



## **SECTION I - CONDUCT OF GAME**

**Elevation Volleyball Leagues will follow the NFHS rulebook unless otherwise noted below.**

### **RULE 1**

#### **TIME:**

The time for all league matches will be determined by Elevation Volleyball and published on the Elevation website.

### **RULE 2**

#### **GAME OFFICIALS:**

A. Elevation Volleyball will supply a referee

B. Each team must supply the following every week:

1. For all leagues, the HOME TEAM is responsible to provide a person to flip the visual scoreboard. Minimum age of 16 years.
2. Both teams must provide 1 line judge, minimum age of 16 years. As members of the officiating team they must stand at the corner of the court, remain attentive, and make fair and clear calls.

### **RULE 3**

#### **UNIFORMS:**

A player must be in uniform to be eligible to play in any set (game). Elevation Volleyball will supply the official club t-shirts. Players must be wearing the correct uniform assigned to them. Jersey numbers assigned at the beginning of the league must be used by that player for the entire season.

#### **A. JEWELRY:**

No jewelry is permitted to be worn by the players, with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. Earrings are strictly prohibited, including newly pierced ears. All earrings must be removed prior to play. Covering an earring with tape is not acceptable.

#### **B. HAIR:**

Hair devices made of soft material may be worn to control the hair. Metal barrettes, clips or any hard object are ok.

#### **C. CASTS AND SPLINTS:**

As per the NFHS Volleyball Rule 4 Section 2 – A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist, or forearm.

**RULE 4  
KEEPING ORDER:**

Acceptable spectator areas:

The spectator area will be defined as the bleachers located by each court. Viewing from court 1 is also an acceptable viewing area, provided you are within the court boundaries for court 1.

Attempting to coach or instruct from the spectator area, shouting abusive language at the players, officials, coaches, or other spectators is strictly prohibited. The Elevation Volleyball staff shall have the discretion to forfeit any set (game) in which a spectator is incapable of following this rule, as well as removing the offending spectator from the premises.

**RULE 5  
PERMITTED FOOD/BEVERAGE:**

Water is the only beverage allowed on the sport court. All food is prohibited on the sport court. Please utilize the trash bins to clean up your area after your team has completed its match/practice.

**RULE 6  
CONDUCT:**

**A. COACHES, SPECTATORS, AND PLAYERS**

Any player, coach, assistant coach, or spectator ejected from a match will automatically be suspended from playing, coaching, or attending the next scheduled match. If the same player, coach, assistant coach, or spectator is ejected from any further match during the season, he/she will be ineligible to play, coach or spectate for the rest of that season. However, he/she will have the right to appeal following a compulsory one week suspension.

**B. BENCH CONDUCT DURING THE MATCH:**

Coaches will stand in the team area behind the ten foot line while the ball is in play.

**RULE 7  
MATCH SCORE LOG SHEETS:**

Match Score Log Sheets will be located at each court. Each coach has the responsibility to verify all the set (game) scores as entered and sign the match score log sheet after their match.

The match score log sheet is the official record of the sets (games) and will not be modified after completion of play on that day unless justified and proven by the Elevation staff.

**RULE 8**

**POSTPONED MATCHES:** Elevation Volleyball will attempt to reschedule matches that have been postponed.

**FORFEITED MATCHES:** Forfeited matches will only be rescheduled due to an error made by Elevation Volleyball.

## SECTION II - ELEVATION VOLLEYBALL LEAGUE SPECIFICS

### Teams:

Elevation offers 4 divisions:

1. Torreys Peak (recommended ages 8-11)
2. Grays Peak (recommended ages 12-13)
3. Crestone Peak (recommended ages 13-14)
4. Blanca Peak (recommended ages 14 and up)

### Court Dimensions and equipment:

#### 1) Torreys Peak

- A. Court: 60' by 60' (30' by 30' per side)
- B. Net Height: 7'
- C. Service Line: 20' line
- D. Volleyball: Volley Lite/Super Soft

#### 2) Grays Peak

- A. Court: 60' by 60' (30' by 30' per side)
- B. Net Height: 7'4"
- C. Service Line: End Line
- D. Volleyball: Regulation NFHS ball

#### 3) Crestone Peak

- A. Court: 60' by 60' (30' by 30' per side)
- B. Net Height: 7'4"
- C. Service Line: End Line
- D. Volleyball Regulation NFHS ball

#### 4) Blanca Peak

- A. Court: 60' by 60' (30' by 30' per side)
- B. Net Height: 7'4"
- C. Service Line: End Line
- D. Volleyball Regulation NFHS ball

### Players/Rosters:

- A. A player may only be on the roster of one Elevation team per season.
- B. All divisions will play 6 on 6
- C. Teams must have a minimum of 6 players and a maximum of 12 players per roster, with recommended roster of 10.
- D. Players may be added late to rosters during the season with approval from the Elevation staff.
- F. No libero is allowed in any division.
- G. Teams may play with a minimum of 4 players, without forfeiting. In the event less than 6 players are available at the beginning of a match a "Ghost" player will be added to the line-up for each missing player. When each "Ghost" player rotates into the serving position, the opposing team will be awarded a rally point and the serve. The "Ghost rule may be waived upon pre-match agreement between the match referee, both team coaches, and the league director.

### **Match Length**

50 Minute running clock per match, which can be waived at the discretion by the Elevation staff.  
5 minute warm up will take place 10 minutes prior to the start of the 1<sup>st</sup> round of scheduled matches per division. There is no warm up prior to the 2<sup>nd</sup> match of the day for each division.

A. All divisions will play 3 sets to 21 points per set using the rally scoring method. The winning team must win by two points. All teams will play 3 sets (games), time permitting. If time expires and the score is tied, the next point scored will determine the winner.

B. Each team is allotted 2 time-outs (maximum duration of 30 seconds each) per set. The clock does not stop during time-outs.

### **Forfeit Of the Match:**

1. Set **one** is considered a forfeit **at the time scheduled start time of the match.**

2. Set **two** is considered a forfeit **10 minutes** after the scheduled start of the match.

3. Set **three** is considered a forfeit **20 minutes** after the scheduled start of the match.

### **Playing Periods:**

A. A playing period is defined as a practice or match in which three (3) or more players on the same team and a coach are engaged in organized instruction of play or practice. Practice periods shall be 90 minutes long and the schedule will be created by the Elevation staff.

B. Each team is limited to a maximum of two (2) playing periods per week.

### **Setting:**

Setting is encouraged in all divisions. Faults will be called on obvious carries (greater than 1 second).

### **2-Contact Rule:**

Elevation Volleyball does not have a rule that requires a team to contact the ball at least two times prior to sending it over the net to the opposing team. Teams will be strongly encouraged in practices to attempt to utilize all three contacts that are allowed.

### **Blocking:**

A. All levels: Blocking is allowed. It is not considered to be one of the 3 contacts permitted on each side. Blocking/attacking the serve in front of the 10' line is prohibited per NFHS rules.

### **Side Out and Serve Limit:**

A. Torreys Peak - **mandatory side out\*** after 5 point run on the score.

\*\*Exception -if a team is behind by more than 5 points, they retain serve until they side out or until the score is tied (at which point a *mandatory side out\** is called)

B. Grays Peak, Crestone Peak and Blanca Peak – standard NFHS rules

\***MANDATORY SIDE OUTS** are called to transfer service to the other team. NO rally point is awarded.

### **Serving:**

A. Underhand serves are legal.

- “Torque” serve is the preferred type of underhand serve to be used in league play.

B. Each player is allowed 1 re-serve per service rotation. Player is allowed to let toss drop or catch toss if they want a re-serve.

C. Service area:

1. Torreys Peak must serve from behind the 20 foot line.
2. Grays Peak, Crestone Peak and Blanca Peak must serve from behind the end line.
3. Service may take place anywhere between sidelines and behind the designated service line.

**Serving Rule – Grays Peak and Crestone Peak Division:**

Each server is permitted a maximum of 3 underhand/torque serves per service rotation.

Servers must attempt an overhand serve beginning with their 4<sup>th</sup> serve. Failure to do so will result in a service fault with a point awarded to the opponent and forfeiture of serve.

**Substitutions/Rotation option:**

**#1 option - Continuous rotation** enters in at the middle back position after your service turn has completed. Substitutions must be made after each side-out, and in the same order throughout the game.

- Torreys Peak coaches much utilize the continuous rotation substitutions.

**#2 option - Substitutions** by position as per high school rules. No libero is allowed.

A. The position of the substitute shall be that of the player being replaced without altering the serving order as recorded on the score sheet.

B. A re-entering player shall not return to the game during the same dead ball in which the player was replaced. The re-entering player shall assume the original position in the serving order in relation to the other teammates.

C. There will be an unlimited number of substitutions allowed.

- Grays Peak will have the option to run continuous rotation or substitution based offenses.
- Crestone Peak and Blanca Peak will play with standard substitution lineups.

**Grays Peak** coaches must designate a choice between options #1 & option #2 at the start of the set (game), and must remain with this choice throughout that set (game). Coaches may elect to change their choice at the start of each set (game).

**MINIMUM PLAY FOR ALL TEAMS**

In order to assure that all players have an opportunity to play, those players who did not start the first set (game), must start the second set (game).

**Minimum play rule:** the following examples are for a match that is won 21-0, 21-0, 21-0

**Total # of Points per match:**

$((\text{minimum points in the match}) / (\text{number of players on the team})) * 4$

7 players minimum play is 36 points

8 players minimum play is 32 points

9 players minimum play is 28 points

10 players minimum play is 25 points

11 players minimum play is 23 points

**Failure to meet the minimum play rule will result in the forfeiture of the match.**

It is the expectation of Elevation Volleyball that the minimum play rule will be followed by all of the coaches. However, there are exceptions where a particular player is not required to meet minimum play in a match. Exceptions include:

1. An injury occurring during a game that prevents the player from fulfilling the minimum play requirements.
2. A player ejected from a game.

Elevation Volleyball reserves the right to review this policy and take corrective actions against coaches who abuse this policy.

**PLAYOFF AND CHAMPIONSHIP SPECIFIC RULES:**

All teams participate in the postseason playoffs. The tournament is single elimination and will take place during the 6<sup>th</sup> and final week of the season.

Home teams are the higher seed.

**Playoff Rule 1**

Regular season rules still apply.

**Playoff Rule 2**

Home teams are still required to provide one scoreboard flipper. Both teams are required to provide one line judge for each match they play.

**Playoff Rule 3**

All matches are best 2 out of 3 sets (games). The third, deciding set (game) will only be played if required. First 2 sets (games) are played to 21 points; the third set is to 15. Any set must be won by 2 points (no point cap)

**Playoff Rule 4**

No time limits on any of the matches.

**Playoff Rule 5**

Matches will start at scheduled times. Matches can start ahead of schedule, if agreed upon by both coaches and the game official.

**Playoff Rule 6**

This tournament is a non-protest tournament.