
ANCHORAGE SPORTS ASSOCIATION VOLLEYBALL LEAGUE

GENERAL RULES AND REGULATIONS

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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, 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, Ben Kramer (907-562-1590, ben@anchoragesports.com) or Robert Toner (907-562-1527, toner@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

Colin Coker, President VACANT, Vice President
Nikita Comstock, Player Rep – Women's B
Chris Clark, Player Rep – Women's C
Colin Coker, Player Rep – Reverse C
Brian Bayless, Player Rep – Coed D/Rec
Milaud Baumgartner, Player Rep – Coed 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 first game is forfeit, 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 50-minute time limit. If a team forfeits a game, the game will be scored 7-0.
- Jerseys: During tournament and league play, all players must wear a jersey with a printed number. Jerseys of a similar color are recommended. While the preference is that numbers be on front and back, a jersey with a number on one side only is acceptable. 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 the ghost’s service rotation the team will forfeit the serve and a point to the opposing team. If the point would be a game-point, the team with a ghost will only forfeit the serve.
- The home team will have first serve and the visiting team will choose side for the first and third games in a match. The visiting team will have first serve and the home team will choose side for the second game.
- All matches will be played according to division schedule. Schedules are available online at 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. Teams that need a game ball can contact the office and one will be provided.
- **NEW FALL 2024:** There will be a roster deadline 2 weeks prior to the first playoff tournament. Any players registered after this date will not be eligible to participate in a playoff tournament with their team.

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

- A Coed D roster may include no more than 2 players from a Coed C team.
- 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 (see ghost rule on page 2).
- 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 (see ghost rule on page 2).
- 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 two tournaments in all divisions of play: Midseason, and Playoffs.

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 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 (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.

If a player is rostered with more than one team in a classification, and both teams enter a tournament, the player may only participate with one team and must report to the ASA office prior to the tournament which team they will play with.

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 day *before* the tournament (or on Friday if the tournament is taking place on a weekend). 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 any non-playoff tournaments. Teams must indicate this when registering for the tournament. Players must wear a jersey from their league 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 the tournament roster deadline.
8. Teams having less than 6 players due to an unexpected emergency, such as an injury (ejection does not count), have the following options at the discretion of the Tournament Director, 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 non-ASA teams must be USAV members.

FREQUENTLY ASKED QUESTIONS

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

Q: Are we required to wear matching jerseys?

A: Matching colors are highly recommended, but not required. Teams must wear jerseys with a minimum 8" unique number (no duplicate numbers). We recommend the jerseys have a number printed on both the front and back. There is no waiver or jersey deadline—only the rules as stated here. The exception is special event tournaments.

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

A: It depends. Per USAV rules, a player may not touch the net between the antennas during the action of playing the ball, or in an attempt to create an advantage over the opponent. Touches on the net that are not in the action of playing the ball, or touches outside the antennas are permitted.

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

A: Per USAV rules, a player may encroach into the opponent's court with any part of the body provided some part of the body remains on/above the center line and there is no interference with the opponent.

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 match 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 50-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 first game is forfeit, 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 50-minute time limit.

O'MALLEY SPORTS CENTER FACILITY RULES

- All personal items should be stored against the back wall of the court, away from foot traffic.
- 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.**



2023-2025 USA Volleyball Rules Change Summary

USAV 4.3.3.1a: Uniform numbers must be clearly visible and centered side to side on the front and back of the jersey. Numbers are recommended to be placed on the upper half of the jersey. Numbers may not extend below the player's waist and may not be tucked into the uniform bottom.

USAV 5.1.2.1, added: Judgment decisions are not subject to protest. A protest related to a judgment decision may result in a penalty (red card) being assessed to the coach.

USAV 5.2.3.4: During the match, the coach may give instructions to players on the court while standing or walking within the free zone in front of his/her team's bench from the extension of the attack line up to and including the warm-up area, without disturbing or delaying the match. The coach must not obstruct the view of the line judges.

USAV 5.3.1: One assistant coach at a time may stand to give instructions to the players on the court but has no right to intervene in the match. During play, the assistant coach may give these instructions while standing or walking within the free zone in front of his/her team's bench from the extension of the attack line up to and including the warm-up area, without disturbing or delaying the match. The assistant coach must not obstruct the view of the line judges.

New USAV 11.2.2.1: to touch the opponent's court with a foot (feet) or any other part(s) of the body is permitted, provided some part of the body remains either in contact with or directly above the center line. It is a fault if the encroachment interferes with the opponent or creates a safety hazard.

New USAV 11.2.2.2: It is a fault to completely cross the center line into the opponent's court when no part of the body is contacting the center line or directly above it.

New USAV 11.2.2.3: Contact between opponents who are both touching or directly above the center line is not a fault unless the contact interferes with that player's next immediate play on the ball.

New for 14-and-under age groups:

New USAV 12.4.4a: Once the serving action is initiated, including an underhand serve, if the server tosses the ball and then catches it or allows it to fall to the floor, this is considered a service tossing error, including a ball that touches the server as it falls.

USAV 12.4.4b: After a service tossing error, the referee must authorize the service again (re-serve) and the server must execute it within the next 8 seconds.

Rule 12.5.1: The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the service hit and the flight path of the ball. Should either be visible to the receiving team, this is not a screen.

USAV 12.5.2: A player or group of players of the serving team make(s) a screen by waving arms, jumping or moving sideways, during the execution of the service, or by standing grouped, and in so doing hides both the service hit and the flight path of the ball until the ball reaches the vertical plane of the net.

Rule 14.3: In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net before an opponent has executed an attack hit.

Rule 14.6.1: The blocker touches the ball in the OPPONENT'S space before the opponent's attack hit.

New USAV 19.2d: When two Liberos are used, both Liberos can be in uniforms different from each other and from the rest of the team.

USAV 24.2.7d: During the match, the coach or captain may request verification of the number of team substitutions or time-outs. If incorrect information is provided by the 2nd referee and the team acts directly upon this misinformation resulting in an illegal substitution (per USAV 15.9.1) or an excessive time-out, the referee's error will be corrected with no penalty or sanction assessed to the team. If an illegal (excessive) substitution does not result, the substitution may still be withdrawn prior to the next serve without sanction or penalty.

