

## WINTER COMPETITIVE VOLLEYBALL A DIVISION - RULES

**Serves:** A player may not set the serve under any circumstances. A player may not double the serve. When receiving a serve overhead hands must be touching. Only one toss on the serve and the ball must be hit with any part of the hand or forearm.

**Passing:** A hard driven ball may be doubled unless you use your hands & fingers in a setting motion; this will be called as a set and must be perfect. If hands and fingers are used in a setting motion at any time, it will be called as a set and must be perfect. If a player doubles a driven ball, it must not make an obvious change of direction once played (for example: off arms, up, then off face, forward). Free balls may not be doubled. Players can pass the ball with any part of the body. The ball may not be lifted: i.e. prolonged contact with or rolling off of the player's body or hands. Also - extended contact with the ball or grossly changing of the direction of the ball while setting.

**Setting:** The ball may be set by bumping or hand setting. A "perfect" hand set should come in the hands with no obvious multiple contacts and leave with a simultaneous release from both hands in a smooth and even fashion. The ball should have extremely limited wobble or spin of any kind. It must be instantly released from the setter's hands. If a player intentionally sets the ball over the net, the ball must be set directly forward or backwards, squared with the player's shoulders.

**Hitting:** Men can only attack the ball from behind the 10 foot line. If the ball is played on or in front of the 10 foot line the ball must have a visible upward arch. No open hand dinks are allowed. Players also must not redirect the ball when hitting.

**The Net:** A player must not touch the net during the course of play or as a result of uncontrolled continuation of movement during a play, even if the play has ended. A player may contact the poles during the course of play as long as that contact doesn't assist in the play of the ball. \*\*A player may NOT come under the net or cross the midline of the net with their feet\*\* The top of the pole is considered the antennae.

**Blocking:** A block does not constitute a touch; players still have 3 more plays on the ball. A block, if directed by the blocking players hands may only be directed in a downward fashion, not to the left or right.

Men may not block at the net. Men may "soft block". Soft Block: the player must be at least arms length from the net and hands must be below the players head. A soft block does count as a touch. A male player may not joust (simultaneous contact with the ball) with a female player. Men cannot be at net with arms above head (fake block to distract hitter).

**Players:** Your core team must be 2 male and 2 female players. For play-offs you may not have more than 2 male or 2 female players on the court. During the regular season this is also preferred. HOWEVER, you may play with 3 men or 3 women if necessary to field a team. The men must hit behind 10 foot line. If 3 women, one of the women must hit behind the 10 foot line. This player must be designated as a "man" at the beginning of the game. Can play with 2 players at minimum must be 1 man, 1 woman.

**Substitutions:** Deadline to put subs on your roster is 1/7/2018. Will not accept anymore subs after this date. No more than 12 players can be on your roster. If you cannot field the team for a scheduled weekend your matches will be forfeited.

**Scoring:** Matches will be 3 games per match rally scoring to 25. ALL GAMES COUNT. You will play 2 matches every league day and through the course of the season you will play 2 matches against each team in the league. Cap is 30 in pool play. No Cap in playoffs. If time constraint becomes an issue we might have to play 3rd game to 15. The final 2 weeks of the season will be the PLAYOFFS.

**Conduct:** There will not be any ref's so if there is any confusion on the call please just replay the point. Let's keep it positive. Setters please call your sets! If you are not sure of one, don't rely on the other team to call it, you bring it up.

**Playoffs:** All players on a team's PLAYOFF roster must have participated in at least 6 regular season matches. Playoff seeding and tie breakers are as follows:

1. Total Games Won
2. Head to Head
3. Total Points Scored
4. Total Points Given Up
5. Coin Flip