

WESTSIDE VOLLEYBALL - League Rules

LEAGUE DUTIES, RESPONSIBILITIES, AND PROCEDURES

1. **NO ALCOHOLICS BEVERAGES ALLOWED** at all gym facilities including the gym, grounds, and parking lots. It is a condition of our leases and may be against the law. Violators will be penalized including suspension from Westside Volleyball activities or lost of playing privileges.
2. **NO FOOD OR DRINKS ALLOWED** in the gym. If drinks are allowed at the facility, the drink must be in secure rugged containers.
3. **NO SMOKING.** No smoking on any Facility grounds, including VAPE. Citations have been given at Elder Park.
4. **PARKING.** Parking may or may not be allow at the gym facility. Following the gym parking rules and regulations.
5. **CLEAN UP ALL TRASH BEFORE LEAVING.** Everyone must police the gym for trash.
6. **NET SET-UP DUTIES:** Teams must supply at least 2 players by designated time on schedule. Penalties will be given for not setting up. Teams must set up nets, poles, antennas, timer, scoreboards and fill in scoresheets. Set the timer for the start time.
7. **NET TAKE DOWN DUTIES:** Teams are specifically assigned to take nets down. The assignment is on the schedule. Failure to take nets down will result in a penalty. Take down nets, poles, antennas, scoreboards and store equipment. Also collect and return scoresheets to the director.
8. **ABIDE BY RULES.** Failure to abide by rules and directions from the “officials” in a **cooperative** manner will be penalized and may result in forfeiture of playing privileges. This applies to individual players and teams. Uncooperative behavior towards refs and league officials is **unsportsmanlike behavior** and will be penalized.
9. **CHANGING RULES.** Teams may not "agree" with each other to change rules or break the rules. Teams may not change their reffing or playing assignments for any reason. See gym director.
10. **SCHEDULES SUBJECT TO CHANGE** due to facility availability and other circumstances beyond our control. Note, this may ffectg byes, play-offs, etc. Also the number of games and play time may be reduced. Play-off are tentative depending on gym availability.
11. **BASKETBALL.** No BASKETBALLS in gym. No basketball PLAYING
12. **CHILDREN SUPERVISION.** Children must be controlled and supervised by their parents. The halls and other rooms are not play areas for the kids.
13. **SAFETY.** When you are warming up watch out for those around you. Watch out for games in progress.

GENERAL RULES:

1. **GAME TIMES.** 1st match TIME is 7:15pm for Tuesday, Wednesday, Thursday & Friday Leagues. For Sunday, Torrance – 6:30 pm. Refs must be on court 4 minutes before forfeit buzzer, and must begin matches at forfeit buzzer. Four players must be on court from each team. (At least 3 from roster and 1 borrowed player – 2 guys and 2 girls.) If a team is not on court at forfeit buzzer, it will be a forfeit, ref will be held responsible and penalized for not enforcing forfeits. Forfeit time is 8 minutes for each game. Buzzer will be set for each match. Teams must stop warming up at forfeit buzzer. Refing and playing teams are subject to penalty for not starting on time.
2. **MATCH FORMAT.** A match is 2 sets/games to 25 points. 45 minutes per match. The time breakdown for a match is 4 minutes warm up, 4 minutes hitting, start match or forfeit, 37 minutes play time. After 37 minutes when timer/buzzer sounds then last serve. No ties.
3. **START TIMES.** At start time. There is a 4 minute warm-up time, then a 4 minute hitting time. Then Forfeit if games are not started immediately. Forfeits for games is at 8 minutes after start time. Buzzer will be set for ALL

matches. NO WARM-UPS AFTER FORFEIT BUZZER. No waiting for players. GAMES MUST START AT 8 MINUTE BUZZER. **For 7:15pm first match, next matches 8:00pm, 8:45pm & 9:30pm typically.**

4. **REFGING.** Refs are responsible for starting games on time. Refs must be on the court after the 4 minute warm-up buzzer (4 minutes before game starts). Ref must stop the hitting and start games. Refs may be penalized for not starting games on time.
5. **BALLS INTO THE NET.** Players may not intentionally interfere with the play of the ball off of the net from the opposite side of the net. For example, they may not place their hand at the net to deflect the ball as it plays off of the net.
6. **NET CONTACT.** IS **NOT LEGAL.** All nets will be called. (Hair does not count as net)
7. **BALLS-ON** will be called at all times if a ball (or player) from another court crosses any line of the court whether the ball intereferes with the play or not. This includes crossing a corner. **A BALL ON is an automatic replay.**
8. **FIRST CONTACT, INCLUDING FINGER ACTION.** A player may have successive contacts (multiple contacts) with the ball during a single attempt to make the team's. The ball must NOT be held, lifted, pushed, caught, carried or thrown. The ball cannot roll or come to rest on any part of a player's body. The ball must be contacted cleanly and not held, lifted, pushed, caught, carried or thrown. The ball cannot roll or come to rest on any part of a player's body.
9. **PLAYABLE BALL.** Ball is playable from the foot up. Ball may not be lifted or carried.
10. **SERVING.** Serve from anywhere behind baseline.
11. **FOOT FAULTS.** A foot fault will be called when the server steps on the court end line. A point will be awarded to the other team.
Almanson Park – A foot fault will be called on both end lines while serving.
Elder Park – A foot fault will be called on the serve on the bleacher side (west) of the courts. On the wall (east) side, **one step into the court is allowed.** A server may not have both feet inside the court when serving. At least one of the server's feet must be outside of the court when starting.
12. **SHADOWING THE CENTER LINE.** Hand or foot is allowed to touch or shadow on centerline. The hand may not touch the floor if the wrist is beyond the line. The foot may not touch the floor beyond the line if it isn't shadowing. No other body part may touch the floor beyond the line.
13. **GOING UNDER THE NET.** A player may NOT go under the net and across the center line outside of the pole, including the end poles. There is an imaginary center line from wall to wall.
14. **USE OF STRUCTURES.** A player may not use any structures in the gym (bleachers, wall, poles, etc.) to his/her advantage while playing the ball. A player may touch a structure (bleachers, wall, poles, etc.) after **after** the ball has been played.
15. **ATTACK HIT.** A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space. He/she may not attack the ball on the opponent's side of the net. A portion of the ball must have crossed the net. A player **may not make attack hit on a serve.**
16. **BLOCKING:** A player may place his/her hands and arms beyond the net after an opponent has contacted the ball and the ball (in the judgement of the referee) is going over the net. A player may not block a ball that is not going over the nest, such as a **set**.
17. **BACK ROW PLAYER.** No offensive play is allowed by back row player, while player is in the attack zone (10 foot line), while entire ball is above level of net. Offensive play is defined by USA Volleyball as an Attack Hit. "Tipping" is part of an "Attack Hit". A player may block with one hand, if in the judgment of the referee it is not an attack hit. Only ONE male may come from back row to help the single male front-row to block Female back-row players may not participate in blocks.
18. **NO OVERLAPPING.** No player may overlap with the corresponding (adjacent) player, front-to-back or side to side.

19. **FIRST SERVE ROTATION.** Teams must rotate on the first side-out after the first serve.
20. **JOISTED BALL.** If two players at the net come in contact with the ball so that the motion of the ball stops, the play will continue on the side on which the ball falls.
21. **DELAY OF GAMES.** If the players of a team are present, but do not line-up at forfeit time, the ref will call a DELAY OF GAME, and award a point or side-out to the opponent. The ref shall continue to award points until the team lines up. **There is a 1 minute time period between games in a match.** If a player leaves the court, the team should continue with the 5 remaining players.
22. **NO TIES.** There will be no ties. If a game is tied at the buzzer, next point will win the game. The team winning this point is the winner of the game.
23. **LAST SERVE** shall be called at match buzzer. If a server is in serving position and is in possession of the ball at the match buzzer, it is NOT the last serve. The next serve is the last serve.
24. **CEILLINGS.** The balls are playable off of the ceiling on the playing team's side of the net. If the ball crosses the net and comes back to the team's side, it is not playable.
25. **WALLS.** The ball MAY NOT be played off of the wall or any structure attached to the wall, such as basketball backboards, pipes, or any structure, which is attached to the wall.

REVERSE COED RULES:

1. If there is more than on play on a side, a **male must contact the ball.**
2. In front of the 10 foot line a male **player may not** return the ball when the **entire ball** is above the plane of the net. Whether the player jumps or not. Jumping is NOT the criteria.
3. Males may not block or hit in front of the 10 foot line.
4. Males must have one foot on floor when hitting behind the 10 foot line.

REFFING

1. REFFING TEAMS MUST BE IN POSITION 4 MINUTES BEFORE MATCH BUZZER. HEAD REF must be in HEAD REF POSITION at pole and call captains. LINESMEN must be in position on corners. REFS MUST STOP WARMUPS AT BUZZER, OR ISSUE DELAY OF GAME, SIDE OUT OR POINT. REFFING AND PLAYING TEAMS subject to PENALTY for not starting on time.
2. Refs **MAY NOT** use **ELECTRONIC DEVICES** while reffing at any reffing position. This includes cell phones, headphones, ipods, etc. No devices may be in, on, or over the ears.
3. Refs MUST mark score sheets CORRECTLY. Refs MUST have teams INITIAL score sheets immediately after match. Teams MUST initial score sheets. **Playing AND reffing teams will be penalized.** Scores will not be changed after night of play. Reffing team will be penalized for not obtaining initials.
4. TEAMS MUST CHECK SCORES NIGHTLY!! NO SCORES CHANGED AFTER THE NIGHT OF PLAY. Teams must check standings for PENALTIES, FORFEITS, etc.; however,
5. REFS must begin matches promptly. Delay of game by ref or by playing teams is not permitted. Refs should provide four on court to ref, but may have **no less than three.** Refs may not borrow players to ref.
6. Teams may request a different ref from the reffing team BEFORE the start of the next game.
7. Refs must obtain the INITIALS of playing teams on score sheets immediately after match. An automatic penalty will be assessed to reffing and playing teams if score sheets are turned in without initials. Playing teams must initial score sheets. If there are problems, see director.
8. Reffing teams may be penalized for incorrect scoring.

SCORING:

1. The reffing team must supply a head ref and 2 people on the lines. One linesperson will keep the score on the score sheet. The other will keep and show the scoreboard.
2. Teams must check the scores on the night of the match. If the score is wrong, it must be changed by the reffing team or the league director. A team may not change its own score. Any changed score must be initialed by the reffing teams or the league director
3. SCORES WILL NOT BE CHANGED AFTER THE WEEK OF PLAY!!

ROSTERS:

1. In order to be eligible, people **must be on only one roster and MUST have a Membership/Waiver** on file. Players must be listed with both 1st and last names. Names listed with only first or only last names will be considered illegal entries on roster.
2. Teams must have at least 6 players on roster to apply. Players MAY NOT be listed on more than one roster. If a player is listed on 2 roster, the team played with first will be considered the player's teams and that player will be "illegal" on other rosters.
3. **ROSTER ADDITIONS without penalties on 4th week. LATE ADDITIONS:** After the 4th week of play late additions may be made with penalty. One half-game penalty per player after the 4th week up to and including the 6th week. 1 game per player after the 6th week until 7th week. No additions on or after 7th week. Players are "frozen" on roster on 4th week and may not transfer to another team after that time.
4. **Captain's meeting:** 1. Rosters must be signed, agreeing to the "Terms and Conditions", 2. The players who are playing that night must be **checked**. 3. Additions must be added on the roster, 4. Rosters must be returned with the above to the director **BEFORE THE TEAM PLAYS**.
5. In a 9 or 10 week league with a second round with teams renumbered, there will be no late additions in the second round (regardless of week number). There will be no bye requests for the re-numbered round during the league. All bye requests must come in before the 1st day of league.
6. **There are no "injury exceptions."** Make sure you have enough players on your roster.
7. Players may not change from one team to another during the night of play.

LINE-UP ON COURT

1. **TEAMS MUST HAVE A MINIMUM OF 4 PLAYERS ON COURT TO PLAY**—If 3 players from roster, a player **must** be borrowed to make 4: **2 males and 2 females**. Teams with 4 players from their roster (2 males and 2 females) may play with or without borrowing. Alternate male and female. When playing with 4 players the male who is serving is a back row player at the serving position and the next position.
2. Teams with 5 players must have at least 2 females and 2 males, and may play with or without borrowing. Teams may not have more than 3 females or 3 males on the court. Reminder: Players borrowed from another team must come from a team in the same pool or division.
3. Teams may not have more than 3 guys OR 3 girls. Teams should play with 6. Guys and girls will alternate in position. If there is a missing player (5 players) there will be a "hole" on the court. Report where the hole is to the ref. If there are 5 players and only 2 guys, then there will be a rotation when there will be no front row hitters.
4. Receiving team must rotate after 1st serve.
5. There may be no "overlapping" of players front to back or side to side.

BORROWING PLAYERS

1. ONE PLAYER may be borrowed from another team in the SAME POOL. Players MAY NOT be borrowed from different pools. Players may not be borrowed from a reffing team if it causes the reffing team to have less than 3 players to ref.

SUBSTITUTIONS (Players coming in and out of a line-up during a game)

1. Regular Season Substitution - ONE-FOR-ONE, unlimited entries per player and team. Players may rotate into a position as an alternative to one-for-one substitution.
2. PLAY-OFFS: U.S.A.V.B. Substitution - ONE-FOR-ONE, 3 entries per player, 12 per team. Player must signal to ref, upon entry, the number of that entry.
3. Males and females must alternate in positions. Teams may not play with 4 males or 4 females.

UNSPORTSMANLIKE CONDUCT:

1. Participants must accept referees' decisions with sportsmanlike conduct.
2. Unsportsmanlike conduct includes the following. Rude conduct: action contrary to good manners or moral principles, or any action expressing contempt. Offensive conduct: defamatory or insulting words or gestures. Aggression: physical attack or aggressive or threatening behavior.
3. Players assume responsibility for knowing all rules, dates, and places; and for abiding by all rules. Failure to abide by rules in a **cooperative manner** may be penalized and may result in loss of playing privileges.

FORFEITS AND PENALTIES:

1. **FORFEITS AND PENALTIES WILL AFFECT FINAL STANDINGS, ELIGIBILITY FOR PLAYOFFS AND PRIZES, AND ACCEPTANCE INTO FUTURE LEAGUES AND TOURNAMENTS.** Teams should not forfeit during the season, regardless of their standing. Forfeits during playoffs will be considered a serious problem and may affect **priority** in future leagues and tournaments. Teams must not "sand bag" in order to get into a lower pool. League directors will seed these teams into the proper pool.
2. **Effects of forfeits and Game Penalties on final standings and playoffs:**
 - 2 forfeits or Game Penalties - No effect
 - 3 forfeits or Game Penalties - Tie breaker (supersedes head to head)
 - 4 forfeits or Game Penalties - Move down 1 place in standings
 - 5 forfeits or Game Penalties - Move down 2 places in standings
 - 6 or more forfeits and Game Penalties – Disqualified from playoffs and ineligible for prizes.
3. **ILLEGAL PLAYERS.** A team will forfeit all games in which **ILLEGAL** players play. Any player is illegal if not on that team's roster (including the 1st 4 weeks of play) or is subbed illegally. If a team "forgets" to put a name on a roster the player **is illegal**. Teams playing with illegal players will be disqualified from play-offs and/or prizes. Players listed with only first or only last names will be considered illegal players.

PLAY-OFF RULES

1. 1 day playoffs is a tournament format.
2. Captain must attend captains meeting at specified time.
3. Rosters: Teams must have **5 from roster**. Must have 2 females.
4. Teams **may not** borrow from other teams during play-offs.

5. Substitutions: one-for-one. Three entries per player. (Same as tournaments) 6. Forfeiture of **Match** during play-offs disqualifies team from play-offs and prizes.
6. Teams must play and finish final play-off round to be eligible for prizes.
7. Match times: **1st match** will start at normal match time for gym. Forfeit for first game is 8 minutes after buzzer (4 minutes warm-up, 4 minutes hitting). Switch sides after 1st game. There will be 1 Minute between games. **2nd match** will begin or forfeit 8 minutes after end of 1st match. If the first match is forfeited, the time for the start of the second match will be determined by the Director.
8. 3rd place teams set-up.
9. Teams should have 4 players on court to ref. If team reffing first match is late or has less than 3 to ref, team may be penalized or disqualified.
10. Top 3 teams in each pool go to play-offs.
11. Matches are 2 out of 3 games. 1st 2 games are 25 points with a 27 point cap. 3rd game is 15 points with a 17 point cap.
12. 1 time out per game.
13. On the 3rd game call captains. Switch sides at 8 points.