**Volleyball Rules (4/19/21)**

**\*See League Policies for more details\***

**Roster Policy:**

* You Must Pay to be on the Roster and You Must be on the Roster to Play.
* You Must Sign in Every Game at the Scorer’s Table WITH A FORM OF ID.
* Week 4 is Deadline for official Roster (No Additions can be made after).
* There is no maximum number of players allowed on a team.
* All players must be at least 21 years old at the start of the season.
* All players must sign the Holy City Sports League Waiver to play.

**Players:**

* A team will consist of 6 players: 3 males and (at least) 3 females.
* A team must have at least 4 players (with at least 2 females) present at game time to avoid a forfeit.
* You may play with more than 3 females, but must always have 3 females on the court.
* If the minimum number of players do not show up within 10 minutes of the scheduled game time, a forfeit will be called.
* Teams may have a substitute “pick up” player only to give your team the minimum amount of players to start (4 players with at least 2 females) AND they must already be on a roster in the volleyball league.
* Once you meet the minimum amount of players with your roster, the substitute “pick up” player will not be allowed to continue playing.

**Forfeits:**

* If your team needs to forfeit a game (for whatever reason), please make sure to let us know ASAP.
* If your team forfeits a game during the season, the following rules apply:

**First Offense**: Loss of game and warning issued

**Second Offense**: Loss of game and HCSL reserves the right to remove team from playoffs and/or league.

**Rules:**

* All rules are to be followed by those set forth by the [USA Volleyball](https://volleyballreftraining.com/rules_interpretations_indoor.php).

**Equipment:**

* Holy City Sports League will provide each team with T-shirts for its roster.
* All players must wear the T-Shirt for each game.
* Players who do not wear the Holy City Sports League T-shirt will not be allowed to play (Unless a shirt is on order).
* Players are not allowed to exchange shirts, and you must check in each game with a FORM OF IDENTIFICATION that matches the roster anyways.
* The game ball will be provided for each game, unless the two teams mutually agree on another game ball.
* Players must wear sports shoes and closed toe.
* Players may not wear jewelry or hats.
* Players may wear glasses or contact lenses at their own risk.

**Beginning of Play:**

* A coin toss will determine which team will serve first.
* The winner of the toss will choose to serve first or select a side.
* Each Team is allowed 1 timeout per set, which is 30 seconds in length.

**Gameplay:**

* Service by one team to the other starts the game
* The server must stand behind the rear boundary line to serve. Penalty: loss of serve and any points gained from it. (A Point will be awarded to other team).
* If a player serves out of order, the serving team loses the service and any points gained from it. (A Point will be awarded to other team). The players of the team at fault must immediately resume to their correct positions.
* A ball that hits the net on a serve and goes over is a live ball.
* No serves are allowed to be blocked/spiked.
* The team who won the previous point gains the right to serve.
* A player continues to serve provided they win the point, if their team loses the point, a new player must serve the next time that team regains serve.
* All players on the court must rotate clockwise through service equally.
* During a rally, a team must advance the ball over the net with a maximum of 3 hits.
* When a ball in play touches the net completely between the antennas without touching them, it is a live ball.
* A player may use any part of their body to hit the ball.
* The ball must be hit cleanly with the following to be deemed a penalty: Holding, carrying, cupping, pushing, lifting and scooping.
* A player may never touch the net, if they do, they lose the point. If both team touch the net, the team that touched it first will lose the point.
* A player is allowed to reach one half of their hand over the plane of the net. Anything more than that will result in a 1 point penalty.
* If two or more players of the same team contact the ball simultaneously, it is considered as only one hit.
* If the ball hits a part of the facility within the boundaries of the court, it is a live ball.
* Substitutions (either team) will be allowed after each point.
* The incoming substitution must take the back middle position.

**Scoring:**

* The teams will play a best of 3 series of sets in order to determine the winner of the match.
* Each of the first two sets is played to 21 points, a team must win by 2 points (Or First to 25 Points). If a third set is needed it will be played to 15 points, a team must win by 2 points (Or first to 19 points).
* Points are scored in rally fashion (Points are scored after each and every serve).

**Summary of Points:**

* Points will be scored using the rally point scoring system. Points will be awarded according to the following guidelines:
* The ball touches the floor during play.
* A team has played the ball more than three times consecutively.
* The ball is held, pushed, lifted, scooped, or carried.
* A player touches the ball twice consecutively other than on a block.
* A net violation occurs.
* A player crosses the centerline (vertical plane extension from net to floor).
* A ball has not passed over the net completely within the antennas.
* A ball lands outside the court or touches an object outside the court
* A player receives a personal penalty.
* The game is delayed persistently.
* Interruption of play without permission of the official during a game.
* If the player touches or crosses the end line at the time of serving.
* If the served ball crosses the net with the help of a teammate.
* If the service is made out of serving order.
* If the serve is screened.

**Schedules/Standings/Playoffs:**

* Schedules will be released no later than a week before the first game of the season.
* The updated standings will be posted weekly.
* Playoff eligible teams will be determined on a league by league basis.
* Teams that have violated the forfeit policy during the regular season may not be eligible for the playoffs. This will be determined by HCSL.
* Playoffs will be a single elimination tournament immediately following the end of the regular season.
* Playoff seeding is based off of winning percentages.
* Tie Breaking Procedures:

Two Teams: Head to head then total sets for/total sets against

Multi-team: Total sets for and Total sets against

* It is all teams’ responsibility to check the league site for scheduled regular season and playoff game times and locations.
* If any team has a unpaid balance, they will Not be eligible for playoffs.

**Officials:**Holy City Sports League will provide an official for each match. Rules will be enforced primarily by an “honor system”.However,the Holy City Sports League representative has final say over all decisions.

**Sportsmanship:**

Unsportsmanlike conduct includes the following:

* Arguing with an official, other players, or HCSL representative.
* Abusive or insulting language to a player, official, or HCSL representative.
* Throwing equipment at another player in an unsportsmanlike manner.
* Abuse of the “honor system.”
* Harassing others
* Acting inappropriately when challenging a refs call
* Not maintaining an attitude that is consistent with Holy City Sports League core values
* Fighting

**In the event of unsportsmanlike conduct the following penalties will be sequentially enforced:**

**1st Offense**-HCSL representative will talk with the individual and issue a warning

**2nd Offense**-HCSL representative will remove individual from the facility and issue a suspension for the next game.

**3rd Offense**-HCSL representative will remove individual from the league entirely.

**Game Cancellation Policy**

* Games may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. HCSL will make every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. HCSL will send out communication to all captains letting them know if a game is cancelled. It is still the captain’s responsibility to inform all teammates of the cancellation. If a game is cancelled on site, HCSL will attempt to contact those teams still scheduled to play the remainder of the day/night. If we do cancel, check with the league site for the following week’s schedule. In extreme circumstances, HCSL reserves the right to run a shortened season without a refund. HCSL also reserves the right to schedule games on days other than your regularly scheduled leagues day/night if necessary in conjunction with the teams.

**Alcohol/Substance Policy:**

* Alcohol and illegal substance is PROHIBITED at all facilities and during play of all Holy City Sports League events.

**Waivers:**

* In order to participate in Holy City Sports League, each participant must sign and submit to a HCSL representative the player waiver & release form no later than the first night of play. Players not present the first week of pay will still be required to submit a waiver before participating.