

Richmond Volleyball Club



Rules Of Play

(minor revisions November 2022)

The purpose of this rulebook is to familiarize RVC members and referees with the rules of play. Play at RVC is governed largely by the rules of USA Volleyball (USAV). The information is meant to serve as a supplement to, not a substitute for, the USAV Rulebook which goes into much more detail.

If you would like further explanation of a particular rule or situation or would like to obtain more information about the rules of play, please contact the RVC office at (804) 358-3000 or by e-mail at leagues@rvc.net.

The information contained herein is subject to change at any time. In all cases, the management of the Richmond Volleyball Club reserves the right to make decisions for the betterment of the Club, its leagues, or its members.

TABLE OF CONTENTS

Table of Contents

POINTS OF EMPHASIS	- 4 -
TEAM REPRESENTATIVE ACTION ITEMS.....	- 5 -
THE GAME	- 6 -
PARTICIPANTS/TEAM ROSTERS.....	- 6 -
ADD/DELETE FORMS.....	- 6 -
CONDUCT OF PLAYERS AND RELATED PENALTIES.....	- 7 -
CONDUCT OF PLAYERS AND SPECTATORS	- 7 -
WARNINGS AND PENALTIES FOR UNSPORTSMANLIKE CONDUCT.....	- 7 -
MISCONDUCT BETWEEN GAMES	- 8 -
TEAM SANCTIONS	- 8 -
MATCH RULES.....	- 8 -
THE MATCH.....	- 8 -
TEAMS AND COURT CAPTAINS.....	- 9 -
PLAYING AREA AND GROUND RULES	- 9 -
COURT PROTOCOL	- 10 -
SUBSTITUTIONS	- 11 -
TIME OUTS.....	- 13 -
DELAYS AND INTERRUPTIONS	- 13 -
FORFEITS	- 14 -
RULES OF PLAY	- 15 -
POSITION OF THE PLAYERS	- 15 -
SERVICE	- 15 -
CONTACTING THE BALL DURING PLAY.....	- 17 -
PLAY AT THE NET	- 18 -
FAULTS	- 20 -

COED PLAY..... - 21 -

REVERSE COED QUADS RULES..... - 22 -

TOURNAMENT RULES..... - 23 -

MASTERS RULES.....- 24 -

DUTIES AND RESPONSIBILTIES OF THE REFEREE - 25 -

ALCOHOL..... - 25 -

PRE-MATCH..... - 25 -

DURING PLAY - 25 -

AFTER THE MATCH - 26 -

FIRST AID AND SAFETY - 27 -

CONTACT LIST.....- 26 -

Points of Emphasis

The points listed have been added to the rules or edited in recent years. Please refer to the body of this rulebook or the USAV rulebook for more detailed explanations. This section serves only to highlight recent changes and answer the most frequently asked questions.

- When calling in a forfeit, if it is before 5PM Monday- Friday you can call the RVC offices at 804-358-3000 or email leagues@rvc.net. If it is after 5PM or a Sunday, please call and follow the prompts to the courts front desk where you can leave a voicemail or a RVC staff member will answer.
- If a team does not have at least 5 players at the starting buzzer, they may not start and they may not call a time-out. The team forfeits any unstarted/unfinished games. After 5 minutes, the team forfeits the first game **and** any unfinished games. If enough players do not arrive, the entire match is forfeited after an additional 10 minutes.
- To be conscious of our members health and safety, switching sides and shaking hands in between sets is not required and shall be discussed at the captains meeting. *(Added November 2022)*
- If teams are playing with illegal players (players not listed on their roster), the team will forfeit any matches involving such players. If a team falsley identifies a player on their lineup as someone they are not (by writing them in their lineup as someone who is on their official roster), the team captain of the night (or official team captain if none is marked) will be suspended from league play for 30 days. *(Added November 2022)*
- Any physical altercation or attempt at, involving players or guests will not be tolerated. RVC has a zero-tolerance policy for any such altercations and any parties involved will be immediately asked to leave and suspended from all RVC events for a period *(added November 2022)*
- Court Captains - Each team is to designate a court captain by circling his/her name on the line-up sheet. Only the captain is permitted to address the referee. If that person should leave the court, another player is to be designated as captain.

Team Representative Action Items

Please be familiar with these steps as failing to follow them may result in forfeited matches for your team

Definition – “week 1”, “week 2”, and “week 3” refers to the first, second, or third night of play for your team. If you play on Wednesdays, penalties, forfeits, etc. will occur as outlined below on Wednesday.

WEEK 1:

All teams must file a valid team roster online. Rosters **must** be submitted no later than the first night the team plays. Existing teams may make changes to the roster from the previous season. New teams should create a new roster online and should direct any questions to the member services team at leagues@rvc.net.

Penalty: Failure to submit rosters before or on (by midnight) the first night of play may result in forfeiting all matches until the rosters have been submitted online.

Team Representatives must assign fees to players **before** WEEK 2 if they want them to pay online. If the fees are not assigned to and accepted by team members (player must sign into the website and accept the fee), they will revert to the team representative at the end of WEEK 2. This means the fee will be added to the rep’s account and the rep is now responsible for the fee and must collect from each player as needed.

WEEK 2:

Additions and deletions to the rosters should be completed online through the third week of play. After the third week of play, all additions and deletions must be done by notifying a Member Services Associate or Adult Program Manager in person or by email (leagues@rvc.net). See the Add/Delete section for further explanation of the add/delete process.

WEEK 3:

The team representative must pay the remaining unaccepted fees by midnight of WEEK 3 of their night of play. If your team plays on Tuesdays, all fees must be paid by midnight of the third Tuesday of the season.

Penalty: Any player that has an expired membership or has not paid their accepted team fee on **any** team, will cause forfeits in WEEK 3 for **all** teams that have the expired player on the roster.

THE GAME

PARTICIPANTS/TEAM ROSTERS

Members are free to examine the roster of any team in the Club. Members should ask a League Assistant if they would like to view a roster.

1. Illegal players (expired membership, non-members, members on more than one team in the same division, or falsely identified players) invalidate a team's roster. Any team playing with an invalid roster (or players not on their roster) will forfeit all games until the roster is corrected. It is the responsibility of the team to keep the roster valid and to correct roster violations. Our software does not differentiate between "regular" members and "substitute" members. **All rules apply to all players** on your roster regardless of whether they have played.
2. Teams continuing to play the season with roster violations for three or more weeks will not be eligible for tournament play.
3. Teams are required to have at least 5 but, no more than 15, members on their roster. Quads teams are required to have at least 4, but no more than 15, members on their roster.
4. Upper Level rule (2018 revision) – Currently suspended.
5. Teams are required to maintain a valid roster at all times. Any forfeits caused by an invalid roster that have not been addressed within a week will not be reinstated.
6. Any player who was added to a team after week 3 of the season must have played in 3 matches to be eligible to play in the tournament. Players who appeared on the original roster have no such restrictions.

ADD/DELETE FORMS

7. After the third week of a season, changes may be made only in-person or via an email/phone to league staff. The add/delete is only valid once it has been approved and verified by management. It is the goal of league staff and RVC management to help teams avoid forfeits due to lack of players as much as possible. For assistance with additions to your roster after week 3 please email leagues@rvc.net.
8. Players may be added to a team only through the third week of play for that particular division (a team playing on Tuesday night must submit their roster on the first Tuesday on which they play and may add players on or before the third Tuesday), with two exceptions: new members and existing members who have not been on the roster of any team during the current season may be added at any time. However, once they are added to the first roster, they have one week to be eligible for addition to any other teams. After the one-week grace period they are no longer eligible for addition to any other roster.

9. Players may be deleted from a team roster at any time.
10. Requests for exceptions to this or any other rule will be considered on an individual basis. They should, however, be submitted to management before allowing a non-rostered person to play.

Conduct of Players and Related Penalties

CONDUCT OF PLAYERS AND SPECTATORS

Players are expected to know the rules and abide by them. Anyone guilty of unsportsmanlike conduct may be warned, penalized, suspended from play, expelled from the building, or suspended from the club. Refund of membership fees will not be given if membership is suspended.

Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team. (*USAV 20.1.3*) Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the referees, but also toward other officials, the opponent, teammates, and spectators. (*USAV 20.2.1*)

WARNINGS AND PENALTIES FOR UNSPORTSMANLIKE CONDUCT

1. Unsportsmanlike conduct includes, but is not limited to:
 - a. Loud or abusive language.
 - b. Comments to the referee.
 - c. Comments to opposing teams or spectators.
 - d. Throwing or kicking of objects.
 - e. Players other than the captain addressing the referee.
 - f. Questioning a judgment call.
 - g. Actions which may result in injury to another person.
 - h. Intentional delay of the game (slow retrieval of a ball, knowingly requesting a third time-out, etc.).
 - i. Intentional interference with or distraction of an opponent (stamping feet, yelling, etc).
 - j. Intentional grabbing, malicious spiking, slapping or pulling on the net or its supports
2. Warning-A minor infraction warrants that a verbal warning or hand signal be issued to the player or coach. There is no additional penalty (*USAV 21.6*).
3. Penalty- Rude behavior, any other serious offense, or a second minor infraction shall result in a **YELLOW CARD**. The penalty for a yellow card is one point for the opposing team, and loss of service if the offending team is serving.
4. Expulsion- Extremely offensive conduct (such as obscene language or gestures) or repeated minor offenses results in expulsion from the game (**RED CARD**). The player must leave the team area immediately. There is no additional penalty.
5. Disqualification- A second expulsion, attempted or actual physical aggression, or any action which would result in a second red card shall result in disqualification from the match (**RED AND YELLOW CARDS**)

TOGETHER); the player must leave the court area (or the building, if the staff desires) immediately. There is no additional penalty. If the player refuses to leave within 5 minutes, his/her team will forfeit all matches for the evening

MISCONDUCT BETWEEN GAMES

Sanctions imposed between games will be administered at the start of the next game. Misconduct between matches or after a match should be reported to management and will be dealt with severely.

TEAM SANCTIONS

1. Improper Requests- An improper request shall be denied, unless it causes a delay, in which case it shall constitute a team delay. Any second improper request during the same game constitutes a team delay.
Examples of an improper request:
 - i. Requests after the referee's whistle for service.
 - ii. Requests for a time-out by someone other than the captain or coach.
 - iii. Request for a third time-out.
 - iv. Request for an excess or improper player substitution.
2. Team Delays-
 - A. Warnings - A team's first delay is sanctioned with a verbal warning.
 - B. Penalty - Additional delays during the game or team delays occurring during the last three minutes of a match warrant a penalty (yellow card).
 - C. Examples of a team delay:
 - i. Failure to submit a line-up on time.
 - ii. Delay in returning after a time-out.
 - iii. Player wearing illegal equipment.
 - iv. Any action which results in an unnecessary delay in the match.

MATCH RULES

THE MATCH

1. A match consists of three games or fifty-five minutes, whichever comes first. Partial games count in the standings.
2. Games are played to 25 points (a team must win by 2 points or by 1 point with the expiration of allotted time) with no point cap.
3. There will be a maximum two minute break between games (less if the teams agree). Not returning after the allotted two minutes will result in a team delay. Captains must submit a line-up within one minute.
4. Games not started before the three minute warning will not be played. A game is considered underway when the referee signals for the first service.
5. If the score is tied as time expires (or following the rally in progress when time expires), the game shall be decided by one rally point. A game cannot end on a replay.

6. To be conscious of our members health and safety, switching sides and shaking hands in between sets is not required and shall be discussed at the captains meeting

TEAMS AND COURT CAPTAINS

1. Number of Players - No more than six players may be on the court at once. Teams are permitted to play with 5 players, leaving the middle back open in the lineup. In the coed divisions, any combination of men and women is possible so long as there is at least one and not more than three men on the court at one time and at least 2 women on the court at all times. Regular coed allows 4 women and 2 men or 5 women and 1 man.
2. Court Captains - Each team is to designate a court captain by circling his/her name on the line-up sheet. Only the captain is permitted to address the referee. If that person should leave the court, another player is to be designated as captain.
3. Player Equipment - Head gear, hats, belts, items that could injure another player (as determined by referee or staff), and hard casts are not permitted.

-Whether to allow the wearing of jewelry is left to the discretion of the referee. He or she will determine as to whether or not the jewelry being worn is a danger to the player or other players.

-If the jewelry is determined to be unsafe, the wearer must remove it before being allowed to play. Any other jewelry not plainly visible to RVC referees or staff, ie: a belly ring or tongue ring, is worn at the player's own risk. If potentially hazardous items are discovered on a player, he or she may be asked to leave the court until the item is removed (i.e., earrings, loose jewelry, etc).

-Bandannas, if worn, must be in the form of a head band with a 2" maximum width. Rubber soled, fully enclosed athletic shoes and shirts are required at all times.

-If a game is stopped to address an infraction of the above rule, the offending player's team will be charged a time-out or a delay of game penalty if they have no more time-outs.

PLAYING AREA AND GROUND RULES

1. Boundary Lines - The court lines mark a 29'6" x 59' playing area. All lines are considered within the court area and they extend indefinitely in each direction.
2. Net and Antennae - The height of the net is 7'11 5/8 " for men's and regular coed and 7'4 1/8" for women and reverse coed. The antennae mark the sideline boundaries and extend above the net. The antennae and the portion of the net outside the antennae are out of bounds.

3. Ceilings - The entire ceiling is considered in bounds unless the ball contacts the ceiling on the opponent's side of the net, falls into the opponent's playing area after contacting the ceiling, or contacts the ceiling on a team's third contact.
4. Air Socks (Byrdhill) – All air socks over the playable area are considered in bounds and playable. Air socks over the non-playable area are out of bounds. Air Socks are the 3 cylinder tubes the run the length of the courts.
5. Air Ducts (Byrdhill) – Air ducts over playable area are considered part of the ceiling and in play. Air ducts over non-playable area are considered out-of-bounds. Air ducts are the silver rectangular boxes mounted into the ceiling.
6. Lights (Byrdhill) – All hanging lights are over non-playable areas and considered out of bounds.
7. Walls and Divider Nets -The ball is dead upon contact with a wall or divider net. Players may make contact with a wall or divider net while playing the ball so long as one foot remains on the floor, or after playing the ball. A player may move a divider net in order to play the ball, but it is illegal for a teammate to move the net so that another player may play the ball.
8. Adjacent courts - Adjacent courts are out of play when a match is in progress or scheduled to be in progress on that court.
9. Change of Surface - All play, including the initiation of the service, must be within the playable area covered by the Sport Court flooring (specifically any red or blue Sport Court flooring). Initiating service or playing the ball from the gray Sport Court shall be a fault. Players must play the ball with a body part on the playing surface when making contact with a ball over a non-playable area, then can continue onto the gray Sport Court after playing the ball.

COURT PROTOCOL

1. Start of the Match
 - a. The referee will conduct the captain's meeting and coin toss within 5 minutes of the scheduled match time
 - b. Team captains will submit their line-ups.
 - c. The referee will blow the whistle to clear the court and motion the teams to their respective end lines. At this time, line-ups are fixed and may be changed only by substitution.
 - d. The referee will blow the whistle and signal for teams to take their positions on the court.
 - e. The referee will verify the line-ups for each team.
2. End of the Game/Start of the Next Game
 - a. Following the last point of the game, the referee will blow the whistle and signal for the teams to report to the end line, then motion for the teams to switch sides.
 - b. Captains will submit their line-ups. "Same" is acceptable.

- c. The referee will signal teams onto the court (it is not necessary to go to the end line again) and verify line-ups.
3. End of the Match
 - a. Following the last point, the referee will blow the whistle, signal teams to the end lines, and motion for the teams to shake hands at the net.
 - b. Team captains will verify the results and sign the scoresheet.

SUBSTITUTIONS

1. General Guidelines - Substitutions may be made only while the ball is dead. In coed play, a male may not sub for a female, nor a female for a male. Substitutions made under sections 2 through 5 are considered “normal” subs.
2. Requested Subs - Those not written on the line-up sheet prior to the game.
 - a. The coach/captain shall indicate to the referee the number of substitutions and the names of the players involved .
 - b. A player starting a game may be replaced only once by a sub and may subsequently re-enter the game only once, in the same position in the original serving order. Only the original starter may replace a sub during the same game, and once the substitute leaves the game, he/she may not re-enter. Any illegal substitution requests shall be denied.
 - c. If a sub is requested, the team must make a sub or receive a team delay.
 - d. At the 3 minute warning, the referee shall ask if either team wishes to make a last sub. No requested subs are permitted beyond that point in the game.
3. Unlimited Subs - Substitutions written on the lineup sheet prior to the game may interchange with the starter in the same position without limitation. Such changes are to be made without requests to the referee and without delay.
4. Libero - Men’s , Women’s and Coed teams in all levels may utilize a Libero. The player’s name must be recorded on the side of the lineup sheet prior to the game, and only one player may be designated as Libero for each game.
 - a. Libero may not block, attempt to block, rotate to the front row, or attack the ball entirely above the net.
 - b. A teammate may not attack a ball entirely above the net which has been overhand set by a Libero who was in front of the attack line.
 - c. Libero may enter for any number of players but can be replaced only by the player for whom he/she has last entered. Libero may re-enter for any player after sitting out one rally. Libero replacements are to be made without requests to the referee and without delay.
 - d. Libero may be used with Requested or Unlimited Subs and does not affect substitution patterns for other players.
 - e. Libero for coed – Can have 1 male and 1 female designated libero. Alternating male/female service order must remain in place. A female Libero may only replace regular female players. A male

Libero may only replace regular male players. All other Libero rules apply.

5. Lower-Level Substitutions - The following applies to substitutions in “C” level in men’s, women’s, and coed leagues:
Teams may sub at the service position, male-for-male, or female-for-female at the time of rotation. Teams choosing this option may not utilize Requested or Unlimited substitutions during the same game.
6. Exceptional Substitutions - If through accident or injury a player is unable to continue and a normal sub cannot be made, or if a team has used its allowable subs, the player must be replaced in the following priority without penalty.
 - a. By any player who has not participated in the game in progress.
 - b. By the player who previously played the same position as the injured player.
 - c. By any player, regardless of the position previously played, including libero.
 - d. If no sub is available, the position must remain open in the middle back spot for the remainder of the game (neither a late-arriving player nor the injured player may fill the position during the same game).
 - e. Exceptional Substitutions Coed Play-woman for man (injured)
 1. Gender exchange may be considered for exceptional substitutions as long as they still meet the coed rules requirements.
 - a. a woman may substitute for a man, if injured, as long as there still remains one man on the court.
 2. A man may substitute for a woman, if injured, as long as not more than 3 guys are on the court, and the alternating gender requirement is still met, or two men aren’t side by side.
 - f. Exceptional Substitutions Men’s Division- 4 players
 1. A female player may play on a men’s team if the men’s team only has 4 players in order for the team to avoid a forfeit. She cannot be a libero and must sub out immediately if a 5th male player arrives and that male player will sub into her position
7. Disqualified Player - If a team becomes incomplete (less than 5 players) through disqualification and cannot substitute under the exceptional provisions above, the team shall forfeit the game.
8. Late-Arriving Player - If a team starts with 5 players, the open position in the line-up must be the middle back slot. If a sixth player arrives, the person is inserted into the open slot in the rotation via substitution (It may be necessary to move players from the back row to the front row or vice-versa, so long as the last server remains in the service position.) In coed play, the sixth player’s entry is permitted only if he/she fits into the male-female alternating rotation. The late arriving player does not need to be pre-written into the lineup.

9. Unsupervised Children - All children under the age of 12 or any unruly children must be under the immediate supervision (within arm's length and off the court) of a parent or adult. Children under 8 are not allowed on the courts. When aware of a situation involving unsupervised children, the referee is to stop the match. Teams may use their allotted time-outs to remedy the situation, otherwise the parent must be substituted out of the game in the following order of preference: 1) A normal substitution, 2) reduce the team to five players, and 3) an exceptional substitution. At that point, the parent has two options: 1) to sit with the child in the concession area, or 2) to remove the child from the property. Sitting the child down alone is not considered supervision! If a team is reduced to less than five players and the situation is not corrected during their time-outs, that game shall be forfeited. The next game shall begin five minutes from that point. Referees are advised to report any problems to league staff.

TIME OUTS

1. Requesting a Time-Out- The referee is to grant a time-out only during a dead ball and only at the request of a captain or coach. Time-outs may be granted during a replay following a legal serve.
2. Number of Time-Outs- Each team is permitted two time-outs per game. They shall last thirty seconds, or less if the requesting team so desires. Consecutive time-outs may be requested.
3. Last Three Minutes- Time-outs are not permitted during the last three minutes of the match. A time-out in progress at the three-minute warning is to end immediately. A game cannot be started if the first serve of the game is not called prior to the three-minute buzzer.
4. Referee's Time-Out- The referee may call a time-out for an injury, faulty equipment, etc. Such a time-out shall last 30 seconds and is not charged to either team. Time shall not be added to the match for a referee's time-out or any other reason. If the injured player cannot continue playing within 30 seconds, the player must be replaced by substitution, a legal Libero replacement, or the team must take a legal time-out. If an injured player cannot be substituted legally or exceptionally, the player is given a 3-minute recovery time, but not more than once for the same player in the match.
5. Excessive Time-Out- If a captain or coach knowingly requests a third time-out, the request shall be denied, and the team shall be issued a team delay.

DELAYS AND INTERRUPTIONS

1. Delays - The referee may not extend the match time for any reason.
2. Interruptions - If a match is interrupted due to circumstances over which RVC has control, efforts will be made to reschedule the match.
 - a. If possible, the match will be rescheduled for a different court or later time on the same night.

- b. If a match must be cancelled, it will be rescheduled if at all possible. Teams will be notified of the time and place.
3. Cancellations - If play is cancelled due to acts of nature or other unusual circumstances outside of the Club's control, matches will be rescheduled only if make-up days are available.

FORFEITS

When calling in a forfeit, if it is before 5PM Monday- Friday you can call the RVC offices at 804-358-3000 or email leagues@rvc.net. If it is after 5PM or a Sunday, please call and follow the prompts to the courts front desk where you can leave a voicemail or a RVC staff member will answer.

To be courteous to other teams, team reps are expected to notify the office of known forfeits, prior to 4PM on the day of play. If a team has no players show up for their scheduled matches and does not call the forfeit in on 2 nights during the season, they will forfeit the first match of the end of season tournament. If the team has no players show up and fails to call in the forfeit on **more than 2 nights** the team will forfeit the entire tournament, and will not be included in the tournament schedule.

1. If a team is not ready to start at the scheduled time:
 - a. The team that is not ready forfeits any unstarted or unfinished games during that match.
 - b. After 5 minutes, the team forfeits the first game and any unstarted/unfinished games of that match.
 - c. After 10 additional minutes, the team forfeits the remainder of the match.
 - d. Time-outs may not be taken to extend the time. A time-out may be taken only after teams have been called to the end line and have at least enough players (five) to start the match.
2. If a team elects not to finish a game in progress for any reason, the entire match is forfeited.
3. If both teams forfeit a game, each will be charged with a loss.
4. If teams are playing with illegal players (players not listed on their roster), the team will forfeit any matches involving such players.
5. Any forfeits caused by an invalid roster that have not been addressed within a week will not be reinstated. Forfeited games may not be reinstated for any reason other than an error on the part of the club.

RULES OF PLAY

POSITION OF THE PLAYERS

1. Game Line-Up - At the start of each game, players will position themselves so three players are in the front row and three in the back row. With five players, the vacant spot must be the middle back.
2. At Time of Service - All players must be completely within the court boundaries at the moment of service and in proper rotation relative to the other players.
 - a. Side-to-Side Overlap- Each player right or left of the center player must have at least part of a foot closer to the right or left sideline than both feet of the center player in the corresponding row. This does not apply to the server.
 - b. Front-to-Back Overlap- Each front-row player must have at least part of a foot closer to the center line than both feet of the corresponding back row player.

--- NET --- RF and CF may not overlap.

LF CF RF RF and RB may not overlap.

LB CB RB RF and CB may overlap, because they are not adjacent.

- c. Five Person Line-Up - Unusual rotations are possible in a five-person line-up. Because the middle back is always open, the back row players are not adjacent, and the middle front is not adjacent to either back row player. In coed play, three men may not be aligned in a row.
3. Switching Positions- Players may change positions at the instant the serve is contacted. However, a front row/back row player is still considered as such for hitting and blocking purposes, regardless of the position taken during play. Players must resume their positions in the rotation for each serve.

SERVICE

1. Scoring- A point will be scored on each rally. If the receiving team wins the rally, that team also gains the service via a side-out.
2. Rotation- Following a side-out, the team gaining service must rotate one position clockwise before serving .
3. The Act of Serving- After the whistle and signal for service, the right back player must serve the ball within 8 seconds, beyond the end line and between

the sidelines. The ball must be released before contact and cleanly hit with one hand (open or closed) or any part of an arm.

4. Types of Service

- a. Underhand - The ball is contacted below the waist as the hand passes close to the body (within approximately 1 foot) without crossing in front of the body.
- b. Sidearm - The ball is contacted at or below the shoulder as the arm is swung in an arc which crosses the body.
- c. Roundhouse - The ball is contacted at or below the shoulder while the body is not facing the net.
- d. Overhand - The ball is contacted above shoulder level
- e. Jump- The ball is contacted above shoulder level as the server is airborne.

5. Serves Allowed-In C level, underhand and overhand serves are allowed, but jump serves are prohibited.

6. Service- The server may move freely within the service area (the entire endline) and has eight seconds from the referee's whistle in which to serve. A clear attempt to serve that is stopped (for example, a ball that is clearly tossed for service and is then caught or falls to the floor) is a fault and results in a point for the receiving team and loss of service. A server who discovers he is the incorrect server and then hands the ball to another player or simply drops the ball is not at fault but the serve must still occur within 8 seconds of the referee's whistle. A replay shall be called if a player unintentionally serves the ball before the referee's whistle for service.

7. Duration of Service- The server shall continue until a side-out is awarded or a substitute replaces the server or the game ends.

8. Service Faults- The following service faults result in a side-out.

- a. The ball passes under the net.
- b. The ball touches or passes over an antenna.
- c. The ball touches a player or object before crossing the net and after the service contact.
- d. The ball lands outside an opponent's court area.

9. Illegal Serves - The following illegal serves result in a side-out:

- a. The player fails to contact with the ball within eight seconds of the whistle.

- b. The server's last contact with the floor at or prior to the moment of contact with the ball is not within the service area (the foot may not touch the endline or be outside the hash marks on either side. The player may enter the court immediately after making contact with the ball.).
 - c. The server throws or pushes the ball.
 - d. The player serves with two hands or arms.
 - e. The player serves out of correct rotation order. Play stops upon discovery of a wrong server and any points scored during that term of service are cancelled, if the opposing team has yet to service. When an out-of-rotation has been detected, the team must return to their proper positions.
 - f. The server fails to release the ball before contact.
10. Play shall continue if a served ball touches the net and then crosses between the antennae into the opponent's playing area.
11. Screening- The players on the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or flight path of the ball.
- a. At the moment of service, it is illegal for players on the serving team to, wave their arms, jump, move sideways, or form groups of two or more standing players in order to conceal the contact for service or the path of the ball from the receiving team, whether intentional or not. Players who are squatting or bent over are not considered to be screening. In order for a screen to be called, all of the following factors must be considered:
 - 1) Relative positions of players on the serving team
 - 2) Path of the serve over the screen
 - 3) Low Trajectory of the serve to the net
- Screening results in a point for the receiving team and loss of service.

CONTACTING THE BALL DURING PLAY

For the purpose of illustration, the following loose descriptions of some common ball contacts are listed.

Forearm Passing – clasping both hands and hitting the ball from above or below with the hands or forearms.

Overhead Passing (Open-hand Setting) - using the fingertips of both hands to contact the ball, usually above eye level. Sets made with one hand or contacted below eye level are difficult to make legally.

Attacking- hitting the ball with an open hand from above the level of the net.

Dinking- contacting the ball with the tips of the fingers. The ball must not be thrown or re-directed.

Ball Contact- A legal contact may be made with any part of the body, provided the contact is not prolonged and the ball rebounds cleanly. Two or more parts of the body may be involved only if the contact is judged to be one attempt to play the ball.

Number of Contacts - A team is allowed a maximum of three contacts to return the ball across the net. A player making a contact may not make a subsequent contact until another player contacts the ball. A block is not a contact.

Simultaneous Contact by Teammates - When two players on the same team contact the ball simultaneously, such contact is counted as one team contact and any player may make the next team contact.

Ball Contact Faults- In general, a fault occurs when contact with the ball is prolonged or is not simultaneous. Examples:

1. Double Contact- Players may not contact the ball in succession (with or without the hands or fingertips) or contact the ball successively with two or more body parts, except in the following instances:

- Contact with multiple body parts during one attempt to block is permitted, and double contacts are allowed on any first team contact, even after a block, so long as the ball is not lifted (see below) and not more than one attempt is made to play the ball.

2. Lift- Players may not catch or throw the ball. The ball cannot be thrown, dunked, re-directed or pinned against the net or come to rest

PLAY AT THE NET

1. Player Contacting the Net - If a player contacts the net or antennae with any part of the body (except the hair) or clothing, it is a fault (NOTE: For safety reasons, this does not conform to USAV rules for incidental contact with the net).
 - a. If the ball is driven into the net and then into a player, the contact is not a fault. If the player at the net initiates contact with the ball on a ball driven into the net, to gain advantage and not for protection, then the contact will be a net fault.
2. Simultaneous Contact By Opponents - If the ball is contacted by opponents at the same time and held (a joust), play shall continue. If the contact results in the ball landing out of bounds, the team on the opposite side of the net shall be deemed as having provided the impetus to cause the ball to go out of bounds.
3. Ball Contacting The Net - Any ball that contacts the net between the antennae is in play. A ball hit into the net on a third team contact is not considered dead until it

contacts the floor, another object, or a player. Any ball contacting the net outside the antennae's or contacting the antennae is a fault.

4. Contact Outside The Net - If a player contacts the net supports, referee stand, or the net outside the antennae, such contact shall not be a fault unless it is intentional, interferes with play, or is done so as to support the player and avoid a fault.
5. Crossing the Center Line - A player may legally contact the opponent's playing area with the feet or hands as long as the foot or hand is in contact with or above the center line and does not intentionally interfere with play. Any contact of the opponent's playing area with an entire foot, hand, or any other part of the body is a violation (NOTE: For safety reasons, this does not conform to USAV rules for centerline violations). It is legal for a player to restrain a teammate as long as that teammate is not making a play on the ball at the time of restraint. A player may cross the plane of the net and enter the opponent's out-of-bounds area without interfering or making a play on the ball.
6. Above the Net- A player may break the plane of the net above the opponent's playing area and above the net as long as he/she does not interfere with an opponent or make an offensive contact of the ball. It is legal to break the plane of the net to make a legal block or during the follow-through of an attack.
 - a) It is illegal for a setter's hand to reach into the net plane while retrieving a ball that is also in the net plane in order to keep it from going into the opponents playing area.
7. Back Row Attack- An illegal back row attack occurs when a back row player contacts the ball:
 - a) From the front zone
 - b) After leaving the court on or in front of the attack line or its extension
 - c) While the ball is completely above the net
 - d) Causing the ball to cross completely beyond the plane of the net or come in contact with an opponent before fully crossing the plane of the net.
8. Blocking- Blocking is the action close to and above the height of the net that deflects the ball coming from the opponent's side by contacting the ball before it crosses the net, as it crosses the net, or immediately after it crosses the net. A blocked ball is considered to have crossed the net, and an attempt to block is not a block until contact is made with the ball. Any contact made when the player is below the height of the net is considered a first team contact.
 - a. Only front line players are eligible to participate in a block. However, in coed play, if only one male is in the front row, a back row male may come to the front row to block, but that player may not legally attack the ball.
 - b. Multiple contacts by a blocker are legal provided they are during one attempt to deflect the ball.

- c. Blockers may make the next contact (first team contact) on the ball following a successful block.
- d. It is illegal to block a served ball or complete an attack on the opponent's service when the ball is in front of the attack line and entirely higher than the top of the net. To have a legal attack on a served ball one of the following must occur:
 - a) the ball must clear the attack line, **or**
 - b) the ball must be lower than the top of the net.
- e. It is legal to block a ball on the opposing team's side of the net provided the block is made:
 - 1. After a player has attacked the ball intending to direct it across the net,
 - 2. After the opponents have used their three team contacts,
 - 3. After the opponents have hit the ball in such a manner that it would clearly have crossed the net and no member of the attacking team is in a position to play the ball, or
 - 4. On a ball that is falling near the net with no member of the attacking team in a position to play the ball.

FAULTS

- 1. Dead Ball- The referee will blow the whistle when the ball contacts the floor or a fault has been committed. The ball is then considered dead and play ends.
- 2. Double Fault- When opponents commit faults simultaneously, a replay is directed. If opponents commit faults that are not simultaneous, only the first fault shall be penalized.
- 3. Team and Player Faults- A fault shall be declared against a team/player when:
 - a. The ball touches the floor.
 - b. The ball is caught or thrown.
 - c. A team hits the ball more than three times consecutively.
 - d. A player illegally contacts the ball twice consecutively.
 - e. Members of a team are out of position at service.
 - f. A player touches the net or antennae.
 - g. A player completely crosses the center line.

- h. A player enters an adjacent court and/or extended sidelines (any area that extends beyond the gray Sports Court on the respective court of play).
- i. A player enters a non-playable area (gray Sport Court tiles) to play the ball.
- j. A player illegally attacks the ball above the opposing team's court.
- k. A back row attack occurs.
- l. A ball does not cross the net entirely between the antennae.
- m. A ball lands outside the court or touches an object outside the court or above the court on the other side of the net.
- n. A player commits an illegal block.
- o. A ball is illegally served or a service fault occurs.
- p. A screen is committed by the serving team.
- q. A player is assisted in playing the ball by a teammate.
- r. The ball contacts the ceiling on a team's third contact.

COED PLAY

1. When the ball is played more than once by a team, at least one of the contacts must be made by a female player. Contact of the ball while blocking shall not constitute playing the ball.
2. The serving order and positions on the court at the time of service must be an alternation of male and female players. This rule does not apply to teams playing with five players or more than three females. Additionally, three men may not be aligned in a row.
3. When only one male is in the front row, and a male back-row player is participating in the block, the other male back-row player must be behind the attack line until the ball has been contacted by the blockers or hit in such a manner that no block is possible.
 - a. It is allowed to play with 1 male player and up to 5 female players. When the male is on the back row it is permissible for him to come to the front to block but not attack.

REVERSE COED QUADS RULES

Most indoor 6's rules apply. Listed below are some clarifications and/or exceptions.

1. Net is set at women's height
2. Participants
 - a. There must be four players, 2 female 2 male, or 3 female 1 male.
 - i. When playing with 3 females and 1 male one female must be designated "male" and must follow all rules that apply to male players.
3. Serving
 - a. Service order remains the same throughout the game. If a player is discovered serving out of order, he/she continues serving. The opposing team remains in their service order, but the offending team then reverses their original order of service to ensure that no player serves three consecutive terms of service.
 - b. A player is not allowed to screen the receiving team from the server. On an opponent's request, a player must move sideways; bend over or squat down.
4. Rotation
 - a. Players are free to position themselves anywhere within the court. There are no positional faults.
 - b. Service order must remain the same and listed at the beginning of the game with the ref.
5. Net Play
 - a. It is **legal** to cross underneath the net *only if* there is no contact and/or infringement of play. If there is interference with the opponent's play it will be deemed a fault.
6. Attacking
 - a. Male players may contact a ball which is entirely above the net from the front row (in front of the 10' line) and send it over the net so long as the ball has an upward trajectory immediately after contact
 - b. No open hand dinks.
 - c. When overhand passing (setting) over the net the ball must have a trajectory perpendicular to the line of the shoulders
7. Blocking
 - a. A male player may not block (contact made above the net when positioned at the net).
 - b. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.

TOURNAMENT RULES

1. The tournament format is double-elimination. A team must lose twice to be eliminated from advancing to Finals Night. Teams with 3 unresolved roster violations during the regular season league play are dismissed from participating in tournament night.
2. Matches in the winner's bracket will be best 2 of 3 games. The first two games are to 19 points (starting at 6-6 and playing to 25), with no cap (win by 2), and the third game, if necessary, will be to 15 points with no cap (win by 2).
3. There is a second coin toss prior to any third game in the winner's bracket.
4. Loser's bracket matches will be 1 rally game to 25 points with no cap (win by 2)
5. Tournament schedule
 - a. Scheduled matches will start promptly on time. Teams that are late to the schedule matches (6:00, 6:45, 7:30) or not ready to start at the scheduled match times will be penalized the following:
 - i. 5 minutes after the start of the scheduled match time, the late team will forfeit the entire 1st set
 - ii. 10 minutes past the start of the scheduled match time, the late team will forfeit the entire 1st and 2nd set, resulting in the forfeit of the match (as tournaments are best 2 of 3).
 - b. ASAP times will allow for 5 minutes warm up between matches – protocol as follows:
 - i. Call next match captains immediately following the completion of the prior match
 - ii. Allow a 5-minute warmup after captain's meeting
 - iii. After the completion of the 5-minute warm-up, the official start time for that match and the 5-minute forfeiture time for each game will begin.
6. Because match start times are estimated, teams are required to be ready to play within 5 minutes of the ending of the previous match excluding the 6:00 match or a team's first scheduled match.
7. In the event of a double forfeit, the higher seeded team shall advance.
8. Matches may start earlier than scheduled if both teams agree and the scheduled referee is available. If the scheduled ref is not available and the teams find a substitute, those teams are responsible for compensating the referee.
9. So as not to interfere with other tournaments, matches should not be moved from the assigned court.
10. Any player who was added to a team after week 3 must have played in 3 matches to be eligible to play in the tournament. Players who appeared on the original roster have no such restrictions.
11. The last two teams remaining shall advance to play a 2 of 3 game match on Finals Night. Format for Final's Night will be first 2 games to 25 rally and

third game, if necessary, will be to 15 (must win by 2 with no cap). The feature match will play the best 3 out of 5.

MASTER'S RULES

1) The Fred Rule:

A) If you do not have enough players and will have to forfeit, you may pick up an additional player. This person must meet the age requirement (Females must be age 45 by the end of the current year, Males must be age 50 by the end of the current year).

B) If you have 5 players and want a 6th, the 6th person must be a female.

C) Each team is required to have at least one female on the court at all times.

D) If a team does not have a female, the team will be given a four-point penalty.

E) If you have enough players but no female players, you may borrow a female player to avoid the four-point penalty. The female player must be on the court at all times.

F) Designating the only female in the lineup as a libero is not acceptable.

G) If both teams do not have a female player, the starting score is 4-4.

H) All players must be RVC members.

2) Rise and Fall:

A) 3 pools of three teams. Top court, Middle court, and Bottom court.

B) The 1st place team after each week of play, on each court, moves up to the next court, unless they are already on the Top court.

C) The 3rd place team on each court moves down, unless they are already on the Bottom court.

3) The schedule:

- 6:05 Team 1 vs. Team 3, Team 4 vs. Team 6, Team 7 vs. Team 9

- 7:05 Team 1 vs. Team 2, Team 4 vs. Team 5, Team 7 vs. Team 8

- 8:05 Team 2 vs. Team 3, Team 5 vs. Team 6, Team 8 vs. Team 9

4) Tournament week: Placement will be based upon the results of week 9 pool standings. The pools will be divided as follows:

A) Top pool: Teams 1,2, and 3

B) Middle pool: Teams 4,5, and 6

C) Bottom pool: Teams 7,8, and 9

5) The Season winner is the 1st place team in the Top pool.

DUTIES AND RESPONSIBILITIES OF THE REFEREE

Each match is controlled by a trained RVC referee who has full authority to enforce the RVC Rules of Play as well as all club policies and procedures. The decision of the referee regarding judgement calls are final and must be respected. Only the designated court captain (the player circled on the lineup) is allowed to address the referee during the match. If your team feels the referee on their court needs additional training, please see the front desk for a match comment card or email leagues@rvc.net. Please remember that the referees are only human, and mistakes can happen. In a normal USAV sanctioned match there are 5-6 people running the match, and we are asking one person to up ref, down ref, watch two lines, libero track, keep score on paper, on the digital scoreboard, and be watchful of other courts players entering their courts playing space. RVC has a zero- tolerance policy for any inappropriate behavior towards the referees during league play. Inappropriate behavior includes all unsportsmanlike conduct, physical altercations (or any attempt at), verbal threats, and any other behavior club management deems inappropriate.

ALCOHOL

At no time shall a referee consume alcohol before, during, or between the matches for which he/she has responsibility. Violation will result in termination of employment.

PRE-MATCH

1. Check the net height, antennae, standard padding, referee stand, ball, and playing court safety.
2. Meet with team captains. Explain the ground rules, ask for questions, decide if teams are switching sides, and conduct the coin toss (the winner shall decide serve, side, or receive)

DURING PLAY

1. The referee is responsible for the action and conduct of the court during the match. The referee is authorized to prevent outside interference by asking the players who are warming up on an adjacent court to move or clearing the court entirely if necessary.
2. Only the court captain shall address the referee during play. The referee should explain a decision to the captain upon request but is not required to justify his-her decision. (If the captain calls a time-out to challenge a ruling, and the official is in error, no time-out shall be charged and the situation corrected. Judgement calls are not subject to question).
3. Upon request, the referee is to provide rule interpretations, but not justification for calls.

4. The referee will blow the whistle to signal for service , signal a fault, signal the end of the play, signal a replay, or signal a team's timeout request.
5. A replay must be called if the referee is unsure of a call. A replay is also to be called when, in the referee's judgement, a ball, person, or object from outside the court interrupts play or creates a potential hazard for the players. If the interruption had no effect on the outcome of the play, the ruling shall stand, and play will be considered dead at the sound of the whistle.
6. Honor calls may be accepted by the referee only when given in favor of the opposing team. The referee may not ask for an honor call, but may overrule honor calls. Honor calls may be made only for touches, balls in/out, net violations, back row violations, rotational faults, or four hits.
7. Complaints about a referee must be in writing via a Match Comment Form or via email at leagues@rvc.net and not on the scoresheet.
8. Automatic buzzers will sound to signify the start , three minute warning and end of each match. The three minute warning is simply a courtesy and does not signify a change in the pace of play. In the event the buzzer does not sound, referees shall revert to their watches. Time will not be added to a match for lack of a buzzer or any other reason.
9. Referees are required to have the following equipment for the start of a match: pen, prepared score sheet, watch, and whistle. Red and Yellow cards and a copy of the rules are also recommended.
10. The referee is not to leave the ref stand/court area during the course of the match (including the period between games) except in an emergency.
11. Referees shall use the scoreboard during the match and turn in the scoresheet, complete with line-ups, results, finals scores, and the referee and match information, at the end of the match. No scoresheet turned in results in no record for pay.
12. The referee is responsible for enforcing RVC policies and alerting league staff to any issues. RVC policies include; no open containers on the courts, no vaping, and no children under 8 allowed on the courts

AFTER THE MATCH

1. Verify the match results and obtain signatures from team captains.
2. Place the scoresheet in the proper scoresheet box.
3. If there have been problems during the match, do not confront or argue with the players involved. Leave the area, locate league staff, explain the situation to them, and make certain that all yellow cards, red cards, and disqualifications have been explained in detail on the scoresheet.

4. Document any issues, concerns, or notes from the match that management should be aware of on the scoresheet; ie court space issues, team issues, why you gave someone a yellow card, medical timeout, etc.

First Aid and Safety

AED

There are two AEDs located at the courts; 1 near the café on the side of the patio door and the other near the weight room located near court 1. When the door to the AED is opened, an alarm will sound but will stop once the door is closed.

COURT LIGHTS

If a court light dome becomes unclip from one side both courts in between the light must stop play until the light is reattached back into place. The referee should alert league staff who can get a ladder and fix the light. Players are not allowed to continue play or even pass the ball around until the dome is securely back in place.

BLOOD-BORNE PATHOGENS

Supplies are available to clean up blood and bodily fluids at the front desk. The referee is responsible for stopping play for open, bleeding wounds and informing league staff about the injury. League Staff is responsible for making certain the floor and/or equipment is cleaned before continuing. Players may not play with blood-stained clothing or undressed wounds.

FIRE

In the event of a fire proceed to the closest exit or emergency exit, help direct the players on your court and surrounding courts towards that exit and do not worry about any valuables or personal items, get out of the building quickly and safely. The emergency exits are located near courts 1, 2, 8, and 11 as well as the regular entrances and exits located in the foyer of the club.

CONTACT LIST

For any inquiries about the rules or adult leagues, please contact leagues@rvc.net, or call (804) 358-3000.