



ELIGIBILITY:

All players must be rostered through Team Saint Louis and sign a participant waiver form prior to participating. Rosters are limited to ten (10) players.

FORFEIT:

A minimum of four (4) rostered players are required to avoid a forfeit. A 5-minute grace period is allowed before forfeiting the first set; another 5 minutes before forfeiting the second set. If a team is more than 15 minutes late, the entire match is forfeited.

SUBSTITUTES:

- If substitute players are needed from another team, permission is automatically granted for the 1st player. If a 2nd player is needed, the requesting captain **MUST** get authorization from the other team's captain before the game begins. Teams can play with four or more players.
- Players may substitute from another team. Players are only eligible to play in their division or above. Subs from a higher division is **PROHIBITED**.
- Teams must use their own players before using substitute players. If six players from the team are playing, the team cannot use a "substitute" from another team.

NO SHOW: Not notifying the league of your inability to attend a match is unacceptable. More than one "No Show" may result in a fine/surcharge for future sessions if you wish to continue to play. Kindly notify Team Saint Louis if you must forfeit so we can notify the other team.

GENERAL PLAYING RULES:

- United States Association of Volleyball rules shall govern all league play.
- A team shall consist of a minimum of 4 rostered players.
- A 5-minute grace period is allowed for each team's first match of the evening if they do not have enough players.
- **TIMING** – 50 Minutes allotted per match (3 sets/games).
- **MATCH PLAY** – A match shall consist of 3 sets/games to 21 points. Teams tied at 20 points must be won by 2 points or 23-point cap. If there is less than 15 minutes left in your hour at the start of the third game, it will be played to 15 points, 17-point cap.
- **STARTING** – Captains meet at the net with the ref to determine which team has the initial serve. The winner makes first choice of serve or side, then alternates for the remaining games in the match.
- **SERVES** may be received in any form, **INCLUDING** an open hand finger pass. Serves may not be blocked (i.e., nothing above the head). The server has 8 seconds to serve the ball, with no second try. Once the ball is tossed, it is considered a serve. The server can serve anywhere behind the back line. Overhand serves are allowed in ALL divisions. **Jump serving is permitted in Advanced divisions ONLY.**
- **LET SERVE** – A ball that when served, hits the net and continues into the opponent's court. The Let Serve is a playable **LIVE BALL!**
- **LEGAL CONTACT** is a touch of the ball by any part of a player's body, which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- **TIME OUT** – Teams are allowed two timeouts per set. **Time outs are 30 seconds in length.** The referee will signal the teams back onto the court at 20 seconds. There will be no timeouts in the last two minutes of the match.
- **SIDES** – Teams shall change sides at the end of each game.
- **CAPTAINS** - only floor captains may approach the stand or speak to the referee. The captain will advise the referee if an alternate floor captain has been designated other than themselves. Judgment calls (double hits, lifts) cannot be challenged.



PENALTIES FOR ILLEGAL PLAYER ACTIONS:

- NET – Touching the net and/or crossing the center line (breaking the vertical plane) under the net is a violation.
- CEILINGS & OBSTRUCTIONS – A live ball becomes dead when: a) The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team; b) The ball contacts a wall or ceiling obstruction that is over a nonplayable area. **It is a judgment call by the referee** as to whether the point is to be played again or awarded. Players are not allowed to contact the curtain at any time during play.
- CONSECUTIVE CONTACTS – A player may not hit the ball 2 times consecutively **except when blocking**, provided the contacts take place simultaneously. However, a player may make consecutive contacts on the team's first team contact, provided the contacts occur during one action.
- FOUR HITS – It's a violation for a team to hit the ball 4 times before returning it.
- ASSISTED HIT – It's illegal for a player or any object to assist a teammate in playing the ball.
- CATCH – It's illegal to catch or throw the ball. The ball must rebound from the hit.
- BALL CROSSING – The ball must cross the net within the crossing space. The ball must cross over the net, between the antennas and their imaginary extension, and without contacting the ceiling.
- REACHING OVER THE NET – There are official rules for playing the ball at the net.
- FOOT FAULT – At the moment of service contact or take off for a jump serve, the server must not touch the court or the ground outside the service zone. After contact, he/she may step or land outside the service zone or inside the court.

ATTACKING FAULTS – The following are volleyball violations for attacking:

- A back row player completes an attack hit from in front of the 10-foot line where their feet has left the court if at the moment of contact the ball is entirely above the top of the net.
- An opponent completes an attack hit on a **served ball**
- A player completes an attack hit from higher than the top of the net when the ball is coming from an overhand finger pass by a setter in the front zone.
- Blocking within the Opponents Space. A blocker may place his/her hands beyond the net provided this action doesn't interfere with the opponents play.

It's legal to block beyond the net, provided:

- The ball would have crossed the net if not touched by a player and no member of the attacking team was in position to make a play.
- The ball is falling near the net and no member of the attacking team is in position to make a play.
- Contact with the ball is made after 3 team contacts.

LEAGUE SCORING:

A team will be awarded 1 point for each game won. League standings will be available the day after the last game was played.

***** UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED *****