

808 sports leagues

Volleyball Rules Spring 2019

Last Updated 3/11/2019

This season is sponsored by:



Summary

1. This is a social league. Relax, smile, meet some people, and have fun.
2. Please treat players and referees with respect. Referees will be judging your sportsmanship; be gracious whether you're winning or losing. Any aggressive behavior will not be tolerated and could result in suspension or ejection from the league.
3. Be on time. We recommend showing up 15 minutes early to avoid chance of forfeiting.
4. Format is 6-on-6. Maximum 4 men, minimum 2 women on the court
5. Matches are 3 sets. All three sets are to 21, win by 2, cap at 23. All sets are rally scoring.
6. Each set will not exceed 15 minutes.
7. Teams forfeit 1 set if not enough players after a 10 minute grace period. Team will forfeit the match (counting as 3 lost sets) if not enough players are present after 15 minutes.
8. No gender touch rules.
9. No designated warm-up time on court. Please come early and warm up on the side (if grass), or outside (if court)
10. Absolutely NO Alcohol or animals on park/gym property. Violation of this rule will result in suspension from the league.
11. Teams provide a volunteer referee either before or after their games as scheduled.

Administration

1. Matches are 3 sets. All three sets are to 21, win by 2, cap at 23, and rally scoring.
2. Each set will not exceed 15 minutes.
3. When time expires, if the current set score is separated by 2 or more points, the set and/or match end. If the current set score is separated by 0 or 1 points, the current set becomes win by 2 and ends as soon as one team goes up by 2 points. Cap at 23 points still applies: If both teams reach 21 points, the first to 23 wins.
4. The net height will be set at 7'6", or as close to as possible with gym and court equipment restrictions.
5. Each set will count in the overall standings for regular season standings (if you win all 3 sets, your record is 3-0 for the evening).
6. Forfeits will count as 0-3 for the match, regardless of the score prior to the forfeit (for severe sportsmanship violations).
7. The league commissioner and head referees may make changes to these rules at any time to resolve situations that are not directly addressed, for the health and safety of players and/or for the good of the league. This includes overriding USA Volleyball default rules at any time.
8. Teams must provide one volunteer referee before or after their game at least once per season (usually around half the games), according to the latest schedule posted on the website. The volunteer referee will assist the head referee in enforcing the rules. Volunteer referees will not be required for the playoffs.
PENALTY: 1st violation: The team will start the first set of their next match (including playoffs) with -5 points; 2nd violation: -9 points; 3rd and subsequent violations: automatic forfeit of next match (including playoffs).

Pregame and Forfeits

1. Teams must have a minimum of 4 players, including 1 woman, on their own team's roster to start the match. Picked up players do not count towards the minimum. Teams not meeting the minimum number of players will forfeit their match and play a scrimmage.
2. During the regular season, your team may pick up 1 player who is playing in the current season of volleyball only in the following situation:
 - a. Your team has 4 players and your opponent has 6+ players.
3. Picking up players is not allowed in all other situations, including:
 - a. Your team has less than 4 players present.
 - b. Your team has less than 1 woman present.
 - c. Your team has 4 players present and your opponent has 5 or less players present.
 - d. Your team has 5 or more players present.
 - e. Any playoff game.
4. The team with the least non-808 Sports Leagues shirts automatically wins the toss (any league shirt is okay; different color, season, or sport is still good).

- a. If one team has 6 players all wearing 808 shirts and the other team has 10 players but 2 do not have 808 shirts: The team with 6 players wins the toss, even though there are 8 total on the other team with team shirts.
- b. Otherwise, rock paper scissors or a coin toss will be conducted. The winning captain will select to either serve or receive, or the side of the court they wish to start the first set on. The losing captain will pick the other.

During Play

1. Max 6 players on the court - 4 men maximum, 1 woman minimum.
 - a. Allowed: 4 men/2 women, 4 men/1 woman, 3 men/3 women, 3 men/2 women, 0 men/6 women.
 - b. Not allowed: 4 men/0 women, 5 men/1 woman.
2. One 1-minute timeout per set, per team. Any player may call timeout by verbally telling the referee "Timeout" or making a "T" motion with their hands.
3. Substitutions during a set are only allowed:
 - a. After a sideout or rally point has been scored, and only the currently serving player may be substituted out.
 - b. In case of injury, with the referee's approval. If a player is substituted out for injury, they may not return to the current set.
4. If playing with less than 6 players, a player arriving late may enter the set after the next point ends regardless of which team is serving.
5. Teams will switch courts after every set.

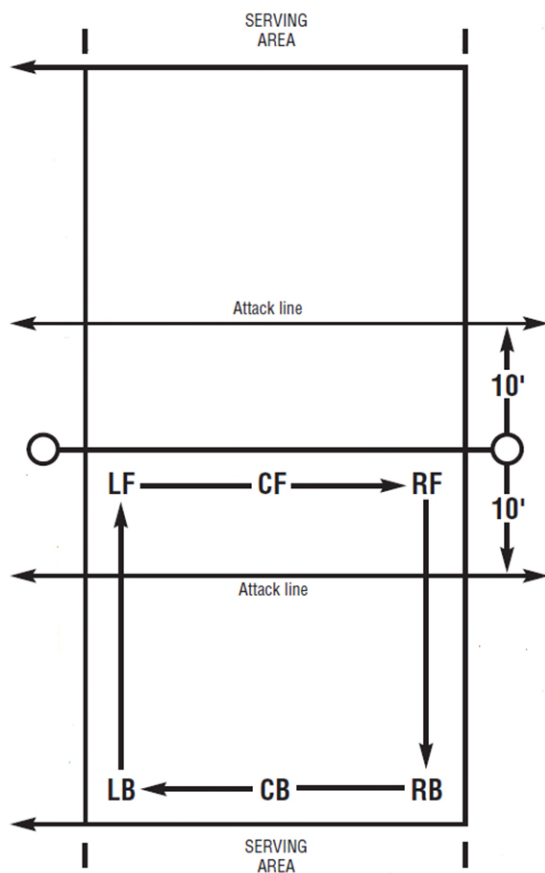
Basic Volleyball Rules Summary

USA Volleyball rules will apply unless stated otherwise.

The Court

Diagram 1:

LF – Left Front, CF – Center Front, RF – Right Front, LB – Left Back, CB – Center Back, RB – Right Back



Serving and Serve Receive

1. Serve only after the referee whistles and motions for service. You have 5 seconds to serve after the whistle.
2. One dropped toss is allowed per service term. A service term is the entire time one player is serving and can extend over multiple rally points.
3. The service area is bordered by the sidelines and the end line, extending backwards indefinitely. The server may not step on the end line or outside the service area until after the ball has been contacted.
4. The receiving team may not block, or attack the ball completely above the height of the net on the first contact after a serve.
5. There are no gender restrictions on overhand serving. No jump serving is allowed for men or women. At least one foot must be on the ground when you contact the serve.

Penalty: Point/loss of rally for all serve/serve receive violations.

Ball Handling

1. Examples of Illegal hit/lifts include:
 - Catching the ball between a single player's body parts where the ball comes to a complete stop.
 - Throwing the ball instead of contacting it firmly on an overhead hit.
 - Lifting the ball from the bottom instead of contacting it firmly.
2. Examples of double hits include:
 - Touching the ball twice in a row in two separate attempts.
 - Overhand finger action (setting) the ball where both hands do not touch the ball at the same time.

Penalty: Point/loss of rally for all ball handling violations.

Hitting and Blocking

1. A ball must break the plane of the net, be the third contact, or be an obvious attack before it can be blocked by the defense.
2. A block does not count as a contact if occurring completely above the height of the net.
3. Blockers must be front row players to block the ball completely above the height of the net. There are no gender restrictions on blocking.
4. If attacking a ball completely above the height of the net, back row players must jump and land behind the 10 ft attack line.
5. If attacking a ball completely above the height of the net, male players front row players must jump and make contact with the ball from behind the 10 ft attack line.

- a. Male players who take off and make contact behind the attack line may land in front of the attack line with no penalty.
6. Male players may attack a ball that is completely above the height of the net in front of the 10ft attack line if one foot is on the ground when they make contact, and the ball is not spiked straight down.

Penalty: Point/loss of rally for all hitting and blocking violations.

Rotation

1. There are no gender restrictions in the service order.
2. There must be 3 front row and 3 back row players. If playing with less than 6 players, 3 will be front row and the remaining players back row.
3. Team members must remain in their position until the serve has been contacted. The player in the back right hand corner of the rotation will be designated to serve and continue to rotate clockwise.
4. Players must rotate position in a clockwise order for each side-out for service. See Diagram 1 above. LF, CF, RF, RB, CB, and LB represent the six players on the court. When your team wins a side-out, the RF will rotate back and become the RB and will serve the next point. Players stay in their positions for the next rally points, and after losing serve to the other team. Players rotate next after regaining serve.

Penalty: Referees will assist in helping teams in the proper rotation in most cases, with no penalty. Knowingly cheating on the rotation order may result in nullification of points earned and unsportsmanlike conduct penalties.

Net Play, Center Line, and Other

1. No part of the body may touch the net at any time.
2. Body parts such as feet and hands may cross the center line as long as partly touching the line. Body parts touching completely over the center line will be a violation.
3. There is no minimum number of male or female contacts per possession.
4. Balls contacting any indoor gym ceiling fixtures such as backboards, lights, or rafters, are playable on your own side. Balls that touch a gym ceiling fixture and then break the plane of the net will be out and point/loss of rally awarded to the other team. Third contacts that hit a ceiling fixture will be automatically out.
5. Balls contacting any vertical surface such as a wall, fence, or light post, will be automatically out.

Penalty: Point/loss of rally for all net, center line, and other violations.

Sportsmanship

808 Sports League is a social, charity-focused organization for adult professionals. All participants are required to exhibit good sportsmanship at all times. Unsportsmanlike conduct of any type will not be tolerated.

League members are required to inform their non-league guests of all sportsmanship rules. Non-league guests are required to abide by these guidelines. League members failing to control their non-league guests will be treated as if they were in violation of the sportsmanship rules themselves.

The head referee is solely responsible for determining the existence and severity of all unsportsmanlike conduct, including violations of the specific examples mentioned.

Warnings for unsportsmanlike conduct are given as a courtesy, but are not required for extreme violations. All unsportsmanlike conduct is reported to the league commissioner and may result in additional suspensions, disqualification from playoff participation, removal from the league for the rest of the current season, or permanent removal from all 808 Sports League leagues and events. Violence and possession of controlled substances will be reported to the police.

Examples of Unsportsmanlike Conduct

1. Bringing alcohol or any illegal/controlled substance
2. Suspected to have excessive pregame alcohol consumption
3. Suspected to be under the influence of a controlled substance
4. Violence of any kind, including threats of violence
5. Verbal or physical disrespect/abuse of volunteer referees, head referees, players, or spectators
6. Verbal abuse includes excessive profanity
7. Excessive arguing on calls
8. Bringing pets of any kind

Sportsmanship Score

A Sportsmanship score (SP) is given to every team after every game, and is factored into the overall league standings. Teams (and their fans) begin with a 4.5 and are deducted for policy infractions, poor attitudes, low attendance, or absence as described below. The head referee is solely responsible for assigning Sportsmanship Points.

- **5.0 – Model Conduct** - Team goes above and beyond in bringing the social spirit to the field. Outstanding sportsmanship and camaraderie with teammates, opponents, and staff.
- **4.5 – Good Conduct** - Always cooperative with staff and other players. Rule interpretation and call discussions always polite. Captain has full control of players & fans.

- **4.0 – Passable Conduct** - Team complains and/or shows minor dissent. Minor taunting, running up the score, excessive celebration, or other actions which diminish overall fun.
- **3.5 – Needs Improvement, No Penalties** - Team complains frequently or is unpleasant, but no penalties are assessed. Teams alerting the league by 12pm the day of a forfeit.
- **3.0 – One Penalty** - Team verbally argues or is disrespectful. Captain helps control team. Teams who did not alert the league of a forfeit by 12pm.
- **2.0 – Two Penalties or Single Ejection** - Team has multiple unsportsmanlike penalties and/or player gets ejected.
- **1.0 – More than Two Penalties, More than 1 Ejection** - Captain has no control of team and/or is unwilling to assist.
- **0.0 – Game Forfeited** - Physical confrontation, multiple ejections, or poor behavior resulting in discontinuation of game.

Season Abandonment

Registered teams or individuals that miss two weeks of play will be considered to have abandoned their place in the league. Teams in this category will be contacted by a staff member to confirm their status. Teams failing to respond within two business days will be removed from the season schedule and will forfeit their registration fees. Teams that do respond will be required to supply reasoning for lack of attendance and petition the league for reinstatement. Season abandonment and reactivation decisions will be made on a case-by-case basis at the sole discretion of the league commissioner and must be resolved before returning to play in the current season or in subsequent seasons.

Standings and Playoffs

Regular season team standings are determined by:

1. Total sets won
2. Sportsmanship Score
3. Head-to-head record
4. Coin toss

The playoffs are a single elimination tournament. The number of teams that qualify will be announced during the season.

Any team receiving less than a 3.5 Sportsmanship Score in a playoff game will automatically forfeit and not advance.

Gym Rules & Regulations

We NEED to ensure our Gym rules and regulations are met and taken very seriously.

- No food or beverages allowed in the gym (containers with sealable leak-proof lids may be kept on the tables at the end of the bleachers).
- We are not allowed to play outside of the time frame allotted within our permits.

Please follow all City & County of Honolulu Rules & Regulations. We have a ZERO tolerance policy and staff will enforce ALL rules, regulations, procedures, and policies. Please relay these rules to any spectators that accompany you. Any person in continuous violation and/or treats staff or anyone else with disrespect will be asked to leave the gym and if necessary, HPD will be called to escort the person off the premises.