



Center Court Fitness Club
INDOOR VOLLEYBALL LEAGUE RULES

TEAMS

- Teams may have a maximum of 10 people on a roster.
- A maximum of 6 and a minimum of 5 players are allowed on the court at one time. Less than 5 players will result in a forfeit.
- Your 5 or 6 on-court players must consist of no more than 3 males or 4 females.
- All players used in the championship match must be on your roster, and must have played at least 3 matches during the season.
- Players cannot play on more than 1 team in the same division. Scheduling of games will not be altered for players playing in more than one division.

LACK OF PLAYERS OR NO SHOWS

- Teams that have not arrived 15 minutes after the scheduled starting time will forfeit the 1st game. If a team has not arrived by 20 minutes after the starting time, the match is forfeited. (Exceptions will be up to the league director)
- If your team cannot field enough players, you must send as many as can make it. Though, the match will be forfeited, we'll try to round –up additional players to play with them, so your opponents still have a match.
- Teams that do not show up for their matches may be eliminated from a playoff spot. Forfeited games (lack of players) may lose ranking positioning for playoff. The league supervisor will determine eligible teams.
- There are no make-up matches.

MATCH FORMAT

- A match consists of the best of 2 out of 3 games.
- Games are played to 25 points using rally scoring. You must win by 2 points, except games are capped at 30 points.
- If necessary, the third game is played to 15 points. You must win by 2 points, except games are capped at 20 points.

MATCH RESULTS

- The winning team is responsible for circling their team number and writing in the match score (ie 2-1 or 2-0) on the league schedule, which will be hanging by the court sports programming board.
- League standings will be posted on the court sports programming board, published in the sports section of the Grand Forks Herald, and posted the website, www.centercourtfitnessclub.com.

OFFICIATING

Teams should call their own matches. You are responsible for calling the lines on your side of the court. You should call your own carries, contact with net, etc. If there is a dispute that cannot be resolved, please replay the point.

SERVE

- Teams will be allowed 5 minutes to warm up. The warm-up times begins at your scheduled time or immediately after the previous match ends.
- Volley for serve the first game. The team that wins the volley serves both the 1st and 3rd games (if necessary).
- At service, the serving and starting order and positions on the court shall be male & female alternated or vice-versa.
- Because of the court surface we are playing on, we will not play let serves. Therefore, a ball contacting the net on a serve results in a side out.
- You cannot block or attack a serve.

PLAY

- When the ball is struck more than once on a side, a female team member must touch the ball at least once.
- A player may not contact any part of the net, rope, or cable while the ball is in play.
- While on defense, a player may reach over the net to block a shot, but cannot intercept the opposing player's set.
- While on offense, you cannot break the plane of the net except after the follow through.

Illegal Hits / Carries

DIVISION AA: When receiving a serve, the ball may be "set". The set must be clean and directed towards the setter, otherwise it is illegal. USVA rules apply.

DIVISION A AND WOMENS' DIVISION: All illegal hits must be called. No net contacts, open hand hits, kicks...etc allowed. USVA rules apply.

BB & B DIVISIONS

The ball should be cleanly hit. A ball that comes to rest momentarily in the hand is considered a carry. All carries or throws are considered illegal hits and result in a point or side out.

- A ball that contacts the ceiling is still in play unless it crosses the plane of the net. All lights, rails, and guide wires are out of bounds.
- A back line player may not be closer than 10 feet from the net to spike the ball above the net. Please use your best judgment as the 10 foot lines are not painted on the court.

THOUGH WE EACH HAVE A DIFFERENT LEVEL OF COMPETITIVENESS IN US, THIS IS A RECREATIONAL VOLLEYBALL LEAGUE AND THE EMPHASIS IS ON PHYSICAL ACTIVITY, FAIRNESS, AND FUN! ENJOY THE EVENING WITH YOUR TEAMMATES AND FELLOW COMPETITORS. CONTACT THE LEAGUE SUPERVISOR WITH ANY QUESTIONS, COMMENTS, OR CONCERNS.

