jump and attack ("spike" or "kill" the ball) in front of the 10-foot line. A back-row player may never block the ball. Players must be in legal positions until the ball is served. When playing with only four or five players, two players will be considered back row players, with the latest server being one.

## **Rule 8: Officials**

The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or spectator(s) for violations of sportsmanship including, but not limited to, the following:

- Disrespectfully addressing an official or other players.
- Ill-mannered or repetitive questioning the official's judgment or decisions.
- Use of disconcerting acts or words when an opponent is about to play the ball.
- Showing disgust with official's decisions.
- Using profane or insulting language or gestures toward an official or other player.
- Baiting players of the opposing team.
- Disrupting the game so that it may not be continued in an orderly fashion.

Players, and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:

- I) A warning will be issued.
- II) A second warning result in a point/loss of rally awarded to the opponent. If one player receives two warnings, it will result in an ejection.
- III) An ejection issued alone for a single offense will result in a point/loss of rally to the opponent and the offending player being removed for the remainder of the match.

The official shall have the power to declare side out, award points, enforce substitution procedure, and determine rule infractions.

Protests: In the event that a person feels an official has misinterpreted a rule, he/she must call a time-out at the time of the incident. The official should: 1) Stop the game and 2) bring the protest to the attention of the coaches and/or League Commissioner who will make a ruling.