



Volleyball League Rules

0.0 ORGANIZATION

- Section 0.1 This organization is administered by the Christian Sports League (CSL) Core Team sponsored by the Michael and Amber Chang Foundation. The League Director(s) will arbitrate and make final decisions.
- Section 0.2 The Michael and Amber Chang 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 Michael and Amber Chang Foundation and the Christian Sports League ministry assume 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 (3) divisions: BB, B, and C

Clause 0.4.1 **Division BB:** Teams have full working knowledge of running a 5-1 (or 6-2) formation and are consistent in serves, passes, and attacks. Serve receives are targeted to the setter at least 70% of the time. Teams are familiar with and can execute different attack patterns (back-row attacks, tempo plays). Players are expected to receive hard driven hits to any part of their bodies.

Clause 0.4.2 **Division B:** Teams can maintain a rally and have basic understanding of executing bump, set, spike offense. Teams may have specialized roles and have basic understanding of positions and rotations. Passing to targeted player is consistent at least 50% of the time. More experienced teams are able to run a 5-1 (or 6-2) rotation and be more consistent in executing core skills.

Clause 0.4.3 **Division C:** Recreational level volleyball. Team members have minimal experience. Teams may be learning to play and team focus is keeping the ball in the air and getting the ball over the net rather than getting 3 touches and bump/set/spike. Some teams may have a middle setter strategy when players become more experienced.

- Section 0.5 The Christian Sports League Co-ed Volleyball League will be self-ref.
- Section 0.6 The season shall consist of eleven (11) matches. Teams play four (4) sets/day. Sets are played with rally scoring to 25 with a cap at 27 points.

1.0 FINANCES

- Section 1.1 **LEAGUE FEE:** PayPal or Venmo payment will be accepted unless other arrangements have been made. A link will be sent out with the registration link. Team fees are due in order to hold a spot in the league registration.



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2.0 REGISTRATION

- Section 2.1 AGE: Any physically fit person, 14 years or older, 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 six (6) and the maximum is 15 players on a roster.
- Section 2.3 HOLD HARMLESS AGREEMENT: Each team member must provide a signature on the score sheet PRIOR to each match of the league. Each signature represents that team member's agreement to the sportsmanship contract and release of liability. Failure of any player to sign the score sheet prior to play will be cause for forfeiture of all sets 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 be on more than one team roster.
- 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 matches.
- 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 BB team on court two (2) if their B/C team on court one (1) is playing at the same time.
- Section 3.3 ROSTER ADDITIONS/SUBTRACTIONS:
- Clause 3.3.1* BEFORE the SECOND week's matches, a player(s) may be added or subtracted to the team roster if approved by the CSL Core Team. After this time, all rosters are frozen and new players may not be added or subtracted. After the SECOND week, teams with rosters falling to six (6) or less members through accident or injury or other extenuating circumstances may add up to two (2) additional players after receiving approval from the CSL Core Team.
- Section 3.4 NON-ROSTER PLAYERS: Sets played with non-roster player(s) will result in set forfeiture.
- Section 3.5 CAPTAINS MUST BE PRESENT AT MATCHES: The Captain and/or Assistant Captain must be present at every match. If neither Captain nor Assistant Captain can be at the match, please let the Core Team know who will be acting as Captain in case issues arise.



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4.0 GYM RULES & REGULATIONS

- Section 4.1 All rules of the South Bellevue Community Center and the Forest Ridge School 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 ends, the set will be counted toward league standings with the team in the lead winning the set.
- Section 5.3 THE TOSS: Prior to the beginning of the match, captains will conduct a random draw (i.e. rock/paper/scissors or ball spin). The winner will choose between: serve 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 six (6) players. The minimum number of women on the court is two (2). If due to *unavoidable* circumstances a team cannot begin play with this combination, they will be permitted to begin play with four (4) or five (5) players (see acceptable Men/Women ratios below). A match shall not begin or continue with less than four (4) players on one (1) team. Teams playing with four (4) players will adhere to sixes rules. (Note: the addition of each player during a set will constitute one allowed substitution.)



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Clause 5.4.1 BB, B, and C divisions Men/Women ratios:

MEN	WOMEN
4	2
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 set, a team may choose “STANDARD SUBSTITUTION” or “ROTATE SUBSTITUTION”.

Clause 5.6.1 If a team chooses STANDARD substitution, there is no limit to the number of team substitutions allowed.

Clarification :

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 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 (even when running a 5-1 or 6-2 formation) 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 set.

Section 5.8 LATE TEAMS: For teams without the minimum number of players at the time of their scheduled match, sets are forfeited after 10 minutes for the first set and for each additional five minutes another set is forfeited.

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

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).



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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 player 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 taken only when the ball is dead.

Clause 5.10.1 A team is allowed one (1) 30-second time out per set.

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 periods between sets.

6.0 PLAYING THE BALL

Section 6.1 SERVICE –

Clause 6.1.1 The server shall check that both teams are ready to play before serving.

Clause 6.1.2 A service executed when the opposing team is not set is cancelled and repeated.

Clause 6.1.3 The ball shall be hit with one (1) 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 (2) 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



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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 Due to some gyms with limited space behind the service line, a server's feet MAY touch the service line during serves. As long as part of their foot which is closest to the net, is touching the line or takes off from the line for a jump serve, it is considered a legal serve.

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.

Clause 6.2.5 The serve receiver may receive the ball with double contacts if the contact is made with one motion (i.e. a player cannot take two swings at the ball).

Clause 6.2.6 If TWO (2) or THREE (3) players of the same team contact the ball simultaneously it is considered TWO (2) OR THREE (3) hits

Clause 6.2.7 Any double contact after the serve receive made on one side of the court is permitted as long as the succeeding hit over the net is a clean touch. If a second or third ball hit with double contact travels over the net to the opposing side, it is a fault and the play is immediately declared dead.

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.

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



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(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 (2) 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 three (3) hits.

Clause 6.4.5 If simultaneous hits by two (2) 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.

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 –



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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.

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

Clause 6.8.2 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 Director(s) (before, during or after the match), shall be suspended from the court for the present and at 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.

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.



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9.0 PROTESTS

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

10.0 GUIDELINES FOR DEALING WITH BLOOD

- Section 10.1 If a player starts bleeding, the set shall be stopped immediately and the injured player will leave the floor for evaluation. If the player is able to return to the match, 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 PLAYOFF ELIGIBILITY

- Section 11.1 If your division has playoff matches, only players who signed in on HALF of the regular season matches are eligible to play in the playoffs. If there is an odd number of regular season matches, the minimum number of matches required for a player to be eligible will be rounded down.