



NON-SPIKING VOLLEYBALL LEAGUE RULES

PURPOSE & RULE ENFORCEMENT

- A. To provide Volleyball to adults on a RECREATIONAL level throughout Tukwila and the surrounding community.
- B. THIS LEAGUE IS SELF-OFFICIATED. THEREFORE, IT'S THE RESPONSIBILITY OF THE MANAGERS TO ENFORCE THE RULES.

ROSTERS

- A. Players MUST appear on and sign the team's official roster. No more than 15 players may be on a roster.
- B. PLAYERS MAY ONLY APPEAR ON 1 ROSTER.
- C. Any player not on team's official roster will forfeit all games that player participates in (see substitution rule below).
ROSTER CHANGE DEADLINE – Roster changes must be made on official Add/Delete forms available at the Community Center PRIOR to the Friday of the 3rd week of play, except for hardship cases. Roster changes are due by 5:00 p.m. in order for the player to be eligible to play the same day.
- D. HARDSHIP CASES – After the roster change deadline, only Hardship cases will be accepted for roster changes. A hardship case is defined as follows:
 - 1. A player is unable to play for one of the following reasons
 - a) Change in work schedule preventing him/her from playing in regularly scheduled games.
 - b) Medical disability
 - c) Change in residence to a location further away from Tukwila than original residence.
 - 2. Hardship cases must be accompanied by written proof of hardship as defined above. All hardship cases must be approved by the League Director 24 hours before the next match. Players joining a team in a hardship case cannot have been registered on another Non-Spike team in the same division during the current season unless that player's team has been officially dropped from league play.

PLAYERS & ROTATION

- A. Players must be at least 18 years of age and/or graduated from high school.
- B. Teams must have at least 4 players, but no more than 6 players on the court at all times.
- C. A team must consist of one of the following:

<u>4 players</u>	<u>5 players</u>	<u>6 players</u>
1 man/3 women	1 man/4 women	1 man/5woman
2 men/2 women	2 men/3 women	2 men/4 women
3 men/1 women	3 men/ 2 women	3 men/3 women
- D. There is unlimited rotation of players. Players must rotate in at the same position, before they serve. When rotating, the same gender rotates in as the one rotating out. PLAYERS MUST STAY IN THEIR OWN POSITION.

SUBSTITUTIONS

- A. One (1) player from another roster may be used as a substitute. No more than one (1) substitute may be used per team.
- E. When team uses a substitute, the manager **MUST** notify the gym supervisor and opposing manager before each game. Opposing managers may request to see player's ID. **THE OPPOSING MANAGER HAS THE RIGHT TO REFUSE ANY SUBSTITUTE NOT ON THE TEAM'S OFFICIAL ROSTER.**
- B. If manager fails to notify the gym supervisor and opposing manager of substitute, game may be forfeited.
- C. Substitute may only enter the game at the beginning.

PLAYING THE GAME

- A. Matches consist of 3 games (all games are played). **First games start at 6:00pm sharp!**
- B. **RALLY SCORING WILL BE USED.** First team to **21 points** (win by 1) wins the game. RALLY SCORING is where a point is scored on each serve (i.e. your team does not need to serve to score). Teams have **40 minutes** to complete the match (all 3 games). ALL MATCHES ARE TIMED. NO EXCEPTIONS!
- C. **NO GRACE PERIOD!** All game clocks will start at the scheduled time. Teams not prepared to play after 5 minutes will forfeit the first game. Teams not prepared to play after 10 minutes will forfeit the 2nd game. Teams not prepared to play after 15 minutes will forfeit the entire match.
- D. In case of injury, it will be the gym supervisor's decision whether or not to add "injury time" to the match. This will be limited to severe injuries.
- E. When the buzzer sounds at the end of the match, whichever team is ahead in the game will win the game (it should be the last game of match). If game is tied when the buzzer sounds, play continues until a point is gained (i.e. don't stop for the buzzer).

- F. The service line will be the end line. **JUMP SERVES ARE NOT ALLOWED!**
- G. Ball is "in" if it touches any part of the boundary line.
- H. A ball is out of bounds if it touches volleyball standard, wall, basketball rim, backboard, ceiling, "rafters", etc.
- I. Each player serves, in turn, and continues to serve until side out or game over. If ball goes out of bounds, or touches a teammate before going over net, then side is out and opposing team serves. ***If the ball contacts the net while going over to the other side during the serve, the ball is in play – (still must be in).***
- J. When team gains serve, they shall rotate 1 position clockwise before serving. PLAYERS MAY NOT CHANGE POSITIONS DURING PLAY.
- K. The ball may be volleyed ONCE before going over the net, but not more than three times. A female player MUST contact the ball before it can go over the net.
- L. **The ball may touch any part of the body. The ball must be hit, not caught and/or thrown. It can rebound in any direction.**
- M. Ball must pass between the volleyball standards and over the net to be in play.
- N. Any disputed play or call that cannot be ruled on by the Gym Supervisor will be replayed. Decisions made by the Gym Supervisor are final. The Gym Supervisor will only make a call at a manager's request or when teams are wasting time.

SPIKING

- A. **NO SPIKING (Striking the ball above the net in a downward trajectory) OR BLOCKING IS ALLOWED.**

MISCELLANEOUS

- A. For standings, the winning team of each game will receive 1 point. If teams are tied in the standings, the following tiebreakers will be used:
 1. Head-to-head competition
 2. Coin Flip
- B. A coin flip decides who serves 1st in game 1. The losers of each game serve 1st in the following game.
- C. Any team that forfeits 3 matches will be dropped from the league **WITHOUT** refund. NO EXCEPTIONS!!
- D. NON-SCUFFING SHOES ONLY!
- E. NO FOOD OR DRINKS IN THE GYM!
- F. The Gym Supervisor has all final interpretations of rules and conduct.
- G. The League Director has the authority to make decision on matters not directly addressed in these rules.
- H. **IN THE INTEREST OF SAFETY; WE ASK THAT CHILDREN STAY HOME DURING ADULT LEAGUE PLAY. IF YOU NEED TO BRING THEM, THEY MUST BE SUPERVISED BY A NON-PLAYING ADULT (NOT THE GYM SUPERVISOR), AND BE SEATED IN THE BLEACHERS.**
- I. Team managers are responsible for knowing the League Rules and Code of Conduct, and educating their players.