

# Northshore Volleyball League

## SECTION 1: BASIC GAME PLAY RULES

- A) Maximum of three hits per side (unless first hit is a block at the net).
- B) Player may not hit the ball twice in succession (a block is not considered a hit).
- C) Ball may be played off the net during a volley and on a serve.
- D) A ball touching a boundary line is considered in.
- E) A legal hit is contact with the ball, by a player's body, above the waist, which does not visibly allow the ball to come to rest.
- F) If two or more players contact the ball simultaneously, it is considered one hit and the players involved may not participate in the next hit.
- G) Play until the whistle sounds.
- H) Serve vs. Court will be determined by a coin toss.
  - a. Home team calls it.
  - b. Team that wins coin toss decides if they want to choose Serve or Court.
  - c. Team that loses coin toss gets to decide the unchosen option.
- I) Team will rotate clockwise every time they win the serve, including first serve.

## SECTION 2: BASIC GAME PLAY VIOLATIONS

- A) While serving, stepping on or over the serve line (yellow line).
- B) "Carrying" the ball which includes slaps, pushes, and catches/grabs.
  - a. Slaps are identified by sound and are caused by breaking the wrist when in hitting stance.
  - b. Pushes are identified as when you hit the ball in a blocking stance and break your wrists.
  - c. Catches/grabs are identified as when your palm is facing the ceiling and the ball hits your palm.
- C) 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.
- D) Stepping, landing, and/or crossing over the line under the net, during game play, UNLESS it does not interfere with the play.
- E) Physical contact with an opposing player.
- F) Failure to serve in the correct order.
- G) Double hits (when a player hits the ball twice in a row).

## SECTION 3: SERVE

- A) Wait for whistle before you serve.
- B) A serve must be made behind the baseline.
- C) Ball may be served underhand or overhand.
- D) Ball must be clearly visible to opponents before serve.
- E) A served ball that makes contact with the net and goes over will be in play.
- F) Attacking/blocking the serve will not be allowed.
- G) A bad toss on a serve will result in loss of possession.

## SECTION 4: TIME OUTS

- A) Time out may not exceed one minute.
- B) Each team is allowed one time out per game.
- C) If games are running long the referee will determine if time outs are allowed.

## SECTION 5: INTERFERENCE

- A) Interference is defined as the ball hitting the ceiling, or divider hanging from the ceiling.
- B) If the ball hits the ceiling, divider hanging from the ceiling, lights, or fans on the first/second hit, and remains on the same side of the court, the team will still have the opportunity to recover and the ball will remain in play.
- C) If the ball hits an interference on the third hit, or when crossing over the net, the play is over and the team causing the interference will lose the play.
- D) If the ball hits a basketball hoop, walls/court divider, or the benches/stands, the play ends. *Note: The actual basketball net may not end game play - play everything until the whistle is blown.*

## SECTION 6: SCHEDULES

- A) Any known days of the week or specific dates that you may not be able to field a team must be submitted to the Director prior to the posted deadline.
- B) **Games may be scheduled on Mondays, Tuesdays, Thursdays and Fridays at 6:15pm or 7:30pm.**
- C) Schedules will change weekly, and no team is guaranteed a certain day/time.
- D) All schedules are subject to change at any time and the Collins Middle School Principal has final approval.

## SECTION 7: FORFEITS

- A) **Must have at least 2 players on both teams in order to play.**
- B) A team will have 15 minutes after the starting time to have 2 players.
- C) After 15 minutes, which shall be determined by the referee, that team will have to forfeit.
- D) If both teams do not have enough participants, both teams will be charged for a forfeit.
- E) Once the schedule has been issued and posted, **No Reschedules Will be Allowed.**  
*This is because snow days cause enough reschedules, and only 2 players have to be in attendance. Make sure to notify the Director (prior to the schedule release) of any known schedule conflicts.*

## SECTION 8: SCORING

- A) Rally scoring will be used - meaning every serve is worth 1 point.
- B) Game will be played to 25 pts.
- C) Must win by 2 points.
- D) There will be 3 Games per Match.
- E) Each Game will be independently scored.
  - a. 1 points for each win.
  - b. 0 point for each loss.
  - c. -1 points for each forfeit.
- F) Ranking will be based on POINT PERCENTAGES calculated by the following formula:  
**TOTAL EARNED POINTS = (Wins x 1 pt) + (Losses x 0 pts) + (Forfeits x [-1] pt)**  
**TOTAL POSSIBLE POINTS= Total Matches x 3 Games/Match x 2 Points per Game**  
**POINT PERCENTAGE = Total Earned Points / Total Possible Points**

## SECTION 9: PLAYOFFS

- A) Same rules as above apply.
- B) All playoff roster members must have played **at least 50%** of the regular season matches or will not be eligible to play in the playoffs.
  - a. The Director will only waive this rule if the player has a valid, medical reason for missing games.
  - b. Each waiver will be reviewed on a case-by-case basis.
- C) If a playoff game is cancelled due to weather it will be rescheduled for the next available date by the league Director.

- D) Only the top 4 teams of each division will make the playoffs.
- E) Finals will be scheduled using the following plan:

- a. Playoffs:

- A League

- Game 1: Team 1 vs. Team 4

- Game 2: Team 2 vs. Team 3

- B League

- Game 1: Team 1 vs. Team 4

- Game 2: Team 2 vs. Team 3

- b. Championship:

- A League: Winner of Game 1 vs. Winner of Game 2

- B League: Winner of Game 1 vs. Winner of Game 2

***\*\*\*League Director can make additional changes to the Rules and Regulations as needed.\*\*\****