

A/E VOLLEYBALL INDOOR LEAGUE RULES – Ingraham HS

Items in italics revised 29 Oct 2023

Rules shall be the latest version of the US Volleyball Official Rules including the Special Rules Section for CO-ED 6's play except where specifically stated below:

1. Each team must have a minimum of 3 players. A minimum of one of the fielded players must be female. There is no service or position requirement for the women. There shall be a maximum of 4 fielded men on a team. *There is no maximum for fielded women on a team and there is no woman hit or contact rule in this league.*
2. All individual games shall be to 25 points, win by 2, except first team to reach 27 wins, using the rally scoring system (i.e.: a point is scored by one of the teams on every play. You do not have to serve to score the point). *Captains shall assign a person each night to make sure a winner is circled on the posted chart in the lobby. Either team can circle the winner.* Please check the scoresheet before leaving the gym. If you miss marking a game, please email result to aevolleyball@gmail.com If a score is not posted within 2 weeks of the match, the point will not be awarded.
3. The server is allowed only one toss on a serve. You are not allowed to let a bad toss drop to the floor untouched and re-toss. The ball touching the net during a serve is legal. Missing your serve is a loss of point and loss of serve (side out). *Since you will be standing in the court at Ingraham, do not take steps before contacting the ball on the serve.*
4. The first game of the night shall begin at the official start time for the division. Five minute grace period is allowed prior to forfeiture. You must have a legal team (see rule 1) by end of the 5 min. grace period.
5. Last serve shall be at the stated end time. Win by 2 not required. One more serve allowed to break a tie *if there is one.*
6. A ball spin, coin toss or rock/scissors/paper (rsp) shall be used to determine serve or side. Winner may choose to serve or receive, or may choose the side to start on. The loser has the choice on the item not selected. Teams shall change sides in a game when the first team reaches 13. Each team shall be prepared to provide the game ball (Tachikara SV5W Gold is the official ball for the league and must be used if available.) If captains cannot agree on ball, use ball spin, coin toss or rsp. Captains who disagree on ball can change balls when first team reaches 13 pts.
7. Substitutions using current USA Volleyball rules or "rotating in" during a dead ball may be used at a team's option. Position used for rotating in (i.e. middle back, server, etc.) is at team's option but must constant during the game. A team may use a libero player as described in USA Volleyball rules.
8. Court boundaries shall be the green or blue lines on the sides. On the back, *the floor is in but touching any part of the wall or bleachers is out.* If the ball hits only the floor; it is "in." If it hits the wall and the floor simultaneously or just the wall, it is "out." *If there are any people on the adjacent court, do not step on or across the adjacent court sideline or touch the other court with any part of the body. If you do, the play is dead and your team loses the point. This is a critical safety issue. Please call out "ball on" if a foreign ball enters the wrong court. Immediately stop play when you hear "ball on" and replay the point. Unless you have a foot on the floor, you can not use a wall, chair, table, another person, etc. to support you when playing a ball. Although USA Volleyball allows a player to go underneath the net if they do not interfere with an opponent, in A/E leagues if there is any opponent within 5 feet, it is interference.*
9. There are no referees in this league. Please call all your own fouls including carries, double hits (miss sets) and net fouls. Touching of any part of the net while in position to block, set or hit is a foul. Any hard driven ball including serves can be received overhead with open hands as long as the ball is not literally "caught." *In level 1 or 2 the carries and double hits are expected to be minimal. If the captain feels the other team is not calling fouls, he/she shall call for a non-charged time-out to discuss it with the other captain. The two captains and the two captains alone shall resolve any disputes on their court. If the two captains can not come to an agreement, there shall be a replay.*
10. Each team is allowed a maximum of two 30 second time-outs per game. No time out in last minute of last game.
11. The server shall call out the score prior to each serve. When serving, at least one foot must be within a foot of the back wall or bleachers. No steps can be taken prior to serving. Jump serves can only be done without steps.
12. You can play off the ceiling and ropes, backboards or other items attached to the ceiling on your side. However, if it touches one of these items and then crosses the net it is a loss of point & serve
13. *Play off ceiling items on your side but contact with them on the way over is not allowed.* The bleachers, side and back walls are dead balls. The items projecting from sidewalls such as backboards *are a replay if hit on the serve. Other items would be discretionary.* If the ball would have been playable if the item was not there, it shall be a replay. If the ball is clearly sailing out of bounds when it hits the projecting item, it is a dead ball. If the two captains do not agree on any interpretation, it shall be replayed.
14. All players must complete *the online* Waiver Form prior to playing in any game. Failure to do so may result in forfeiture of the match. Players can be added to the team roster anytime up to 2 weeks before the tournament. One new emergency roster addition is allowed after 2 week cutoff. ID is required at tournament for roster verification.

Each team is encouraged to get a copy of the Official USA Volleyball Rules. See www.usavolleyball.org