



WOMEN'S VOLLEYBALL RULES AND REGULATIONS

ALL GAMES SHALL BE COVERED BY UNITED STATES VOLLEYBALL ASSOCIATION RULES EXCEPT FOR THOSE MODIFIED BY THE FOLLOWING:

REGULATIONS

General Information

1. Each team in the league is guaranteed a minimum of 10 matches (4 games in a match) including playoffs. All teams will be eligible for the playoffs.
2. Scheduling of games will be determined by the number of teams in the league.
3. Standings will be posted each week of the league. Placement is determined by overall win-loss record, head-to-head results, and point differential
4. Playoffs – All teams will be eligible for the playoffs. A regular season champion will be determined before the playoffs begin. The regular season champion will receive the number one seed for the playoffs. All other seedings will be determined by final standings. Dependent on league size and playoff format, first round byes may be given to top seeded teams. Playoff format and schedule will be dependent on the number of teams in the league.
5. League Champion – The league champion (team that wins the playoffs) will be awarded championship t-shirts for each individual on the roster.

Player Eligibility

1. SLARA Women's Recreational Volleyball League is an open league. There is no residency requirement to participate. Resident teams are composed of at least 51 percent of residents of South Lyon or surrounding areas. All registration fees must be paid prior to participation in league games.
2. A resident is defined as one who lives in the City of South Lyon, Lyon Township, or Green Oak Township. Persons who work in the community are not considered residents.
3. Each team must have a minimum of *six* registered players. Each team must have a Roster Form & Release of Liability Waiver completed and on file with South Lyon Recreation prior to the first game of the season. All players participating on the team must sign this form. **NO EXCEPTIONS!**

4. Each player must have her player fees paid and her name, address, and phone number added to the roster and turned into South Lyon Recreation by 4:00 pm the day of the game in which she will participate.
5. Deadline for adding and releasing players is the Friday before the fourth game of the season. If a player is injured or moves out of the region after the fourth game, the Sports League Supervisor will determine if another player may be added to the roster. The team manager must contact South Lyon Recreation to obtain permission.
6. No player shall be compensated for playing on any or all games in this program. No professional or collegiate players are eligible. A professional is defined as one who is paid for playing for a team which is recognized as a professional team. A collegiate player is anybody who currently plays volleyball collegiately or on a club team. Any player who violates this rule shall be suspended from the league and any games she participated in will be forfeited.
7. No Player is allowed to play for more than one team in the league. No Exceptions. Any player that plays for more than one team is out of the league and the team who took her forfeits the game.
8. Players must be at least 18 years of age and out of high school to participate.
9. Players must participate in at least 2 games during the season to be eligible for the playoffs (may be adjusted if less games are played). If a player is substituting for somebody else on your roster, it must be reported to the site supervisor so it can be verified that they are on your roster and logged so we can keep track of how many games played. If a player has not played at least 2 regular season games, they will be ineligible for the playoffs unless the opposing team agrees to let them play.

Managers

1. Managers are responsible for the eligibility of their players and for their conduct at all times in and around the playing field area.
2. Any change in managership of a team must be on file in the Recreation Office including new manager's name, address and phone number before the next scheduled game.
3. In case of inquiry of any member(s) of the team, the manager shall be responsible for producing any evidence or records demanded by the Recreation Office and the League Director.

4. Each manager is responsible for their own and their players' knowledge of and adherence to league rules.

Player/Fan Conduct

1. Family, friends, and children are to sit in the stands and watch the game. Player benches and the surrounding areas are reserved for players only! No children are allowed to wander the halls and be unsupervised. Spectators must keep comments to themselves and only watch the game.
2. Players and fans who are smoking, using chewing tobacco, and/or drinking alcoholic beverages will not be permitted on school premises. Violators will be asked to leave immediately. **NO EXCEPTIONS!!!**
3. All calls made on the court are final. Referees are not to be questioned about judgement calls before, during, or after the game. Questions and concerns must be directed to the Site Supervisor. If both teams and the referee agree, a replay can be done on the play in question.
4. Any player, sponsor, manager or fans who use abusive, profane or obscene language or gestures, which are audible to the official or league director, shall be ejected from the game and suspended from the next game in which his/her team takes part. Violent infractions will call for a longer suspension at the discretion of the League Supervisor. **PRE-GAME AND POST-GAME** activities are included in this rule.
5. If a school day is cancelled, games scheduled that day will also be cancelled. Team managers will be notified in a timely manner as to if/when a make-up game is scheduled. Make-up games are schedule permitting.
6. Failure to abide by these rules may result in a **one** game suspension. Continuous disregard for these rules will result in your dismissal from the league.

RULES

Game Time

1. Need 4 players to start a game. At least **four** players are needed for the match to be legal.
 - a) 1st game – forfeiture time is game time.
 - b) 2nd game – 10 min. after 1st game time.
 - c) 3rd game – 15 min. after 1st game time.
 - d) 4th game – 20 min. after 1st game time
2. **FOR THE REGULAR SEASON ONLY:** Teams short on players may borrow players up to their 6th player in order to avoid forfeit. All borrowed players **MUST** be on a league

roster. If enough regular-rostered players show up, all borrowed players must leave the game.

3. Forfeit time is game time. If a team must forfeit a game, a \$40 forfeit fee must be paid separately to SLARA office.
4. Any team that forfeits two matches during the season, shall be suspended for the remainder of the season, including playoffs. In such cases, all remaining matches will be a win for opponents.
5. Each match will consist of four games. Each game will count in overall standings for regular season standings. All matches are affected by the 75-minute time constraint. Games will be played to a 25-point rally score for the first three games and possibly the fourth if time permits. However, if there is less than 18 minutes remaining in the 75 minutes allowed, final game will be played to 15. Playoff matches are best of three with the first two games being played to 25 and the third being played to 15.
6. When a team drops down to 4 players, the server shall play the back row.

Game Play

1. No part of the body may come in contact with the net at any time unless a ball or person driven into the net causes the contact. Contact with hair or part of the uniform will not be considered a fault.
2. The ball must be cleanly hit when spiking with an open hand. Carrying is illegal.
3. “During the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.” (Rule 14.4.3.2)
4. “Touch of the opponent’s court with a hand(s), foot or feet is permitted provided some part of the penetrating hand(s), foot/fee remains either in contact with or directly above the center line.” (Rule 16.3.2.1)
5. The serve may not be blocked or spiked.
6. Players can return a serve by:
 - a. bump pass
 - b. clasping their hands together
 - c. a closed fist

- d. clean set
7. Obstructions – if the ball comes into contact with the ceiling or objects attached to the ceiling that are aligned directly over the court, the ball remains “live” and can be played again on your side of the court. If the ball after contacting the ceiling and attached objects goes over the other side of the court the ball is considered out.

<u>Ball Contacts</u>	<u>Call</u>
Backboard	Ref Discretion
Rim	Ref Discretion
Ropes	Replay

8. The serve is allowed to touch the net.
9. If a substitute is present on the day of a match, there are two different methods of substitution allowed, unless an alternative method is agreed to before the game by both teams:
- a. A substitution with 1 player during the match. This can be done into one position on the court, but it must be done with the same player.
 - b. The other option is to sub in and rotate through all positions. The player will rotate on the serve and play all positions until getting back to the server spot.

If teams agree to an alternative method of substitution, this must be tracked by the teams and agreed to before the game.

The South Lyon Area Recreation Authority reserves the right to study and incur the decisions on any situation not expressly covered within these rules and regulations and to interpret these rules set forth to govern the South Lyon Area Recreation Women’s Volleyball League. South Lyon Area Recreation Authority decisions are final and binding on all members.