

Go to sportcourtsfitness.com/volleyball-league to sign up

Tuesday Coed Intermediate Volleyball 6's (Indoor)

Tuesdays October 18th, 2022 - December 20th, 2022

Duration: 9 weeks, plus 1 playoff week

Games Guaranteed: 10 (1/week)

Game Times Between: 5:15pm – 8:55 pm

Cost: \$550/team (\$150 Non-refundable deposit due upon completing registration. Remainder due by 9/23/22)

Players Per Team: Fee covers up to 10 people

Match/Game Play

- Each match consists of 3 games to 21 win by 2 or first team to 23.
- Each game counts towards the season standings in terms of tiebreaker differential.
- Games are scored with Rally scoring: Points may be scored at any time, with or without the serve.
- Each team has one time out per game.
- Substitutions may occur at any time but must enter into the serving position. Exiting player must exit from front right position on court.
- No more than 4 men and non-binary on the court at a time.

Team Rosters

- Team rosters generally consist of 8-10 players, with at least 2 men and 2 women.
- Teams may field up to 6 players to start a game, with a minimum of 4 to prevent a forfeit.
- There must be at least one man and two women AND four total players to prevent a forfeit.

Forfeits

- Teams have 0 minutes from the scheduled match time to meet the minimum player requirements before a 1 game forfeit is declared.
- After 5 minutes from the scheduled match time the entire match will be forfeited.
- Only registered Sport Courts Fitness league members are allowed to play. Any team using a player not on their roster who did not register as a sub will forfeit their game.
- Need to register for a league? Go to sportcourtsfitness.com/volleyball
- A team that registered as a team that uses a player under 18 will forfeit their match.
- Any team that forfeits two or more games will be ineligible for the playoffs.

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Uniform/Attire/Facility

- Non-marking, closed-toe shoes are required. Sandals and street shoes are prohibited.
- We strongly suggest wearing knee pads.
- Water and sports drinking in a resealable container are allowed.
- Alcohol is prohibited inside and outside of the facility.
- Children spectating must be supervised at all times.
- Sport Courts Fitness gym equipment are for members only.

Game Rules

Serves

A live serve is any serve that crosses over the net and is either touched by the other team or lands in bounds.

Lines are in bounds

- A serve that hits the net (Net/Let serve) and continues over is a live serve and must be played.
- The server may not cross over or step on the end line until the ball has been hit or a foot fault will be called.
- The server may stand anywhere along the end line and as far back as he/she desires.
- Serves may be underhand and do not need to be tossed.

Receiving

- Serves may not be attacked, blocked, or spiked. The ball must be below the top of the net before contact is allowed
- Serves may be returned in any manner as long as it's not a carry, lift, or double hit.
- Unintentional double hits are allowed for hard serves/spikes as long as the contact is made in one fluid motion.

Hitting

- A team has 3 hits to get the ball to the other side.
- A block does not count as one of the 3 hits.
- No player may make hit the ball twice in succession
- Exceptions: 1. A block does not count as a hit 2. If it's a hard spike/serve and the contact is made in one fluid motion.
- Carries, lifts, scoops, throws, etc. are not allowed and will result in a point/side-out.

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- Rule of thumb: Any time the ball comes to rest or “stalls” it is not a legal hit. A quick clean hit is what we’re looking for. Use close fists or clasped hands if you’re in doubt.
- A hit that hits the wall is out of play and a side-out for the opposing team.
- A hit that hits the ceiling and comes down on the hitters side may be played as normal. If it hits the ceiling and carries over to the opposing side it is a side-out for the opposing team.
- A hit that hits a basketball hoop near the ceiling is a re-do for that point/side-out

Net Contact/Center Line

- Contact with the net is not allowed and will result in a point for the other team and a side-out unless caused by a ball driven into the net. Contact made by long flowing hair is allowed.
- The center line extends across the court under the net. No player may cross over the center line during play. No penalty point will be assessed if the body part under the net is still in contact with the center line and the play does not impede the other team’s play.

Rotation

- On every point/side-out teams must rotate position clockwise. Plan accordingly when you set your initial positions.
- First person out = First person in. The only exception is if your team is running a 5-1 or 6-2, then the setter(s) (if desired) may stay on the court and all other players must rotate out and in as normal, in order.
- Person rotating out, rotates out from the front right position on the court.

Kicks

- A ball may be returned off the foot or leg provided that the foot of the that same leg is in contact with the ground.

Spikes

- Spikes are allowed but may not be on the opposing team’s serve.
- Spikers may follow through over the net as long as they do not make contact with the net

Back Row Spikes

- Back row players may attack the ball as long as they jump from behind the 10 foot line.
- Touching the line on take-off is a fault and will be declared a point/side-out.

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Blocking

- Blocks are allowed except on the opposing teams serves.
- Blocks may not be initiated until the ball has broken the plane of the net or the opposing team has made their 3rd hit.
- Blocks do not count as a hit and the blocker may hit the ball again immediately.

Sets

- Sets are allowed and encouraged, so long as they are not double hit or carried.
- Sets should not cause more spin/rotation on the ball than before the set.
- If in doubt, use a bump set.

Boundaries

- All lines are considered in bounds.
- Nets have antennas on each end. These antennas will be declared out of bounds.

Nets

The nets shall be standard coed (men's) height.

Playoffs

All eligible teams make the playoffs (teams that have not abused the foul or forfeit policies are eligible). Championship: Seed 1 v 2. Consultation: Seed 3 v 4. Remaining teams play each other based on Seed.

Playoff Seeding:

Teams are seeded according to winning percentage.

Any questions regarding rules, policies, or eligibility must be addressed before the start of a game or the league.

Team Names

Team names must be appropriate as they will be published on the Sport Courts Fitness Website.

Other

- Deliberately preventing the opposing team from seeing the server/hitter by screening or impairing line of sight is not allowed and will result in a point/side-out. Standing in position is okay.
- Unless otherwise noted, NCAA volleyball rules apply.

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Any player or team may be removed from the league for the remainder of the season and denied registration for subsequent seasons due to unsportsmanlike conduct at the complete discretion of Sport Courts Fitness Management, if it is in the best interest of the league.

Games Schedule

Game 1: 5:15 pm

Game 2: 6:10 pm

Game 3: 7:05 pm

Game 4: 8:00 pm

Game 5: 8:55 pm