Volleyball League Rules – 2022

Team Rules

1. Rostered players – all players MUST be rostered in order to be eligible to play in the TSL Volleyball League. Un-rostered players are not allowed to play in the league. Roster changes must be made at least one hour prior to match time. Players may not move from one roster to another more than once per session. Newly added players must sign waivers prior to playing.

2. A minimum of four 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.

3. 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

4. Players may substitute for another team. Players are are only eligible to play in their division or above. If a player subs in a lower division, the sets played will be forfeited. It is the captains responsibility to make sure whoever they find to sub is not from a higher division. Subs not already on another team are must be rostered players for your team and must be entered into your roster and sign a waiver.

5. 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.

6. **No Show Rule –** 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. Please notify us if you have to forfeit so we can notify the other team.

Play Rules

1. Play 3 sets to 21 (23 point cap) using rally scoring. Teams will always switch sides on the third set at 11 points.

2. Time limit of 55 minutes is allotted for all matches. Matches that exceed the time limit will be called and the game is over whichever team is winning at the time is the winner regardless of score. Games will not end in a tie.

3. The toss by the referee at the beginning of the 1st and 3rd game will determine choice of serve, receive or preferred side. The referee will decide if an alternate process is used such as "odd or even" or rock paper scissors.

4. TSL Volleyball League will follow the rules of USAV and will defer to the published rules. The following are exceptions to the current USAV rules:
a. Hitting the net is a fault.
b. Crossing the center line with your hand, foot or body part is a fault.
c. The pursuit rule is not in effect.

5. **Touching the net -** players may never touch the net during play or a violation occurs. However, players can touch the cable and net supports outside the playing area of the net as long as interference with play does not occur.

6. **Center line** - player's hands and feet may go under the net as long as some part of the body part is above or on the centerline. Once the hand or foot is completely across the centerline, it is considered a fault.

7. **Service -** the serve must be released from the hand prior to service. Whether the ball is released or not, is a judgment call by the 1st referee. The players 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.

Note - the LET service is playable.

8. **First Contact -** a double hit is legal on the first contact of the ball including service or an attack as long as the player made ONE attempt to play the ball and it is not judged by the referee as a lift.

9. **Substitution** – teams may substitute in one of TWO ways: a. Open substitution- this is where you rotate in at any position on the court.

This type of substitution must stay consistent throughout the individual game. If you start substituting, you must continue throughout that game. No one can sit out of the substitution.
b. Player A for Player B—Player B must return to the game for Player A. There are unlimited substitutions. Inform the referee for a substitution. The player substituting should RUN from the substitution area (10-foot line) and the substituted player should RUN off the court.

10. **Injury, Blood, Etc** - if a player leaves a game because of injury, the player may NOT return to that game. The player is free to play in the next game. In the case of blood, whatever time is needed to clean up (help) the player should be taken. The player MUST stop bleeding before returning to the game.

11. **Time Outs –** Teams are allowed two 30 second time outs 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 time-outs in the last two minutes of the match.**

12. **Captains -** only floor captains may approach the stand or speak to the 1st 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.

13. **Court Obstructions -** courts may have obstructions such as basketball equipment. If the ball is on an outward trajectory and no player is in the vicinity to make a play, the point is awarded to the opposing team not contacting the ball. If a player would have been able to make a play, the point will be replayed. 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.

Please contact the League Director through email at volleyball@teamsaintlouis.org if further clarification is needed on any rules.