



# Goombay Volleyball rules 2016

## Version 2

Welcome to Goombay volleyball. Let's start with a common understanding – This is a Recreational League. People are here to meet others, stay active and have lots of fun. Volleyball is an ancillary piece of our sports division; it's fun and sometimes competitive, but no one playing here is out to be a volleyball superstar!! It's not a kids' game, but it's also not the end-all-be-all of existence either. Having stated that, we do have to have some rules. Goombay will be using its own rules while abiding by the USA VB 2015 official rulebook too.

### 1. REGISTRATION PROCEDURES

- A. All players must be registered and paid in full to play in the league. Registration must be done prior to the 1<sup>st</sup> week of play.
- B. Players may only play for the team which they have registered. No player is allowed to play on more than one team.
- C. No player may play until they have signed the Goombay waiver form. This can also be done online.
- D. By registering players agree that they are 18 or older, have health insurance, and will not hold the league responsible in any way for any injuries that occur during game play.
- E. No refunds will be provided after the season starts.
- F. Any team caught using players not registered with the league will be disbanded, and will forfeit games played. Players may be moved to other teams as needed if this happens.
- G. All teams must have official final rosters in the league registration site prior to the first game.
- H. Six players make up a team. We recommend having at least eight players on the roster.
- I. A maximum of twelve (12) players will be allowed on each roster.
- J. Teams can register at the following sites:
  - a. <http://www.goombay.net/>



## 2. DEADLINE FOR ADDING PLAYERS

- A. No player may be added after the player 'add' date, which is before the start of the second week game.
- B. No pick up of players after the second week

## 3. LEAGUE REGULATIONS

### A. Games:

1. All games should start at exactly the time listed on the schedule.
2. Teams may use a 5-minute grace period in order to wait for remaining teammates. If teams use the 5 min grace period, they are charged with a time out. If, after the 5 min grace period the team does not have the minimum number of players to start the game the first game will be forfeited. The team will then be given additional time of 10 minutes for players to arrive. If, after the 10 additional minutes, the team still does not have enough players, the team forfeits and has lost the match.
3. Matches will be best of three games.
4. A game (except the deciding, third set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).
5. In the case of a 1-1 tie, the deciding set (the 3rd) is played to 15 points. No two point lead required.
6. Teams score a point after each rally. \*A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.
7. If the serving team wins a rally, it scores a point and continues to serve.
8. If the receiving team wins a rally, it scores a point and it must serve next.
9. Each match will end 45 minutes from the scheduled starting time.
10. Team players must wear the league provided shirts with numbers on them.

### B. Co-ed rule:

1. Teams should consist of 6 players, with a minimum of 1 male, and 3 women on the court. A team may not have more than 3 men on the court at one time, but can have any amount of women.
2. Teams playing short must have at least 4 players on the court with a minimum of 2 women or the team will forfeit. (1M, 3F: 2M, 2F).
3. Players arriving late may be inserted anywhere in the rotation, however the next server will remain the next server.



4. When playing with 4 players, the server will be considered the only back court player.
5. (Ghost server)- There will be no point loss of service charged to a team for missing player's.

C. Contact with the Ball:

1. Each team is allowed to have maximum of three touches before hitting the ball over the net.
2. If the ball is touched more than once a woman must touch the ball prior to it going over the net.
3. If the ball is hit by two or three men and then goes over the net, it will be the opponent's points for "two men infraction".
4. Same player cannot hit the ball twice in a row, unless the first touch was a block. A block doesn't count as part of the touch count. If someone hits twice in a row the other team scores a point and it serves next.
5. When two (three) teammates touch the ball simultaneously, it is counted as two (three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted.

D. Playing the Game:

- 1 The ball can be struck by any part of the body, (head, feet)
- 2 A player who touches the ball, or is touched by it, is considered to have played it.
- 3 When a ball rests momentarily between hands or arms of a player, it is considered to be held and will be called. The ball must be cleanly struck.
- 4 The blocking of a spiked ball does not constitute a hit. In other words, when a team attempts to block the ball, that team still has the right to three more contacts with the ball.
- 5 It is illegal to block or spike or attack a served ball. **Attacking the serve will be called\***
- 6 During blocking, the passing of the hands over the net and contacting the ball over the opponent's court is allowed provided the opponent contacts the ball first.
- 7 Teams may play with a minimum of 4 players or any of the following combinations of players only:
 

3 male – 2,3 women	1 male – 3,4,5 women
2 male – 3 or 4 women	2 male – 2 women
- 8 A back-row player may come to the front row to help block, but he/she may not attack the ball while in front of 10-foot line.
- 9 Net serve is allowed (meaning if the ball touches the net on the serve and goes over the net, it is legal and in play).



- 10 Players can not extend their whole foot under the net-line of the opponent's side of the court.
- 11 Back row players can only attack (spike) the ball from behind the 10 foot line.
- 12 Play at net:- No play may be made on a ball that hasn't broken the plane of the net, except blocking.
- 13 Serves:- the ball must be clearly dropped or thrown before being hit; service hits must be clean hits, not pushed or thrown.
- 14 If a server throws the ball in the air they must hit it. If the ball is not hit once it has left the servers hand, it will be a side out and a point for the other team.

E. Net rule:

If you touch the top tape (white part) your team loses the point. (spiked or block). Any other contact with the net does not cease the rally or cause the point to be lost. If the net is moving keep playing. Subject to refs calls.

F. Forfeits.

Teams may use a 5-minute grace period in order to wait for remaining teammates. If teams use the 5 min grace period, they are charged with a time out. If, after the 5 min grace period the team does not have the minimum number of players to start the game the first game will be forfeited. The team will then be given additional time of 10 minutes for players to arrive. If, after the 10 additional minutes, the team still does not have enough players, the team forfeits and has lost the match.

G. All teams are encouraged to show up 10 minutes.

H. Team Standings:-

- a) League standings are based on individual match games won and lost overall.
  - b) Standing ties breakers will be "head to head" and "point differential".
- I. A coin toss at the beginning of the game determines the home team and the winner of the coin toss can choose 'serve' or 'receive' for Game 1.

Time out.

Each team is allotted one 30-second timeout per game.

J. Please do not play in jewelry, i.e. watches, bracelets, dangling earrings, necklaces, rings, etc. These are not allowed to be worn on the court and should be left at home whenever possible.

Substitution/ Rotation:

Teams must maintain player rotation on the court. A team may rotate in players in an orderly manner, and only when the ball is dead.



- N. Substitutions must be for same sex only, and we follow ‘marriage’ sub. If a sub can only return with the same player they subbed out with. Substitutions can be unlimited.

#### **4. PLAYOFF TOURNAMENT**

- A. Teams will be seeded by league standings.
- B. Ties will be broken by head to head competition, point differential (total points scored minus total points allowed between or among teams).
- C. Two out of three constitutes win. \*Two games using 25 point rally scoring, deciding game using 15 point rally scoring.

#### **5. CODE OF CONDUCT**

Any unsportsmanlike conduct will not be tolerated. As a reminder:

- A. No physical attacks or verbal threats before, during or after games will be tolerated.
- B. Any player or spectator deemed by the League to not have control of his/her faculties to the extent that there is a chance of physical injury to him/her or others will be asked to leave.
- C. Arguing with an official (referee or staff) in an unsportsmanlike manner is prohibited. A player will be warned for the first offense and a point will be awarded to the opposing team. On the second offense the player will be ejected from the game and must leave and an additional point awarded to the opposing team.
- D. No taunting will be allowed. Taunting includes any actions or comments by players which are intended to bait, anger, embarrass, ridicule or demean others. A player will be warned for the first offense and a point will be awarded to the opposing team. On the second offense the player will be ejected from the game and must leave and an additional point awarded to the opposing team.

#### **5. SCHEDULE AND STANDINGS**

- A. All schedules and standing will be posted on the league site.

#### **Weather Cancellations**

Any cancellations or other changes in the schedule or practices will be posted on the “Volleyball House” Group me, and on Goombay sports Facebook page, and/or sent to captains by email.

