



Volleyball League Rules

0.0 ORGANIZATION

- Section 0.1 This organization is administered by the Christian Sports League (CSL) core team sponsored by the Chang Family Foundation. The League Director will arbitrate and make final decisions.
- Section 0.2 The Chang Family Foundation does not provide insurance coverage for league participants nor accept responsibility for injuries. Medical bills incurred will be the responsibility of the individual. The Chang Family Foundation and the Christian Sports League ministry assumes no responsibility for injuries incurred to the participant.
- Section 0.3 All matches are played on a men's height net (7'-11 5/8" high) and will follow the official rules established by the USAV, unless otherwise stated in the CSL Volleyball League Rules.
- Section 0.4 There will be three divisions: A, B and C; subdivisions will be added as necessary.
- Clause 0.4.1* **Division A** = Competitive level teams: Team members are proficient in passing, setting, and spiking. Teams are able to run consistent offensive/defensive formations and plays.
- Clause 0.4.2* **Division B** = Semi-competitive level teams: Team members have basic passing, setting and spiking skills. Teams use basic formations for offense.
- Clause 0.4.3* **Division C** = Recreational teams: Team members have minimal experience playing organized volleyball. Beginner level skills.
- Section 0.5 The Christian Sports League Co-ed Volleyball League is officiated by a team of volunteer referees during the regular season and playoffs. Each team will provide at least 2 volunteer referees.
- Section 0.6 The regular season shall consist of a minimum of 8 matches. Teams play at least 3 games/night. Games are played with rally scoring to 25 with a cap at 27 points.

1.0 FINANCES

- Section 1.1 **LEAGUE FEE:** League Fee is due at time of registration. Checks are to be made payable to the "Chang Family Foundation". League fees are non-refundable after first Captains meeting/training session.

2.0 REGISTRATION

- Section 2.1 **AGE:** Any physically fit person age 14 or more is eligible to play. Players must be amateur and receive no pay to play for any team.
- Section 2.2 **NUMBER OF PLAYERS ON A TEAM:** The minimum number of players on a team roster is 6; the maximum is 15 players on a roster.



Volleyball League Rules

Section 2.3 **HOLD HARMLESS FORMS:** A Hold/Harmless Form signature must be obtained by the CSL staff for each player PRIOR to play in the league. Failure of any player to sign a Hold Harmless form prior to play will be cause for forfeiture of all games in which the ineligible player participated.

3.0 PLAYERS/CAPTAINS

Section 3.1 **TRANSFERRING TEAMS:** Players cannot transfer from one team to another once the season has begun and may not play on more than one team.

Section 3.2 **PLAYER CAPTAINS:**

Clause 3.2.1 A player (who shall not be captain but can be asst. captain) on a team in one division may be a non-playing captain of another team in a different division. A non-playing captain is defined as someone who provides leadership/coaching for that team, but shall not play on the court with that team during league games.

Clause 3.2.2 In case of schedule conflict a non-playing captain's priority must be to the team being captained rather than to the team on which they are a player. For example, in case of a schedule conflict, the non-playing captain must not play with their A team on court 2 if their C team on court 1 is playing at the same time.

Section 3.3 **ROSTER ADDITIONS/SUBTRACTIONS:**

Clause 3.3.1 BEFORE a team's THIRD match (pre-season or regular season), a player(s) may be added or subtracted to the team roster after CSL Core is notified and Hold Harmless forms are received. After this time, all rosters are frozen and new players may not be added or subtracted. After the THIRD match, teams with rosters falling to 6 or less members through accident or injury or other extenuating circumstances may add up to two additional players after receiving approval from the League Director and receiving Hold Harmless forms. Absolutely no roster changes may be made after the final regular season game so plan ahead to be able to field a team for playoff play.

Section 3.4 **NON ROSTER PLAYERS:** Games played with non-roster player(s) will result in game forfeiture.

Section 3.5 **ADDRESSING THE REFEREE:** Only the Captain may address the referee. The Assistant Captain may address the referee if the Captain is not present.

Section 3.6 **CAPTAINS MUST BE PRESENT AT MATCHES:** The captain and/or assistant captain must be present at every match. Absence can be cause for match forfeiture. Extenuating circumstances MUST be discussed in advance with the league director.



Volleyball League Rules

4.0 GYM RULES & REGULATIONS

- Section 4.1 All rules of the JEFFERSON COMMUNITY CENTER and the SEATTLE PARKS DEPARTMENT must be adhered to.
- Section 4.2 SHOES: Players must wear clean, non-marking court or gym shoes at all times while on the court. Bare feet are not allowed.
- Section 4.3 Smoking is prohibited.
- Section 4.4 Cursing is prohibited.
- Section 4.5 JEWELRY: All jewelry must be removed before playing. If it cannot be removed, it must be taped down.
- Section 4.6 CHILDREN: Children are allowed in the gym with an adult 18 years and older- who is NOT playing while providing supervision.
- Section 4.7 LOST OR STOLEN ITEMS: The Christian Sports League is not responsible for lost or stolen items.

5.0 RULES OF PLAY

- Section 5.1 RULES: The Christian Sports League Volleyball League Rules will be used in conjunction with current USA Volleyball (USAV) rules. The “Libero” shall not be used. The “Co-Ed” rules shall be modified by CSL rules Section 6.10. When in conflict, CSL rules shall supersede USAV rules.
- Section 5.2 MATCH EXCEEDING TIME LIMIT: If match time is exceed as called by the referee, the game will be counted toward league standings if one team has 8 points and is ahead by two. If time is called and no team has scored 8 points or more and/or one team is not ahead by two points the game will not be counted.
- Section 5.3 THE TOSS: Prior to the beginning of the match, captains will conduct a random draw (i.e. coin toss or rock/paper/scissors). The winner will choose between: serve or receive OR choice of courtside. The loser takes the remaining choice.
- Section 5.4 FORMAT: This is a 6 vs 6 co-ed league. A team shall consist of 6 players. In A and B divisions, the minimum number of women on the court is 2 and in C division, the minimum number of women on the court is 3. If due to *unavoidable* circumstances a team cannot begin play with this combination, they will be permitted to begin play with 5 or 4 players (see acceptable Men/Women ratios below). A game shall not begin or continue with less than 4 players on one team. (Note: the addition of each player during a game will constitute one allowed substitution.)



Volleyball League Rules

Clause 5.4.1 A and B divisions Men/Women ratios:

MEN	WOMEN
4	2
3	3, 2, or 1
2	4, 3, or 2
1	5, 4, or 3

Clause 5.4.2 C division Men/Women ratios:

MEN	WOMEN
3	3, 2, or 1
2	4, 3, or 2
1	5, 4, or 3

Section 5.5 ROTATION: Positional rotation shall occur after each “side out,” including the first “side out” achieved by a team.

Section 5.6 ROTATION SCHEMES: At the beginning of each game, a team may choose “STANDARD SUBSTITUTION” or “ROTATE SUBSTITUTION”.

Clause 5.6.1 If a team chooses STANDARD substitution, a maximum of 10 team substitutions per game will be allowed.

Clarification (from the USAV rules, Section 15.6):

B) A player in the starting line-up may leave the set and re-enter, but only in his/her previous position in the line-up. C) A substitute may enter a set in the position of a teammate in the starting line-up. D) Unlimited individual entries by a substitute within the team’s allowable (10) substitutions are permitted. Each entry must be in the same position in the line-up. E) More than one substitute may enter the set in each position.

Clause 5.6.2 If a team chooses ROTATE substitution, all players must rotate out from one side at the server position. (The minimum men to women ratio requirement must be maintained.)

Section 5.7 INJURY SUBSTITUTION: In the event of an injury, a substitution may be made. The injured person may not return until the next game.

Section 5.8 LATE TEAMS: For teams without the minimum number of players at the time of their scheduled match, games are forfeited after 10 minutes for the first game, five additional minutes for the second game, and five minutes for the third.

Clause 5.8.1 If a team has four players present (at least one of the opposite gender) the game must start on time.



Volleyball League Rules

Section 5.9 POSITIONS: At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).

Clause 5.9.1 The positions of the players are numbered as follows:

Clause 5.9.1.1 The three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-center) and 2 (front-right).

Clause 5.9.1.2 The other three are back-row players occupying positions 5 (back-left), 6 (back-center) and 1 (back-right).

Clause 5.9.2 Relative positions between players:

Clause 5.9.2.1 Each back-row players must be positioned further back from the centerline than the corresponding front-row players.

Clause 5.9.2.2 The front-row players and the back-row players, respectively, must be positioned laterally in the order indicated in Clause 5.9.1.

Clause 5.9.3 The positions of players are determined and controlled according to the positions of their feet contacting the ground as follows:

Clause 5.9.3.1 Each front-row player must have at least a part of his/her foot closer to the centerline than the feet of the corresponding back-row player.

Clause 5.9.3.2 Each right (left) side player must have at least a part of his/her foot closer to the right (left) sideline than the feet of the center player in that row.

Clause 5.9.4 After the service hit, the players may move around and occupy any position on their court, and the free zone.

Section 5.10 TIME OUTS: At the Captain's request, time out can be granted by the referee only when the ball is dead.

Clause 5.10.1 A team is allowed one 30-second time out per game.

Clause 5.10.2 If volleyballs stray on the court, play will be stopped immediately and the point replayed.

Clause 5.10.3 There will be one-minute rest period between games.

6.0 PLAYING THE BALL

Section 6.1 SERVICE –

Clause 6.1.1 The referee shall authorize service, after having checked that the two teams are ready to play.



Volleyball League Rules

- Clause 6.1.2* A service executed before the referee's whistle is cancelled and repeated.
- Clause 6.1.3* The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Clause 6.1.4* The ball is not required to leave the server's hand before it is struck. The server has a maximum of two tosses; the first toss must drop if not struck.
- Clause 6.1.5* Screening: The players of the serving team must not prevent their opponent from seeing the server or the flight path of the ball. Players or a group of players of the serving team may not make a screen by waving arms, jumping or moving sideways during the serve, or by standing grouped to hide the flight path of the ball.
- Clause 6.1.6* The ball may touch the net during the serve.
- Clause 6.1.7* The server's forward foot may touch the service line during the serve, but may not cross the line completely until after the ball is struck.

Section 6.2 CHARACTERISTIC OF THE HIT –

- Clause 6.2.1* The ball may touch any part of the body.
- Clause 6.2.2* The ball must be hit, not caught and/or thrown. It can rebound in any direction.
- Clause 6.2.3* The ball may contact various parts of the body, provided that the contacts take place simultaneously.
- Clause 6.2.4* Receiving a served ball with an overhead pass is allowed, however the ball must not be caught or thrown.

Clarification: The serve receiver may receive the ball with double contacts if: 1) the contact is made with one motion (i.e. a player cannot take two swings at the ball), and 2) the ball is not caught or thrown.

Clarification: If the ball goes over the head and behind the service receiver using an overhand pass the ball has not necessarily been caught or thrown. The referee shall judge the actual nature of the contact.

- Clause 6.2.5* If two or THREE players of the same team contact the ball simultaneously it is considered TWO OR THREE hits

Section 6.3 ATTACK HIT –

- Clause 6.3.1* All actions which direct the ball toward the opponents, with the exception of SERVICE or BLOCK, are considered ATTACK HITS.



Volleyball League Rules

- Clause 6.3.2* A back-row player may complete an attack hit at any height from behind the front zone. A back row player may also complete an attack hit from the front zone, IF at the moment of contact the ball is not entirely higher than the top of the net.
- Clause 6.3.3* No player is permitted to attack hit an opponent's service, when the ball is in the front zone and entirely higher than the top of the net.
- Clause 6.3.4* Attack hits may be received with double contacts with various parts of the body (but no lifts), as long as the contact is made with one motion (i.e. a player cannot take two swings at the ball).

Section 6.4 REACHING BEYOND THE NET – BLOCKING –

- Clause 6.4.1* A blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents' play before or during the opponent's attack hit.
- Clause 6.4.2* After an attack hit, a player is permitted to pass his/her hand beyond the net (follow-through), provided that the hit contact has been made within his/her own playing space.
- Clause 6.4.3* A block is not a hit and is not counted on the consecutive hit rule. If one or more players are attempting to block and they are contacted by the ball, the player(s) is eligible to participate in the next play.

Clarification: A player is considered a blocker only if he/she has a part of their body over the net. If a player does not have a portion of their body over the net they are not considered a blocker and their contact with the ball is considered the first (of 3) hits - not a block.

- Clause 6.4.4* If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play. The next play shall be considered the first of 3 hits.
- Clause 6.4.5* If simultaneous hits by two opponents above the net lead to extended contact with the ball (a "joust"), play continues.
- Clause 6.4.6* Blocking the serve is forbidden.

Section 6.5 TOUCHING THE NET –

- Clause 6.5.1* Contact with the net is a fault while the ball is in play.
- Clause 6.5.2* If a ball is driven into the net causing the net to hit a player, no fault is committed.



Volleyball League Rules

Section 6.6 PENETRATION UNDER THE NET –

Clause 6.6.1 To touch the opponent's court with any part of the body *above the feet* IS PERMITTED provided it does not interfere with the opponent's play.

Clause 6.6.2 To touch the opponent's court with a foot (feet) is permitted, provided that some part of the penetrating foot remains either in contact with, or directly above the centerline.

Section 6.7 BALL OUT OF BOUNDS / OUT OF PLAY –

Clause 6.7.1 A ball remains in play if it contacts a ceiling or other overhead objects above your playing area. The ball is out of play if it makes contact above the opponents playing area or above the teams playing area and crosses into the opponent's court. A ball is replayed when it touches the basketball rims at the referee's discretion.

Clause 6.7.2 The ball is considered OUT when no part of the ball CONTACTS the line outside the playing area. The ball is considered IN when any part of the ball CONTACTS the line and inside the playing area.

Clause 6.7.3 The ball is considered OUT when it contacts any part of the VERTICAL PORTION of the wall.

Clause 6.7.4 Crossing or contacting the gym's mid-court line when ball is in play is a fault.

Section 6.8 CO-ED EXCEPTIONS –

Clause 6.8.1 If there are two Women in the front row, then a Man may come from the back row to block.

Clause 6.8.2 Men and Women do not have to alternate in rotational position.

Clause 6.8.3 Women do not have to contact the ball on any given play.

7.0 SUSPENSIONS

Section 7.1 UNSPORTSMANLIKE BEHAVIOR: Any player, captain, or team guilty of unsportsmanlike behavior as judged by the referee or League Coordinator (before, during or after the game), shall be suspended from the court for the present and for a minimum the next scheduled match. Should the suspended player participate in the next scheduled match or as a spectator act in an unsportsmanlike manner, the team will receive an automatic forfeit. Persons refusing to leave the court after a suspension will cause a forfeit for their team. Depending on severity of situation, stages of penalties involving unsportsmanlike behavior could range to suspension from any league play for one calendar year.



Volleyball League Rules

- Clause 7.1.1* Unsportsmanlike behavior includes, but is not limited to; verbal harassment, profanity, threats, posturing, body language, entering an opponent's court, or physical abuse of anyone.
- Clause 7.1.2* It is suggested that a timeout be called if one feels unsportsmanlike behavior is occurring. Both team captains are encouraged to discuss and arrive at consensus. If the situation continues, a formal protest should be made to the CSL League Director.
- Clause 7.1.3* Individuals displaying repeated unsportsmanlike conduct and/or receives excessive formal protest will be expelled from participation.

8.0 EQUIPMENT

- Section 8.1 Teams must supply their own indoor game ball that is approved by the USAV for indoor use, first aid kits, whistles and other equipment as needed. Teams and players are responsible for the security of personal items. CSL will provide the court, nets, and antenna.

9.0 PROTESTS

- Section 9.1 The CSL League Director has the final say to expedite conflict-resolution during game times.
- Section 9.2 The only protests which will be considered by CSL League Director are those which pertain to player eligibility and/or unsportsmanlike behavior. Protests must be submitted in writing to the CSL League Director within 48 hours of the incident.

10.0 GUIDELINES FOR DEALING WITH BLOOD

- Section 10.1 If a player starts bleeding, the game shall be stopped immediately and the injured player will leave the floor for evaluation. If the player is able to return to the game, the injury must be cleaned and covered. If the player cannot return, a substitution can be made. If the floor and/or equipment has blood on them, measures must be taken to clean the contaminated area.

11.0 PLAYOFFS

- Section 11.1 Regular season rules apply for all playoff games
- Section 11.2 Regular season standing will determine the playoff seeding, based on number of games won. Ties will be determined by head to head record. If a tie remains, a coin toss or draw will be conducted by the CSL League Director.
- Section 11.3 Teams playing in the playoffs are able to use only players who participated in HALF of the regular season matches.