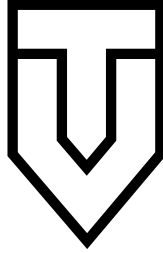


TREASURE VALLEY  
SPORTS LEAGUES



## TREASURE VALLEY SPORTS LEAGUES INDOOR VOLLEYBALL RULES & REGULATIONS

**NOTE: \*There will be TVSL Facilitators present at each league night but individual games will be self-officiated. If there is a disagreement among teams that cannot be settled, captains will decide by way of a one-and-done game of Rock, Paper, Scissors.\***

### CARE OF FACILITIES AND EQUIPMENT

- 1) Water only is allowed in all gyms, and no glass bottles are permitted. No food or other beverages. Please leave the gyms cleaner than you found them!
- 2) If children must be taken to the game, they are to remain seated in the gym.
- 3) Chewing tobacco and alcohol will not be allowed in any facility.

### EQUIPMENT

- 1) Volleyballs are provided
- 2) Team shirts will be given but not required to wear
- 3) Players must wear court approved shoes with non-marking soles. No socks or bare feet.
- 4) Hats, headbands or bandanas are allowed during play, unless they cause a delay in the game.
- 5) Players must wear shirts, sweatshirts, or tank tops (no bra tops). Please dress appropriately. Inappropriate attire may be asked to leave the game or change their attire.

## **PLAYER ELIGIBILITY/ROSTERS**

- 1) Players must be 18 years of age or older.
- 2) Players from other teams are allowed to sub for other teams if the team needing a sub does not have the minimum amount to play.
- 3) Players need to be present for a MINIMUM of 3 regular season games in order to be eligible for playoffs.

## **LEAGUE GAMES:**

- 1) Rally scoring to 21 points will be used for the first two sets of the evening. Final game will be to 15.
- 2) Teams will play three sets a night or a 45 minute time limit, whichever comes first. Team must win by 2.
- 3) One point will be awarded to a team for each game won, maximum of 3 points. No tie games. In the event of a tie, games will be decided by sudden death. (1-point wins).
- 4) Each team will get one time out per game. No time outs with less than 5 minutes in the match.
- 5) Games will not be rescheduled unless they are canceled due to weather, power outage, or facility/gym cancellation. Please let TVSL know if you cannot make your scheduled game that week

## **RULES:**

- 1) Jewelry and Braces: Braces must be soft and yielding or covered. All metal parts on any brace shall be padded.
- 2) Blood rule: If a player is bleeding they have 30 seconds to control and cover the bleeding. The team can call time out. If the bleeding has not been controlled, the player must exit the game until the bleeding has been controlled and covered. If the player's jersey has wet blood on it, they must change jerseys.
- 3) A team must have at least four players to begin play with no more than 3 men on the court at any time. To play, a team must have a minimum of 4 people (example 2 men/2 women, 1 man/3 women). Team's may play with 1 man/5 women, 2 men/4 women, 3 men/3 women. Teams may use any line up. It need not alternate man/women.
- 4) Scheduled game time is for the first set. A team can use a 10-minute grace period for their 4th player to arrive without forfeiting the first set. The opposing team will receive an automatic 5 points to start the first set and the time limit will

start from the time the actual game was scheduled. The team shall have their 4th player arrive in their allowed 10 minutes or forfeit the match. The starting time for all matches shall be the scheduled starting time. 4 players must be present at that time.

### **Coed Team Composition:**

- 1) A maximum of six players and a minimum of four players are required to play.
- 2) No more than three men may play at any time.
- 3) If only one man is present, up to five women may play at the same time.
- 4) If only one woman is present, only three men may play at one time.

### **Coed Play:**

- 1) Rotation does not need to rotate man/woman.
- 2) The ball may be hit by three women in a row with no penalty.
- 3) If the ball is hit by three men in a row, to be legal, the third hit must be an underhanded bump pass. (The hit may be forward, sideways or backward.)  
Penalty: Illegal Hit.
- 4) The ceiling is in play on your own side. If the ball should get caught in the ceiling, it will constitute a replay. You cannot play the ball off the wall or the other court's ceiling. If a ball comes on the court and rolls thru, is kicked off or does not interfere with play, there will be no stopping of play.
- 5) Any ball that distracts or has the potential to cause an injury will result in stopped play/replay. However, if either captain feels a replay should have been called and was not, they may request and receive a replay, no questions.
- 6) The boundary line between the two courts is out of play with no follow through allowed. (Exception: can follow through if there is no game scheduled on the next court). Players can step ON the line but not over when the ball is live. It is ruled the same as court center line. This applies to line extended to walls
- 7) Serve: Player can serve anywhere from behind the back-court boundary line. One re-serve is allowed after a toss that is dropped or caught with no attempt to hit. Teams must rotate the server on the first serve of each game. Servers may not step on the serving line during the serve.
- 8) Blocking/spiking: Blocking or attacking the serve is illegal. A defensive player can block over the net if the offensive teams attack is complete. A player cannot reach over the net in an offensive action under any circumstances.

9) Players may rotate into the game in any position.

10) Hits:

a.

Multiple contacts are legal on any first team hit (if the ball is touched by the block), unless there is prolonged contact i.e.: it rolls, is lifted, pushed or thrown. It is legal to hit the ball with two fists provided it is one attempt to play the ball and the contact is SIMULTANEOUS.

b.

Any part of the body to be considered legal contact with the ball.

c.

A back-row player/setter CANNOT attack a ball that is above the height of the net when positioned on or in front of the attack line. A back-row player may legally attempt to block but the action will become illegal if it is successful.

11) A player's foot or hand may extend past the center line if part of that foot or hand is touching the center line. Any other body part extending over the center line is illegal.

12) Teams warming up or playing a practice game need to keep the balls from going into the next court. If it becomes a problem the teams will be asked to remove themselves from the court.

13) Net Play:

ANY contact with the net is a FAULT.

3.

Tie breakers will be determined:

a.

By head to head play

c.

Least points allowed over season

d.

Least points scored over season

e.

Coin flip

4.

Tournament play consists of the best two out of three games, no time limit, one time out per team/per game. First 2 games to 21 points and 3rd game to 15 points

5.

Tournament format consists of a single elimination tournament.

