



Volleyball Rules and Regulations of Play

COURT

- There is a total court length of 60 feet from end line to end line, and a total width of 30 feet from sideline to sideline.

EQUIPMENT

- Participants **must wear sneakers (no black-soled sneakers)** - no sandals, boots, dress shoes, etc.
- The volleyball will be USA Volleyball approved.

TEAM AND PLAYERS

- All players must be at least 21 years of age to participate, adequately and currently health insured, and registered with NIS, including full completion of the registration process.
- A player may only sign up for one team per division but may sign up for multiple divisions per season.
- Teams consist of 6 players on the court with other team members as substitutes. All players must be in uniform. A minimum of 7 fully registered players is required for all teams.
- Any fully registered player who has received a team shirt and does not wear it the day of the game can be asked for photo ID during check in.
- During playoffs if a fully registered player does not have their correct team shirt on the opposing captain may choose to not allow them to play.
- Teams must field at least four (4) and no more than six (6) players; the 4th player must be a female.
- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster are eligible to play.
- Only the Captain and Co-Captain may dispute calls with the Head Referee. A team Captain may raise protest with the Referee but must accept the Head Referee's final ruling.
- A team must field at least 3 of its own players to begin a game.
- Substitute players must sign a waiver prior to playing and pay the \$10/night fee the night of the game. Any substitute that plays in at least 3 regular season games is eligible for playoffs.
- If a team is short players for a playoff game and no sub has qualified by playing in 3 regular season games, the captain may ask the opposing captain for approval of subs. This is up to the opposing captains discretion. If he/she approves an email must be sent to NIS prior to arriving at the game.

ROSTER REQUIREMENTS

- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- All teams must have a minimum of 7 fully registered players for the season.

- If a team is short the minimum number of fully registered players by the start of their game for week 1 they will automatically forfeit that game. They may still play but will receive a loss in the standings. This rule applies for week 2, 3, 4, and 5 as well.
- If a team is still short the minimum number of fully registered players at the end of their week 5 game (end of the regular season) the teams season will end and will be removed from the final 3 weeks of the league schedule.
- Captains will forfeit his/her free season/credit if this occurs.

GAME PLAY

REGULATION GAMES

- Each match consists of 3 games (to 25 points, win by 2, or first to 27) rally scoring. Match must be completed within the allotted time.
- Teams must have at least four (4) men and two (2) women present and ready to play at the scheduled game time.
- If 1 female is fielded, the team may only have a maximum of 5 people on the court.
- A team may never have more than 4 males on the court at one time.
- Teams that don't meet the minimum roster requirements to start a game will receive the following penalty: 5 minutes late – 5 points, 10 minutes late – 10 points, 15 minutes – forfeit the first game. If a team still does not have enough players, the remainder of the games will be played for fun.
- A team playing a non-registered person or a person not registered on that team will forfeit that game.
- One time-out (30 seconds in length) per night is allowed.

BASIC RULES OF VOLLEYBALL

Serving - Once ready for play (whistled for service), only one toss is allowed per serve; however, a player has 10 seconds in which to serve the ball. **Ball must be released from hand before contact is made.** Play continues until a whistle is blown for a violation (e.g., carry or player touching the net) or the ball hits the floor. If the serve hits the net and goes over, it is a live ball.

Double Contacts (two people hitting ball simultaneously) are allowed on the first ball over the net as long as it is one attempt to play the ball. It doesn't matter if the other team served, spiked, bumped, or set the ball over the net). Double contacts are not allowed on team's 2nd or 3rd contact.

Carrying is illegal. A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.

Hitting the Ball – A player may use any part of his/her body as long as it is not a carry. Exception: a serve must be put into play with a player's arm.

Touching the Net - Player may never touch the net while ball is in play.

Underneath the Net - If player's hand or foot remains in contact with plane of centerline, it is legal; however, if half or more is beyond the line it is a violation. If any other part of a player's body touches the opposing court, it is also a violation.

Reaching Over the Net – A player may reach over the net as long as he/she does not touch the net, but the ball must break the plane of the net before a player can make contact with it. Reaching over to block a set is a violation.

Back row players may not spike or run up to block at the net. If a back row player wishes to spike (direct a ball into opponent's court that is above the height of the net) a ball at the net, he/she must jump from behind the 10-foot line.

USA Volleyball Rules apply unless stated otherwise.

SERVING

- A legal serve is one that the ball makes it over the net. A serve that makes contact with the net and

goes over is considered a live ball.

- The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is infinite. If a player steps on or over the line, a foot fault will be called, and it will be a side out.
- The serve received may not be blocked or spiked or attacked with an overhand gesture towards the ball.

SERVICE RECEIVED

Players may return the serve by any of the following:

- Bump pass
- Clasp their hands together
- A closed fist
- Open-hand receive – You are allowed to set the serve

Players may not return the serve by any of the following:

- Attacking the ball on the first hit. Contact with the ball must be made below the height of the net if it is to be directed back into the opponent's side of the court.
- Blocking

HITTING/BLOCKING

- There is no male/female hitting rule/order.
- A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball if:
 - Any portion of the ball breaks the plane of the net.
 - After the offense has come in contact with the ball on the third attempt.
- Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the hitter's side of the net. Hitters may follow through over the net after legal contact as long as they do not make contact with the net. The ball must be cleanly hit when spiking with an open or closed hand. Guiding or carrying is illegal.
- No part of the body may touch the net at any time.
- Any ball hitting a wall will be deemed out.
- Any ball that hits the ceiling on the side of the team that hit it will be playable.
- Any ball that hits the ceiling of the opponent's side will be deemed out.

ROTATION

- Teams must rotate after every side out.
 - This includes the first side out of the game. A team is not allowed to decide not to rotate for their first service.
- Teams may rotate in one of the following manners, which must remain consistent for the entire game. Teams may change rotation method from game to game within a match.
 - **Rotating In** – All of a team's substitutes may rotate into one position on the court. A team may not skip anyone unless it is to adhere to male/female ratio, which limits it to no more than 4 males on the court at a time but as many females as a team wants. A team may not have a separate male and female rotation. Players usually rotate into the service position. Rotation must do so in the same order throughout the course of the game.

INJURY AND SUBSTITUTIONS

- In cases of injury or illness, a time-out may be requested for participant removal and replacement with a substitute of the same gender.
- The clock will stop for all injuries. Any injury time will not be added on at the end of the game.

SUBSTITUTIONS

- Teams are allowed to have subs fill in for missing roster members any night during the regular season.
- In playoffs no non-roster players will be allowed to play, unless they have subbed at least 3 regular season games.

WINNING THE GAME

- The team that reaches 25 points first will win the game.
- The team that wins a minimum of 2 out of 3 games will win the match.

PLAYOFFS

- All roster players are allowed to participate in the playoffs.
- Photo ID, Facebook Page, or Email from NIS sent to the player will be required for check in during the playoffs.
- All teams will make the playoffs in a 4, 5, 6, and 8-team league. In a 7-team league the top 3 teams will make the playoffs. The number of teams who make the playoffs in leagues with a total number of teams above 8 will vary.
- Final standings and team position for playoffs will be determined in this order: Win/Loss Record, Score Differential, Head to Head (if applies), Points/Runs Allowed, Points/Runs Scored.
- Substitutes may participate in the playoffs if they have participated in at least 3 regular season games. Subs will have to pay the weekly fee to participate in the playoffs as well.

OFFICIALS/REFEREES

- Games must be officiated by a NIS Head Referee. When available, there will be at least two referees for each game. The Head Referee governs all game play and issues all final rulings.
- Referees have jurisdiction over play and may:
 - Call a time out, call off a game due to inappropriate behavior, or any other cause at the referee's discretion
 - Penalize a player, including game ejection, for any reason. This includes - but is not limited to – un-sportsman like conduct, fighting, a delay of game, and excessive verbal abuse. Ejected participants must leave the field area and may not return to the game.

FORFEITING

Forfeit is strongly discouraged. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 5 players, including 1 female to start a game.

FORFEITING IN ADVANCE:

- If a team knows in advance that it is going to forfeit and not show up, a team member must contact NIS by 12:00 pm the day before the game. If NIS is notified on time, the team will be given losses for all scheduled matches but no further penalty.
- If a voicemail message is left or an e-mail sent, it is not considered notification unless a reply to the team is received. Failure to do so will result in forfeiting all matches, and the team will be ineligible for league playoffs and/or removed from the remainder of the schedule.
- Any team that does not notify NIS in advance of their scheduled game or at all will need to provide one full-rate individual deposit for the next season/sport they register for.

FORFEITING AT GAME TIME/AFTER 12:00 PM DAY BEFORE:

- Any team that forfeits after 12:00 pm the day before the game will be assessed a \$50 fee that will be given directly to their opponent and removed from the remainder of the league schedule. This money will go directly to the team which did not receive notice that they would not have an opponent that given night. All participants are expected to be able to make arrangements for subs or to notify NIS prior to 12:00 pm about their plans to participate in that week's games.
- Captains will forfeit his/her free season/credit if this occurs.
- If a team shows up short players, the remaining members who are present should mix with the opponent and play a scrimmage. The team will not be penalized if this occurs. At least 5 players from the team must be present for this to apply
- If a team doesn't show up at all, has no members present, and doesn't notify NIS by game time they will be removed from the schedule for the remainder of the season.

REFUNDS

Refunds are not provided once the season begins or day the season is scheduled to start. If you need a refund because you are unable to play prior to the season we are very happy to reimburse you for your registration as follows:

- Up to 2 Weeks Prior to League Start: FULL REFUND (minus \$5 processing fee)
- Up to 1 Week Prior to League Start: REGISTRATION MINUS \$20
- Less than a week until League Start through the Season: Refunds Not Available. Credit available for a future season if no longer to play due to injury.

Sportsmanship and FUN!!

Above all, this league is for FUN and the enjoyment of all those involved. NIS and its officials will eject/expel players for inappropriate behavior. In addition, NIS will remove any players and/or teams who cannot adhere to its policies and standards without refund.