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# ANCHORAGE SPORTS ASSOCIATION VOLLEYBALL LEAGUE

## GENERAL RULES AND REGULATIONS

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# ANCHORAGE SPORTS VOLLEYBALL LEAGUE



## WELCOME!

Thank you for choosing to play with Anchorage Sports volleyball this season. Below you will find an outline of league regulations, special rules for Coed and Reverse Coed, the Tournament Entry Policy, special rules for 4v4 grass league, and facility rules. By choosing to play with Anchorage Sports, you acknowledge the regulations and guidelines below and agree to abide by them. If you have further questions after reading this, please contact our staff, Stacie Meisner (907-562-1590, [stacie@anchoragesports.com](mailto:stacie@anchoragesports.com)) or Daniel Vernon (907-562-1527, [daniel@anchoragesports.com](mailto:daniel@anchoragesports.com)). Thanks again and have a great season!

## ANCHORAGE SPORTS VOLLEYBALL COUNCIL

The Volleyball Council oversees adult volleyball leagues and special events. The council makes decisions regarding fees, tournament formats and prizes, league rules, and other issues pertaining to the volleyball programs. Meetings are typically held on the third Thursday of the month in August, October, December, February, and April. General elections take place in April/May. Association members from each league elect representatives to the council, and the council members vote on officer seats. If no members are elected, the council nominates individuals they feel would contribute to the Volleyball Council, and invites those nominated to join the Council.

The Council President serves on the Executive Board along with other members elected by the Volleyball Council for a term of 1 year. The number of members elected to the Executive Board is determined by the number of teams/players in volleyball, as outlined in the Anchorage Sports Association Constitution.

### Current Volleyball Council

Jaige Gerig, President                      Carlie Azelton, Vice President  
Colin Coker, Player Rep – Reverse C  
Chris Clark, Player Rep – Women's C  
Kristen Lewis, Player Rep – Coed C  
Taylor DiBiasio, Player Rep – Reverse B, Youth Programs  
Megan Carle, Player Rep – Reverse C  
*Vacant*, Player Rep – Men's  
*Vacant*, Player Rep – Coed D  
*Vacant*, Player Rep – Women's A  
*Vacant*, Player Rep – Women's B

## INDOOR (COURT) VOLLEYBALL LEAGUE REGULATIONS:

- A match shall consist of the best two of three games with a 55-minute time limit (two games must be completed in order to constitute a match). Teams do not have to win by 2 if the time limit is reached. (eg. If time is reached and the score is 11-10, the game is over.) Teams may not call a time out within 2 minutes of the time limit.
- Please be ready to submit line ups to officials 5 minutes before your game start time. Game time is forfeit time. Teams will forfeit the first game if they do not have a minimum of 4 players present. If the opposing team agrees, there will be a 5-minute grace period before the first game is forfeited. The 5 minutes will be subtracted from the time limit. After the 5-minute grace period, the team has 10 additional minutes before the 2nd game and the match are considered a forfeit. The 10 minutes will also be subtracted from the 55-minute time limit.
- Jerseys: During league play, all players must wear a numbered jersey. While the preference is that numbers be on front and back, a jersey with a number on the back only is acceptable. Duplicate numbers are not allowed. During tournament play, all teams must have similar jerseys with a minimum 8" number on the back. Numbers on the front are optional but highly recommended (6" minimum). Duplicate numbers are not allowed. Liberos must be easily distinguishable from other players with a different colored jersey. The jersey rule will be strictly enforced during tournament play.
- All teams will compete with six players. A team may compete with a minimum of 4 players. A "ghost" will be assigned in the serve rotation for any missing player, and during that service rotation the team will forfeit the serve, but **no point will be awarded to the opposing team (Update for 2019)**.
- All matches will be played according to division schedule. Schedules are available online at [www.anchoragesports.com](http://www.anchoragesports.com).
- Teams are responsible for supplying their own linespersons.
- All games will be played by USAV rules and regulations, unless otherwise stated in the Anchorage Sports Association Volleyball Council Bylaws and other related documents.
- Teams are responsible for bringing a regulation ball for play. **Teams new to the league may pick up a ball from the office, courtesy of the Anchorage Sports Volleyball Council. Welcome to our league! (Update for 2019)**

## SPECIAL RULES FOR COED AND REVERSE COED

Coed leagues play by regular rules outlined by USAV and the Volleyball Council except for the following:

### COED

- All teams will compete with six players: three women and three men. A team may compete with a minimum of 4 players if at least 1 player is a female. A “ghost” will be assigned in the serve rotation for any missing player, and during that service rotation the team will forfeit the serve, but **no point will be awarded to the opposing team (Update for 2019)**.
- The serving rotation must alternate male/female.
- When a team plays the ball with two or more contacts, at least one contact must be made by a female. Blocks do not count as a contact.
- When one male player is in the front row, one additional male player from the back row may come to the front row to block. This includes directional blocking, but at no time may this player attack the ball with one hand in a hitting/attacking motion.
- The net height will be 7’11 5/8”.

### REVERSE COED

- All teams will compete with six players: four women and two men. A team may compete with a minimum of 4 players if at least 1 player is male. A “ghost” will be assigned in the serve rotation for any missing player, and during that service rotation the team will forfeit the serve, but **no point will be awarded to the opposing team (Update for 2019)**.
- Male players may not jump serve, block, or attack the ball. All contacts played across the net by males must have an upward trajectory.
- Male players must be positioned opposite each other on the court and in the service rotation.
- When a team plays the ball with two or more contacts, at least one contact must be made by a male.
- The net height will be 7’4 1/8”.

## TOURNAMENT ENTRY POLICY

Each season, we offer three tournaments in all divisions of play: Early Bird, Midseason, and Playoffs.

The Early Bird and the Midseason tournament formats will be pool play followed by a single-elimination bracket. Teams are seeded by a blind draw. The Playoff tournament is a double-elimination bracket and is seeded according to final league standings.

The deadline for entry is about two weeks prior to the tournament. Visit our website for specific dates. **Tournament fees must be paid before tournament play.** Any team that has not paid will forfeit all games in the tournament. In the event of non-payment by the deadline, the team will also forfeit all regular match games until the fee is paid. (No pay, no play.) Please understand that we book court time weeks in advance, and we still have to pay for those courts even if a team doesn't play/pay.

Awards will be given to all first place teams. If you would like a trophy for your sponsor, please let the tournament director know and we will order a custom trophy with your team name.

## REGISTRATION AND TOURNAMENT FEE

Registration deadlines are absolute and no exceptions will be granted. Once the registration date has passed, teams who drop out of the tournament must still submit the tournament fee unless a different team takes their place (court time has already been booked at this point). Tournament fees are due the Friday *before* the tournament. Any tournament fees paid after this point are subject to a late fee.

## JOINT TEAMS

Teams that need more than 2 pickup players for tournaments may join forces with another team in their respective league for the Early Bird and Midseason Tournaments. Teams must indicate this when registering for the tournament. Players must wear jersey from their rostered team for identification purposes.

## TOURNAMENT PICKUP PLAYERS

Pickup players are allowed under the following conditions:

1. Teams are permitted to add two (2) players for tournament play.
2. Anyone who participates as a pickup player must first be a member of Anchorage Sports Association, unless they live in another city in Alaska and are USAV members.
3. Pickup players must be from the team's same division (i.e. Men's, Women's, Coed, and Reverse Coed) and the same or lower classification (i.e. A, B, C, D).
4. Pickup players may be selected only from teams which are not entered in the same tournament.
5. Players can play as a pickup player in a different tournament on the same day, as long as there is no conflict with

classification and their rostered team.

6. Pickup players must wear uniform of their league rostered team for identification purposes.
7. Pickup players must be listed as such on the tournament roster prior to 4:30 PM the Friday before the tournament.
8. Teams having less than 6 players of the appropriate gender due to an unexpected emergency, such as an injury (ejection does not count), have the following options, at the cooperative discretion of the Tournament Director and Anchorage Sports staff, in this order:
  - a. Teams can pick up a player from teams in the same division of play and same or lower classification that are not involved in a tournament on the same day.
  - b. Teams can pick up a player from a team in the same division of play but in a lower classification that has been eliminated from a tournament playing on the same day.
  - c. Teams can pick up a player from a team in the same division of play and same classification that has been eliminated from the same tournament.
  - d. Any team from outside of the Anchorage area may pickup two (2) players from Anchorage, provided they are currently rostered on an Anchorage Sports Association team in the same or lower classification (i.e. B,C,D), or are current USAV members that played in the same or lower classification.
9. All out of town teams must be USAV members.

Exemption to the above rules will apply to Arctic Winter Game volleyball teams that are selected during the Arctic Winter Games year, special interest teams, and teams traveling out of state for tournament play. Players living in and/or outside the Anchorage area will be allowed to play together as a team in a sanctioned Anchorage Sports Association tournament in the upper or appropriate (if known) class.

## FREQUENTLY ASKED QUESTIONS

The following is a list of frequently asked questions and their answers:

**Q:** Are we required to wear matching jerseys?

**A:** During league play, players are REQUIRED to wear a shirt/jersey with a number on back (front and back is *preferred* but not required). During tournaments, teams must have similar/matching jersey with numbers on the front (min. 6") and the back (min. 8"). There is no waiver or jersey deadline—only the rules as stated here. The exception is our turf league (no numbers required) and special event tournaments.

**Q:** May a player touch the net at any time during a play?

**A:** No. Per USAV rules, no player is allowed to touch any part of the net during play.

**Q:** May a player step across the middle line at any time during a play?

**A:** Per USAV rules, players who cross the center line may not interfere with play. If no interference is made, there is no violation. If the player interferes with play, a violation has occurred. Interference with play is a judgment call made by the official.

**Q:** May players bring children onto the court and leave them unattended during play?

**A:** Children (and all other spectators) are not allowed in the playing area. The playing area is defined as within the outside lines of the basketball court.

**Q:** May players (and/or their children) play on the courts (basketball, volleyball, football, etc.) when either a time-out has been called, in-between sets, in-between matches?

**A:** Only players who are registered and paid with the Anchorage Sports Association are allowed on the courts during designated league and tournament time.

**Q:** When does the official 55 minute time limit start?

**A:** The game time begins when play begins. For instance, if a game is scheduled for 7:30 but does not begin until 7:35, the 55 minute game time begins at 7:35. This only applies to games where all players are present to begin, and does not apply to the "grace period" offered to teams who do not have enough players to begin a match. (See below.)

**Q:** Is there a grace period for players who arrive late for their scheduled games?

**A:** Game time is forfeit time. Teams will forfeit the first game if they do not have a minimum of 4 players present. If the opposing team agrees, there will be a 5 minute grace period before the first game is forfeited. The 5 minutes will be subtracted from the time limit. After the 5 minute grace period, the team has 10 additional minutes before the 2nd game and the match are considered a forfeit. The 10 minutes will also be subtracted from the 55 minute time limit.

## **O'MALLEY SPORTS CENTER FACILITY RULES:**

- NO food or drinks are allowed in the court areas, with the exception of water bottles.
- NO street shoes are allowed on the courts and court areas. DO NOT walk on the courts with shoes from outside. Hand-carry in the court shoes you will be wearing during your matches and change in the bleachers before stepping on the courts.
- NO one is allowed in the playing areas except for players, coaches, directors, officers and officials. Spectators and children must be behind the fence in the bleacher area.
- **Be respectful of the O'Malley Gardens staff. If they ask you to change your shoes or move food and drink off the courts, you must comply or games will be stopped until the issue is resolved.**
- **Failure to comply with any of the above rules may result in a forfeit of the game and/or match.**



## OUTDOOR (TURF/GRASS) COED VOLLEYBALL LEAGUE RULES AND GUIDELINES

- Time at the Dome is limited. Be early for games and start games at the correct time.
- Jerseys: No jerseys are required for this league.
- All matches will be played according to division schedule. Schedules are available online at [www.anchoragesports.com](http://www.anchoragesports.com).
- Balls will be provided for game play on each court. Another ball may be used if both team managers agree on the ball selected.
- Teams are responsible for keeping track of their own score and reporting it to the scorekeeper. The player serving should say the score out loud for both teams to hear before the ball is served.
- Players: At least one female must be on the court at all times. On plays with 2 or more touches, a female must touch the ball at least once.
- Ball handling: There will be no calls made in regard to ball handling (ie. Double hits, lifts, setting on the serve). Without an official on each court, this is a difficult rule to enforce, and the league may have many inexperienced players. The only rule in regard to ball handling that will be enforced is open hand tipping, which is not allowed.
- Games will be played according to USAV Outdoor rules, excluding ball handling rules (above). Major differences from indoor rules include:
  - No open hand tipping. Players must strike the ball with an open hand or a fist when taking the ball over the net over-handed.
  - If a player chooses to set the ball over the net, they must be squared up to the direction the ball is traveling (either forward or backward).
  - Players must rotate the serve (eg. Player 1 cannot serve again until players 2, 3, and 4 have all served). There are no rotational rules on the court (eg. The same player can set the entire game and never play back row), and there is no rule distinguishing a front row player from a back row player. All players may attack on the net at any time.
  - A touch on the block does not count as one of the three contacts teams may use to send the ball back over the net.
  - Substitutions: A player may enter the game for another player at any time. Those two players may only sub in and out of the game for each other for the remainder of the game. The number of substitutions is unlimited.
- **There are no officials for these games.** All teams should demonstrate good sportsmanship at all times. If there is a questionable call, the rally should be replayed and no points awarded. Team managers are ultimately responsible for the conduct of the players on their teams.



Welcome Volleyball Teams! To assist with your use of The Dome we wanted to make sure that you kept in mind these general guidelines to make your stay at The Dome pleasurable and something that we can continue to offer into the future.

- Each Team coach must sign-in at the Front Desk. Make sure to include your email and/or phone number so that we are able to contact you if a lost item may be found (please note that only the teams coaches should sign-in and players are not required).
- Water **only** is allowed on the Turf. If other drinks or food will be consumed, please do so in the Trackside Cafe seating area at the picnic tables.
- The Dome does not allow outside food or drink in the facility. We do have available the Trackside Café and several vending machines if food or drinks are needed. Plastic re-useable Water bottles are welcome and encouraged and not considered outside drink to the facility.
- Please remember that the facility is air supported so anything that is done to release air from the building is not recommended. So please do not use any exits except for the front turn-style doors unless there is an emergency.
- In the case of emergency all participants are asked to exit to the closest emergency exit and proceed to the parking lot located to the west side of The Dome (adjacent to the trash dumpster). Dome staff will be available to provide updates once in this area
- At no point should any person enter the turf or other areas of The Dome with Gum. Gum damages several of the surfaces and is not respectful to the others that use the facility on a regular basis.
- Please bring non-street shoes to change into prior to a game or run on the track.
- To access the field, we have an established traffic pattern that includes entry from the right staircase up to the sky bridge and down to the Field. Emergency gates should not be used to access the field. Anyone caught accessing the field through emergency gates will be charged a fine. The first offense fine is \$50.
- Anyone under the age of 12 must be accompanied by a Parent or Guardian. No child care is provided by the staff of The Dome.
- You must be at least 14 years of age to use the onsite weight equipment.
- Please note that as a player of another program any injury caused by play must go through your respective program.

- If injury does occur while at The Dome please make sure that an incident report is filled out by our Front Desk Staff. This report could help when asked questions about the incident in the future when memories could be a little confused of specific details. We encourage as much detail as possible along with any eye witnesses when available.
- We encourage all players and coaches to embrace the core values that we believe make a well-rounded athlete – Courage, Integrity, Respect, Discipline, and Generosity.