

SPRINGDALE COMMUNITY CENTER

2010 WOMEN'S VOLLEYBALL LEAGUE RULES

1. Player Eligibility:
 - a. All resident players must have a current Community Center membership to participate in the 2010 season.
 - b. All players must be at least 16 years of age to participate.
 - c. If after league play has begun, a player listed on the official roster moves from Springdale, they may complete the season.
 - d. Ineligible players will result in forfeiture of games played.
2. League fee must be paid by the first game. Checks are to be made payable to City of Springdale.
3. Each team may start with a maximum of 6 players on the court, but may not play with less than 4 players for a legal game. If you start with less than 6 players, additional players may be added upon their arrival. Notify referee when player is ready to enter game.
4. Starting time of the first match will be per the printed schedule. The first game of this match must start within 5 minutes of the scheduled time or it is considered a forfeit. A second game shall be forfeited after a second five minutes. The match shall be forfeited after a third five-minute grace period. The officials watch is the official time.
5. Substitutions:
 - a. There will be unlimited substitutions.
 - b. Players may substitute into the game as many times as you wish, but you must only substitute for the same player each time.
6. Player rotation must be a consistent pattern and cannot change after the game has begun.
7. Unruly conduct will be subject to suspension from league.
8. Proper gym shoes must be worn on the playing court.
9. Matches will be played on Wednesday nights and consist of 4 games. Rally scoring will be used in all of the games. Each game will be played to at least 25 (must win by two). League champion will be determined by total wins throughout the season.
10. Winner of the coin toss will choose serve or side. For subsequent games the serve will alternate.
11. Rosters must be completed and returned to Springdale Community Center by the first match of the league. Rosters are limited to 12 players. A team may not accumulate more than 12 players on his/her roster over the course of the season. This includes players that are on the official roster and are scratched for any reason during the season. No player may change to another roster after league play has begun.

12. Each team will be permitted 2 one-minute time outs per game. This does not include time outs called due to injuries by the referee. An improper request for a third time out will be denied by the referee and play shall continue without delay.
13. No protests. Disputes must be settled on the court at the time of occurrence.
14. Ball Return: To avoid accidents and game delays, ball should be returned to opposing server by rolling it under the net.
15. Ceiling Play: The ball may be played off the ceiling or any obstacles hanging from the ceiling directly above your side of the court providing it was hit by one of your players first. The referee shall blow the whistle anytime the ball contacts any part of a backboard or its supports hanging in a vertical position over a playable area. The referee will then decide whether the ball may have been playable or not. If the referee determines the ball was playable, a replay shall occur, otherwise the play will be ruled as a point/loss of rally to the opponent.
16. All players must be within the boundaries of the court when the ball is served. (excluding server).
17. The court boundary lines are considered "in".
18. Players may never come into contact with the net. Exception: If a ball is hit into the net and causes the net to stretch and make contact with a player, it is not a violation. Contact with the net by loose hair is insignificant net contact and not considered a fault.
19. Spiking the ball with two hands is illegal.
20. Balls crossing over the net must cross the net within the court boundaries.
21. Front line players may reach over the net to block a ball that is being spiked across the net or block a ball that is being returned across the net.
22. The ball is considered to have crossed the net when only part of the ball crosses the net and is then contacted by an opponent.
23. A player shall not make successive contacts of the ball except when playing a hard driven spiked ball if they constitute one attempt to play the ball.
24. Simultaneous contacts of the ball by more than one player of the same team is legal and only counts as one hit. Either player may contact the ball again.
25. A player shall not play the ball twice in succession. The three plays that are exempt from this rule are: 1) Simultaneous contact by teammates, 2) Successive contacts by blockers, 3) Simultaneous contact by opponents. The players participating in any such plays may participate in the next play
26. The ball may be hit by any part of the body. (Provided it is a clean hit)

27. A playover will occur when an official makes a mistake, foreign object enters the court, injured player, and double fouls.
28. A ball may be played from the net.
29. Serving: Any style overhand, underhand or sidearm, from any where behind the back line is permitted. The server may not step on or over the service line during the serve. The ball must clear the net completely or serve is lost. No player except for the server may be outside of the court lines at the time of the serve. The server is permitted 1 toss of the ball to execute the serve. Allowing the ball to fall to the floor after tossing, whether it was touched by the server or not, will result in an illegal service and loss of the rally. Time allowed for service contact is 8 seconds.
30. The ball must be clearly hit. When, in the opinion of the referee, the ball visibly comes to rest at contact, the player shall have committed a foul.
31. Players may not step or fall into the opponent's court at any time. A player's hand or foot may touch step on the center court line, but the entire hand or foot may not cross the center line into the opponent's court.
32. Served ball must be bumped on first hit by receiving team. (No blocking, spiking, or use of overhead set or pass on served ball.)
33. Blocking-A "JOUST" which is a ball held between opponents over the net. This is no longer considered a double fault (caught ball). Play will continue and the side on which the ball falls after the contact over the net will have three additional hits. As with any other simultaneously contacted by both sides over the net and if it goes out after the contact, it will be considered the fault of the team on the opposite side. During a JOUST if a net fault occurs that infraction will be called. If there is a simultaneous net fault the a replay will be called.
34. Players may play the ball outside of the court boundary lines. Players may play a ball over a non-playable area if they have a body part in contact with the playing area (floor) at the time the ball is contacted. They may enter the non-playing area after playing the ball. Non-playing areas are defined as the walls, bleachers or other spectator seating areas; team benches and any area behind the team benches.

The official has final ruling on all playing rules listed here and those that are not addressed. The Springdale Parks and Recreation Dept. reserves the right to make any necessary adjustments to the league as needed during the course of the league.