

## Volleyball League Rules & Regulations

*Basketball*

*Inline Hockey*

*Volleyball*

*Indoor Soccer*

*Baseball*

*Softball*

*Hitting Tunnel*

*Floor Hockey*

*Football*

*Rugby*

*Aerobics*

*Lacrosse*

*Tennis*

*Golf*

### General

- **No rough play or abusive language is permitted. Abuse of officials, referees, and other staff will not be tolerated. Any behavior deemed unacceptable by staff/refs will result in suspension and/or ejection from a game or the league. Anyone who throws a punch (under any circumstances) will be kicked out of the league without refund, as well as being banned from the Fieldhouse for life.**
- 7-week regular season and 2 weeks of playoffs (single elimination).
- Each team consists of no more than 6 players with rally scoring.
- Teams have an allotted amount of time of one hour to play 1 match (3 games)
- The beginning of the game starts with a coin flip and the winning team has the option to serve first or choose which side they prefer to play on. Each match will consist of three games that each count in the overall standings for regular season standings.
- Standard volleyball rules apply to positioning on the court.

### Play

- Net or Let serves are allowed.
- 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.
  - If at the referee's discretion, the team on offense is attacking the ball on either the first or second attempt, such as a setter dump or put-back.
- The serve may not be blocked or spiked.
- Players can return the serve by:
  - Bump pass
  - Clasping their hands together
  - A closed fist
  - A set
- No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.
- 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 spiker's side of the net. Spikers may follow through over the net after legal contact.
- The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal.
- A player may touch but not completely cross over the center line with his/her foot
- Once a player throws a ball up to serve it, the ball must be served or it will be sideout.
- Out of bounds is the area outside the designated court lines and the antennas on the net. The line is in bounds.

### Game Scoring

- Matches will be played within the one-hour allotted time, (warm up time included). All games are played rally/speed-score to 25, win by 2. One time-out per game is allowed. In playoffs, games will be played as the best 2 out of 3, rally/speed-score to 25, win by 2. If time does not allow, the third game will be played to 15. This will be announced by the referee prior to the start of the third game.



**Windy  
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*Basketball*

**Forfeit Time**

- A ten-minute grace period will be given for all games of the day. Once game time arrives, as soon as four players for both teams are present, the game will begin.
- Ten minutes after the hour is forfeit time! A forfeit will be called if a team has fewer than four players at tip-off. All players must be dressed, on the floor and ready to play at this time. Street shoes will not be permitted during game play.

*Inline Hockey*

*Volleyball*

**Playoff Eligibility**

- In order to be eligible for playoffs, a player must be on the roster and in attendance at a minimum of two regular-season games.

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