

The 2004 PSO Fall Indoor Volleyball League will be following USVBA rules, with the following exceptions:

### All Leagues:

#### 1. Prayer & Devotions

- ⊖ The home team will open the match with a brief prayer
- ⊖ Team captains are responsible for leading their team in a devotion each Sunday, either before or after the game.
- ⊖ *These are not optional – they are the reason we have this league. Teams not participating in prayer and devotions will be asked to leave the league*

#### 2. Match Format

- ⊖ All 3 games will be played in every match
- ⊖ Each game is worth 1 point to the winning team
  - ⊖ There are no bonus points for winning all 3 matches
  - ⊖ Every game counts towards standings
- ⊖ League standings are based on total points throughout the season
- ⊖ Ties will be decided in a head-to-head comparison using the following criteria
  - ⊖ Higher placement will be awarded to the winner of the game in which the 2 tied teams played each other
  - ⊖ If there is still a tie, higher placement will be awarded to the team that gave up the fewest total points in all games in which the 2 tied teams played each other

#### 3. Officials

- ⊖ There will be a paid official to call each game. The official's calls are not negotiable. Please show respect and courtesy to the officials.

#### 4. Scorekeepers

- ⊖ Each team will provide one person to keep score for that game. Scorekeepers must be 12 or older. If you do not have a friend or fan to keep score, one of your players will be required to do so. (This could cause a problem if you only have 4 people show up!)

#### 5. Number of Players

- ⊖ A minimum of 4 players is required on the court at game time in order to play the game.
- ⊖ Guy/girl ratios
  - ⊖ 6 players on the court: at least 3 must be female.
  - ⊖ 5 players on the court: at least 2 must be female.
  - ⊖ 4 players on the court: at least 2 must be female.
  - ⊖ 3 or less players: game is forfeited

#### 6. Recruiting Players

- ⊖ Teams have until the 2<sup>nd</sup> week of games to finalize their rosters
- ⊖ **The final roster must be turned in before the 2<sup>nd</sup> game is played.**
- ⊖ There is no limit to the number of players on a team's roster

- ⊖ After the 2<sup>nd</sup> game no new players can be added

## 7. Uniforms

- ⊖ For the 2<sup>nd</sup> game and each game thereafter, teams must have a t-shirt or jersey that is identical for every player. No exceptions.
  - ⊖ Note: 8 gray shirts with 8 different logos will not work
- ⊖ T-shirts/jerseys must conform to the PSO dress code
  - ⊖ Shoulders must be covered
  - ⊖ Torso must be covered
  - ⊖ Logos, team names, and other writing or images must be appropriate for a church setting
- ⊖ Shorts must be of a modest length
- ⊖ Pants are fine

## 8. Finding Substitutes

- ⊖ If you know your team is going to be short players, you may recruit 1 substitute from another team in your league under the following circumstances
  - ⊖ You must still meet the required guy/girl ratio
  - ⊖ You have **only** 1 other player to rotate in (a maximum of 7 players at the game). If another teammate shows up and you now have 8 players, the substitute must sit out.
  - ⊖ The substitute must be on the roster handed in before the game
  - ⊖ The substitute must wear the official jersey/t-shirt for his/her team
  - ⊖ The substitute cannot be a member of the opposing team

## 9. Pre-Match Instructions

- ⊖ Team captains must turn in a roster to the game day commissioner ***before*** the scheduled game time
- ⊖ The referee will conduct a coin toss with both team captains before the 1<sup>st</sup> and 3<sup>rd</sup> games. Home team will call the 1<sup>st</sup> toss; winner chooses side or serve for the first game. For the second game the teams change courts and serve. The visiting team calls the toss for the 3<sup>rd</sup> game; winner chooses side or serve.

## 10. Game Time

- ⊖ Each team has 1 hour on the courts, beginning on the hour (:00)
- ⊖ To keep the games on schedule, games will convert to rally scoring in the following situations:
  - ⊖ After 40 minutes of play (:40, or 20 minutes remaining) if the teams are still playing the 2<sup>nd</sup> game
  - ⊖ After 45 minutes of play (:45, or 15 minutes remaining) if the teams are starting or are playing the 3<sup>rd</sup> game

## 11. Forfeits

- ⊕ A team will forfeit the game in the following situations
  - ⊕ Not enough ladies are present to field a team *at 10 minutes past the starting time*
  - ⊕ Not enough players are present to field a team *at 10 minutes past the starting time*
  - ⊕ Players are not wearing the official team jersey/t-shirt
  - ⊕ Failure to turn in a roster to the game day commissioner before game time
  - ⊕ Failure to provide a scorekeeper for your team
- ⊕ The score for all forfeited games is 15-0, except in the case of a double forfeit, when the score will be 0-0 and neither team is awarded a point for the game.

## 12. Rules of Play

- ⊕ Any serve that hits the net is considered a side-out
- ⊕ For other rules of play, check the 2001-2002 Official United States Volleyball Rules at <http://www.usavolleyball.org/officiat/indoor.htm> . The PDF file is available for viewing or printing.

## **Non-Spiking League**

### **1. Spiking**

- ⊕ absolutely no spiking allowed
- ⊕ A spike consists of the ball being thrown or hit in a downward motion
- ⊕ “Tipping” a ball over the net, using the fingertips is okay

### **2. Rotation**

- ⊕ We will be using free rotation into the center back spot

### **3. “Girl Must Hit” Rule**

- ⊕ Any combination of team members can hit the ball over the net. There does not have to be girl involved in the play each time. The purpose of this is to free up the teams to try more passing and setting. However, if this leads to the exclusion of the female players PSO reserves the right to reinstate this rule at any time during the season.

## **Recreational League**

### **1. Spiking**

- ⊕ Spiking is allowed if you are able
- ⊕ A spike consists of the ball being thrown or hit in a downward motion
- ⊕ “Tipping” a ball over the net, using the fingertips is okay

### **2. Rotation**

- ⊕ We will be using free rotation into the center back spot

### **3. Coed Play (“Girl Must Hit” Rule)**

- ⊕ Any combination of team members can hit the ball over the net. There does not have to be girl involved in the play each time. The purpose of this is to free up the teams to try more passing and setting. However, if this leads to the exclusion of the female players PSO reserves the right to reinstate this rule at any time during the season.

## **Semi-Competitive League**

### **1. Rotation or Substitution**

- ⊕ You may use either rotation or substitution for a game, but you may not switch between the two during the same game

### **2. Coed Play (“Girl Must Hit” Rule)**

- ⊕ If more than one hit is used to send the ball over the net, a female player must be involved in at least one of those hits. That hit does not have to be in any particular order; it just needs to take place before the ball crosses the net.