

League Description

1. This is an **adult** recreational 6 on 6 women's indoor volleyball league.
2. Captains are responsible for full control of their team members and fans.
3. Drugs/Alcohol and foul language are prohibited.
4. All participants must be 18 years of age or older. Underage players will be considered as long as a parent or guardian is on the same team and has signed the roster/waiver form for their child. This will require permission from the league coordinator.
5. Players must wear athletic shoes.
6. It is recommended that you do not wear any type of jewelry.
7. Each participant must sign a Waiver before playing.
8. Player eligibility will be checked on their team's roster as well as completion of signing their waiver
9. Games will be played on Tuesdays at 6:00 PM, 7:00 PM, and 8:00 PM.
10. If a team needs to forfeit a game, they must inform the league director via text or email as soon as possible.
11. The league will be played at First Friends Church (5545 Market Ave Canton, OH 4414).

Teams/Players

1. Teams may have a maximum of 7 players on their roster.
2. Roster players are only permitted to play on one team in the league, subs may play on multiple teams, but must check in with the league director before the start of play.
3. Games will be played with 6 players on the court.
4. Teams may start and finish a game with a minimum of 3 players on the court.
5. Subs that participate for a week during the season will be eligible for playoffs only if they have previously signed in the league director.

The Game

1. Games will be played 3 games to 21. Must win by 2, no cap.
2. Rally scoring will be used for all games.
3. Home team will be the first team listed on the schedule each night. The home team gets to decide if their team wants to serve first OR can choose which side of the court they want to start on for the first set and third set of the game.
4. Each team is given a 10-minute grace period until a forfeit will be called. You must have at least 3 players present at game time to not have a forfeit called.

5. There may be times when the nets are not set up by the league start time due to other sporting events running over. Please be patient
6. There shall be a 3-minute rest period between sets.
7. Each team is allowed a 1-minute timeout per set. Timeouts do not carry over to other sets if not used.
8. A ball which comes in contact with the ceiling, lights, or any other obstruction above the court and comes down on the hitting team's side is in play. If the ball crosses the net after contact with any of these it is a side out.
9. If the ball makes contact with any side walls the ball will be considered out of play and the point will go to the other team.

Serving

1. The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is to the back wall or net divider.
2. The serve may not be blocked or spiked.
3. Serves that hit the net and go over are legal.

Hitting/Blocking

1. A defensive block does not count as one of the allowable contacts.
2. 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.
3. Hitters may follow through over the net after legal contact as long as they do not make contact with the net.
4. The ball must be cleanly hit when spiking with an open or closed hand; guiding or carrying is illegal.
5. Back row players cannot spike or run up to block at the net. If a back row player wishes to spike (direct a ball into opponent's court that is above the height of the net) a ball at the net, they must first jump from behind the 10-foot line.
6. No part of the body may touch the net at any time during game play.
7. The ball must be hit, not caught or thrown.

Passing/Receiving

1. A one-handed underhand hit must be made with a closed fist or the heel of the hand. If two hands are used, the hands must be interlocked as one unit.
2. A ball rolling up the arm is considered a held ball.

3. The team is entitled to a maximum of three hits (in addition to blocking) for returning the ball. If more are used, the team commits the fault of "four hits". The hits of the team include not only intentional hits, but also unintentional hits.
4. A player may not hit the ball two times consecutively.
5. The ball may touch any part of the body.

Setting

1. A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and thumbs of hands. Improper handling of the ball includes not hitting the ball simultaneously with both hands, contacting the ball with the palms in a slapping action or catching the ball.

Court Rotations/Substitutions

1. All players must sub in at the serving line unless a libero is being used.
2. Your team may continually rotate each team member into the game. Your team must follow the standard clockwise rotation. If you have more than 6 players present those that are off the court must remain in the same order sequence. There should never be a team member that is skipped over once they have first decided to play during that specific set. Unless there was an injury to someone on the court - lineups may then be altered slightly if needed.

Faults (OHSAA)

1. Four hits- a team hits the ball 4 times before returning it to the defense.
2. Assisted hit - taking support of a teammate or any structure/object in order to reach the ball.
3. Back row spiking in front of the attack line.
4. It's permitted for a player to step under the net into the opponent's court provided that some part of the penetrating hand or foot is in contact with or is directly above the center line without contact with an opponent.
5. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.