

2020
Omaha GLBT
Official Volleyball Rules



SIGNIFICANT CHANGES

Page 2 – Addition of League Skill Level Descriptions

League Coordinators have the right to update or change rules for regular season or tournament session play as necessary.

GAME CHARACTERISTICS

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.

The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact).

The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.

In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

The concept of rotation is entrenched to allow for all-around athletes. The rules on player positions must permit teams to have flexibility and to create interesting developments in tactics. Competitors use this framework to contest techniques, tactics and power. The framework also allows players a freedom of expression to enthuse spectators and viewers.

League Skill Level Descriptions

- **Social/Recreational Level:** A fun and recreational league. Only the most basic rules violations are called for safety. This league is intended to be a fun and social experience for those that just want to be more active in the community and have some fun. If there are not enough teams to form a league, teams will be offered to move up to the next appropriate skill level.
- **B1 Level:** All teams attempt to use 3 contacts (bump, set, spike) on almost every offensive possession. Teams are starting to begin to learn the rules of the game as well as working on their ball control. Individuals who have never played volleyball before but are looking to play at a more competitive level should start in this league. If there are not enough teams to form a league, teams will be offered to move up to the next appropriate skill level.
- **B Level:** Teams are now very comfortable using 3 contacts (bump, set, spike) on almost every offensive possession. Teams may start to have dedicated setters and hitters while they learn the rules/positioning of the game. Players are learning how to transition back and forth between offense and defense. At least one player on the team should be well versed in the rules (and basic strategies) of volleyball. Players may start to specialize in their position of being a setter or hitter. Individuals in this league should be able to serve over the net almost all the time and consistently pass free balls over to their setter. If there are not enough teams to form a league, teams will be offered to move up to the next appropriate skill level.

- **BB Level:** Teams should be extremely comfortable running some form of perimeter defense. Players now have specialized roles in being a hitter or setter. Setters should be able to set the ball with little to no spin upon release. Hitters should be able to consistently hit the ball in a downwards motion. Teams may start to run a 5-1 or 6-2 offense and practicing set plays. (Intermediate to NAGVA BB Level)

CHAPTER 1 FACILITIES AND EQUIPMENT

1 PLAYING AREA

The playing area includes the playing court and the free zone. The playing court is a rectangular court surrounded by a free zone all sides. The free playing space is the space above the playing area which is free from any obstructions.

1.1 Lines on the Court

1.1.3 Boundary lines

1.1.3.3 Two side lines and two end lines mark the playing court. Both side lines and end lines are drawn inside the dimensions of the playing court.

1.1.4 Center line

1.1.4.3 The axis of the center line divides the playing court into two equal courts; however, the entire width of the line is considered to belong to both courts equally. This line extends beneath the net from sideline to sideline.

1.1.5 Attack line

1.1.5.3 On each court, an attack line, whose rear edge is drawn 3 m (9'10") back from the axis of the center line, marks the front zone.

1.2 Zones and Areas

1.2.3 Front Zone

1.2.3.3 On each court the front zone is limited by the axis of the center line and the rear edge of the attack line. The front zone is considered to extend beyond the side lines to the end of the free zone.

1.2.4 Service Zone

1.2.4.3 The service zone behind each end line. It is laterally limited by two short lines, behind the end line as an extension of the side lines. Both short lines are included in the width of the service zone. In depth, the service zone extends to the end of the free zone.

1.2.5 Warm-Up Area

1.2.5.3 The warmup area is the one side of the court that a team is allowed to warm up on. There is no warming up in any other part of the facility.

1.3 Net and Posts

1.3.3 The Net

1.3.3.3 Placed vertically over the center line there is a net whose top is set at the height of approximately 8ft for men.

1.3.4 Side Bands

1.3.4.3 Two white bands are fastened vertically to the net and placed directly above each sideline.

1.3.5 Antennae

1.3.5.3 An antenna is fastened at the outer edge of each side band. The antennae are placed on opposite sides of the net. The antennae are considered as part of the net and laterally delimit the crossing space.

1.4 Balls

1.4.3 Standards

1.4.3.3 The ball shall be spherical, made of a flexible leather or synthetic leather case with a bladder inside, made of rubber or a similar material.

1.4.3.4 Outside ball can be used provided that both teams agree upon use, prior to the start of the first match.

CHAPTER 2

PARTICIPANTS

2 Teams

2.1 Team Composition

2.1.3 Players

2.1.3.3 A team must consist of a minimum of 4 players, and up to 8 players, only 6 on the court at a time. One of the players must be designated as the team captain, who shall be indicated on the score sheet. A team may not have more than 50% of the players listed as substitutes.

2.1.4 Captain

2.1.4.3 The team captain is responsible for the conduct and discipline of their team members. The team captain will also ensure the team is ready to play at the assigned time.

2.1.4.4 They are also responsible for the conduct of the patrons that are there to watch the team's games.

2.1.4.5 During the match and while on the court, the team captain is the game captain. When the team captain is not on the court, the team captain must assign another player on the court, to assume the role of game captain. This game captain maintains his/her responsibilities until he/she is substituted, or the team captain returns to play, or the set ends.

2.1.4.6 To ask for an explanation on the application or interpretation of the Rules, and to submit the requests or questions of his/her team-mates. If the game captain does not agree with the explanation of the rule, he/ she may choose to protest such decision;

2.1.4.7 to request time-outs and substitutions.

2.1.5 Substitutes

2.1.5.3 Substitutes must be recruited from your team's current level of play or below.

2.1.5.4 A game played where a substitute was illegally recruited will be recorded as a forfeit.

2.1.5.5 Non-league players that are substitutes must sign a waiver prior to playing.

2.1.5.6 The team captain is responsible for ensuring the fee is paid and the waivers are signed before game time. The substitutes will also be recorded on the team's official roster which will be available during normal play for review.

2.1.6 Forbidden Objects

2.1.6.3 It is forbidden to wear objects which may cause injury or give an artificial advantage to the player.

2.1.6.4 Players may wear glasses or lenses at their own risk.

CHAPTER 3 PLAYING FORMAT

3 The Game

3.1 Times

3.1.3 Scheduled Matches

3.1.3.3 Timed Games are scheduled at 6,7 & 8 pm.

3.1.4 Official Warm-Up Session

3.1.4.3 Teams will be given up to 10 minutes to warm up prior to the start of the match. 6:00- 6:10, 7:00-7:10, and 8:00-8:10. This is the only time teams may warm up. Teams may only warm up on the court they are assigned to play on that night, during the teams

assigned time. **No peppering or warmups will be allowed off the court.** This is for the safety of others and for respect of the facility.

3.1.4.4 During warmups, only registered team members and their official substitutes are allowed on the courts.

3.1.5 Length of Matches

3.1.5.3 Game will last no more than 50 minutes. All games will start and end at the same time as signaled by the league coordinator.

3.2 To Score A Point, To Win A Set and To Win the Match

3.2.3 To Score A Point

3.2.3.3 Point

A team scores a point:

3.2.3.3.1 by successfully grounding the ball on the opponent's court;

3.2.3.3.2 when the opponent team commits a fault;

3.2.3.3.3 when the opponent team receives a penalty.

3.2.4 Fault

A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way).

3.2.4.3 If two or more faults are committed successively, only the first one is counted.

3.2.4.4 If two or more faults are committed by opponents simultaneously, a **DOUBLE FAULT** is called, and the rally is replayed.

3.2.5 Rally and completed rally

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in the award of a point.

3.2.5.3 If the serving team wins a rally, it scores a point and continues to serve.

3.2.5.4 If the receiving team wins a rally, it scores a point and it must serve next.

3.2.6 To Win A Set

A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).

3.2.7 To Win the Match

3.2.7.3 The match is won by the team that wins two out of the three sets.

3.2.7.4 In the case of a 1-1 tie, the third set is played to 15 points with a minimum lead of 2 points. Exception

3.2.7.4.1 Time limits supersedes the current game in play. If time is called before the completion of the match, regardless of how many sets have been played, the score will be recorded and the team with the lead will be declared the winner of the set.

3.2.7.4.2 If the score is tied, a sudden death point will be played. The first team to score a point will win the set.

3.3 Default

3.3.3 A Team Is in Default If

3.3.3.3 If a team refuses or is unable to play at the scheduled time of their set, it is declared in default and forfeits the set. If they are unable or refuse to play any sets, it is declared in default and forfeits and the match with the result 0-3 for the match and 0-25 for each set.

3.3.3.4 A team that, without justifiable reason, does not appear on the playing court on time is declared in default with the same result as in rule 3.3.3.3.

3.4 Structure of Play

3.4.3 Service

3.4.4 **Volley for Service**

3.4.4.3 Before the first service of the match, the teams shall volley for service. The winning team of the volley will start with the service. No points are awarded for winning the volley.

3.4.5 The losing team will then service the next set.

3.4.5.3 Prior to the volley, a team may elect to allow the other team to serve in lieu of the volley for service. In this case the teams shall alternate after each match who shall serve.

3.5 **Positions**

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).

3.5.3 The positions of the players are numbered as follows:

3.5.3.3 The three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-center) and 2 (front-right);

3.5.3.4 The other three are back-row players occupying positions 5 (back-left), 6 (back-center) and 1 (back-right).

3.5.4 Relative positions between players:

3.5.4.3 Each back-row player must be positioned further back from the centerline than the corresponding front-row player;

3.5.4.4 The front-row players and the back-row players, respectively, must be positioned laterally.

3.5.5 The positions of players are determined and controlled according to the positions of their feet contacting the ground as follows:

3.5.5.3 each front-row player must have at least a part of his/her foot closer to the center line than the feet of the corresponding back-row player;

3.5.5.4 each right- (left-) side player must have at least a part of his/her foot closer to the right (left) sideline than the feet of the center player in that row.

3.5.6 After the service hit, the players may move around and occupy any position on their court and the free zone.

3.6 **Positional Fault**

3.6.3 The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server. This includes when a player is on court through illegal substitution.

3.6.4 If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault.

3.6.5 If the service becomes faulty after the service hit, it is the positional fault that will be counted.

3.6.6 A positional fault leads to the following consequences:

3.6.6.3 the team is sanctioned with a point and service to the opponent;

3.6.6.4 players' positions must be rectified.

3.7 **Rotation**

3.7.3 The rotational order is determined by the team's starting line-up and controlled with the service order and players' positions throughout the set.

3.7.4 When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6, etc.

3.8 **Rotational Fault**

3.8.3 A rotational fault is committed when the SERVICE is not made according to the rotational order. It leads to the following consequences inorder:

- 3.8.3.3 the team is sanctioned with a point and service to the opponent;
- 3.8.3.4 the players' rotational order must be rectified.

CHAPTER 4 PLAYING ACTIONS

4 STATES OF PLAY

4.1 Playing

4.1.3 Playing The Ball

4.1.3.3 Each team must play within its own playing area and space. The ball may, however, be retrieved from beyond the free zone.

4.1.4 Ball In Play

4.1.4.3 The ball is in play from the moment of the hit of the service.

4.1.5 Ball Out Of Play

4.1.5.3 The ball is out of play at the moment of the fault.

4.1.6 Ball "In"

4.1.6.3 The ball is "in" if at any moment of its contact with the floor, some part of the ball touches the court, including the boundary lines.

4.1.7 Ball "Out"

4.1.7.3 The ball is "out" when:

4.1.7.3.1 the part of the ball which contacts the floor is completely outside the boundary lines;

4.1.7.3.2 it touches an object outside the court, a person out of play;

4.1.7.3.3 it touches the antennae, ropes, posts or the net itself outside the side bands;

4.1.7.3.4 it crosses the vertical plane of the net either partially or totally outside the crossing space;

4.1.7.3.5 it crosses completely the lower space under the net;

4.1.7.3.6 The ball may touch the ceiling, as long as the ball comes back down on the side of the court that hit the ball before it touched the ceiling. This does not reset the teams hit count, and they must return the ball to the opponent's side within their three-hit limit.

4.2 Team Hits

4.2.3 A Hit

4.2.3.3 A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of "FOUR HITS."

4.2.4 Consecutive Contacts

4.2.4.3 A player may not hit the ball two times consecutively (except Rules 9.2.3, 14.2 and 14.4.2).

4.2.5 Simultaneous Contacts

4.2.5.3 When two (or three) teammates touch the ball simultaneously, it is counted as two (or three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.

4.2.5.4 When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out," it is the fault of the team on the opposite side.

4.2.5.5 If simultaneous hits by two opponents over the net lead to an extended contact with the ball, play continues.

4.2.6 Assisted Hit

Within the playing area, a player is not permitted to take support from a teammate or any structure/object in order to hit the ball. However, a player who is about to commit a fault (touch the net or cross the center line, etc.) may be stopped or held back by a teammate.

4.3 Characteristics of The Hit

4.3.3 The ball may touch any part of the body.

4.3.4 The ball must not be caught and/or thrown. It can rebound in any direction.

4.3.5 The ball may touch various parts of the body, provided that the contacts take place simultaneously.

Exceptions:

4.3.5.3 at blocking, consecutive contacts may be made by one or more player(s), provided that the contacts occur during one action;

4.3.5.4 at the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

4.4 Faults in Playing The Ball

4.4.3 FOUR HITS: a team hits the ball four times before returning it.

4.4.4 ASSISTED HIT: a player takes support from a teammate or any structure/object in order to hit the ball within the playing area.

4.4.5 CATCH: the ball is caught and/or thrown; it does not rebound from the hit.

4.4.6 DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

4.5 Ball At The Net

4.5.3 Ball Crossing The Net

4.5.3.3 The ball sent to the opponent's free zone totally or partly through the external space, may be played back within the team hits, provided that:

4.5.3.3.1 the opponent's court is not touched by the player;

4.5.3.3.2 the ball, when played back, crosses the net plane again totally or partly through the external space on the same side of the court. The opponent team may not prevent such action.

4.5.3.4 The ball that is heading toward the opponent's court through the lower space is in play until the moment it has completely crossed the vertical plane of the net.

4.6 Ball Touching The Net

4.6.3 While crossing the net, the ball may touch it.

4.7 Ball In The Net

4.7.3 A ball driven into the net may be recovered within the limits of the three team hits.

4.8 Player At The Net

4.8.3 Reaching Beyond The Net

4.8.3.3 In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit.

4.8.3.4 After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

4.9 Penetration Under The Net

4.9.3 It is permitted to penetrate into the opponent's space under the net, provided that this does not interfere with the opponent's play.

4.9.4 Penetration into the opponent's court, beyond the center line:

4.9.4.3 to touch the opponent's court with a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line;

4.9.4.4 to touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.

4.9.5 A player may enter the opponent's court after the ball goes out of play.

4.9.6 Players may penetrate into the opponent's free zone provided that they do not interfere with the opponent's play.

4.10 Contact With The Net

4.10.3 Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing.

4.10.4 Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play.

4.10.5 When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

4.11 Player's Faults At The Net

4.11.3 A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.

4.11.4 A player interferes with the opponent's play while penetrating into the opponent's space under the net.

4.11.5 A player's foot (feet) penetrates completely into the opponent's court.

4.11.6 A player interferes with play by (amongst others):

4.11.6.3 touching the net between the antennae or the antenna itself during his/her action of playing the ball.

4.11.6.4 creating an unfair advantage over the opponent's legitimate attempt to play the ball, or

4.11.6.5 catching/holding onto the net. Players close to the ball as it is played, or who are trying to play it, are considered in the action of playing the ball, even if no contact is made with the ball. However, touching the net outside the antenna is not to be considered a fault.

4.12 Service

The service is the act of putting the ball into play, by the back-right player, placed in the service zone.

4.12.3 First Service In A Set

4.12.3.3 The first service of the first set, is executed by the team determined by the volley.

4.12.3.4 The other sets will be started with the service of the team that lost the previous set.

4.12.3.4.1 Exception: If both teams agree upon who starts the service first, the teams will then alternate after that.

4.13 Service Order

4.13.3 After the first service is set, the player to serve is determined as follows:

4.13.3.3 When the serving team wins the rally, the player who served before, serves again;

4.13.3.4 when the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front-right position to the back-right position will serve.

4.14 Execution Of The Service

- 4.14.3 The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- 4.14.4 Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- 4.14.5 At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.

4.15 Screening

- 4.15.3 The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server and the flight path of the ball.
- 4.15.4 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 to hide the server and the flight path of the ball.

4.16 Faults Made During The Service

4.16.3 Serving faults.

The following faults lead to a change of service even if the opponent is out of position.
The server:

- 4.16.3.3 violates the service order;
- 4.16.3.4 does not execute the service properly.

4.16.4 faults after the service hit. After the ball has been correctly hit, the service becomes a fault (unless a player is out of position) if the ball:

- 4.16.4.3 touches a player of the serving team or fails to cross the vertical plane of the net completely through the crossing space;
- 4.16.4.4 goes “out”;
- 4.16.4.5 passes over a screen.

4.17 Serving Faults and Positional Faults

- 4.17.3 If the server makes a fault at the moment of the service hit (improper execution, wrong rotational order, etc.) and the opponent is out of position, it is the serving fault which is sanctioned.
- 4.17.4 Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes out, goes over a screen, etc.), the positional fault has taken place first and is sanctioned.

4.18 Attack Hit

4.18.3 Characteristics of The Attack Hit

4.18.3.3 All actions which direct the ball toward the opponent, with the exception of service and block, are considered attack hits.

4.19 Restrictions of The Attack Hit

- 4.19.3 A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player’s own playing space.
- 4.19.4 A back-row player may complete an attack hit at any height from behind the front zone:
 - 4.19.4.3 at his/her take-off, the player’s foot (feet) 1.3.4 must neither have touched nor crossed over the attack line;
 - 4.19.4.4 after his/her hit, the player may land within the front zone.
- 4.19.5 A back-row player may also complete an attack hit from the front zone, if at the moment of contact a part of the ball is lower than the top of the net.
- 4.19.6 No player is permitted to complete an attack hit on the opponent’s service, when the ball is in the front zone and entirely higher than the top of the net.

4.20 Faults of The Attack Hit

4.20.3 A player hits the ball within the playing space of the opposing team.

4.20.4 A player hits the ball “out.”

4.20.5 A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net.

4.20.6 A player completes an attack hit on the opponent’s service, when the ball is in the front zone and entirely higher than the top of the net.

4.21 Block

4.21.3 Blocking

4.21.3.3 Blocking is the action of the players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block, but at the moment of contact with the ball, a part of the body must be higher than the net.

4.21.3.4 Block Attempt

A block attempt is the action of blocking without touching the ball.

4.21.3.5 Completed block

A block is completed whenever the ball is touched by a blocker.

4.21.3.6 Collective Block

A collective block is executed by two or three players close to each other and is completed when one of them touches the ball.

4.22 BLOCK CONTACT

Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers, provided that the contacts are made during one action.

4.23 BLOCKING WITHIN THE OPPONENT’S SPACE

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 until an opponent has executed an attack hit.

4.24 BLOCK AND TEAM HITS

4.24.3 A block contact is not counted as a team hit. consequently, after a block contact a team is entitled to their three hits to return a ball.

4.24.4 The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

4.25 BLOCKING THE SERVICE

To block an opponent’s service is forbidden.

4.26 BLOCKING FAULTS

4.26.3 The blocker touches the ball in the opponent’s space either before or simultaneously with the opponent’s attack hit.

4.26.4 A back-row player completes a block or participates in a completed block.

4.26.5 Blocking the opponent’s service.

4.26.6 The ball is sent “out” off the block.

4.26.7 Blocking the ball in the opponent’s space from outside the antenna.

CHAPTER 5 INTERRUPTIONS, DELAYS AND INTERVALS

5 INTERRUPTIONS

An interruption is the time between one completed rally and the next service. The only regular game interruptions are TIME-OUTS and SUBSTITUTIONS.

5.1 NUMBER OF REGULAR GAME INTERRUPTIONS

Each team may request a maximum of two time-outs and two substitutions per set.

5.2 REQUEST FOR REGULAR GAME INTERRUPTIONS

5.2.3 Regular game interruptions may be requested only by the game captain.

5.3 TIME-OUTS

5.3.3 Time-out requests must be made by showing the corresponding hand signal, when the ball is out of play and before the whistle for service. All requested time-outs last for 30 seconds.

6 EXCEPTIONAL GAME INTERRUPTIONS

6.1 INJURY/ILLNESS

6.1.3 Should a serious accident occur while the ball is in play, the teams must stop the game immediately and permit medical assistance to enter the court. The rally is then replayed.

6.1.4 If an injured/ill player cannot be substituted the team may continue with a without a substitute.

6.2 EXTERNAL INTERFERENCE

If there is any external interference during the game, the play has to be stopped and the rally is replayed.

6.3 INTERVALS AND CHANGE OF COURTS

6.4 INTERVALS

An interval is the time between sets. All intervals should last about 2 minutes. During this period of time, the change of courts.

6.5 CHANGE OF COURTS

6.5.3 After each set, the teams change courts.

CHAPTER 7 PARTICIPANTS' CONDUCT

7 Requirements Of Conduct

7.1 Sportsmanlike Conduct

7.1.3 Participants must know the "Official Volleyball Rules" and abide by them.

7.1.4 Participants must accept League decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain.

7.1.5 Participants must refrain from actions or attitudes aimed at influencing the decisions of the League POC or board member or covering up faults committed by their team.

7.1.6 Participants are encouraged to be excited during the games, but no excessive distracting actions or excessively loud comments will be allowed.

7.2 Fair Play

7.2.3 Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the League POC or Board Member, but also toward other officials, the opponent, teammates and spectators.

7.2.4 Communication between team members during the match is permitted.

7.3 Misconduct And Its Sanctions

7.4 Minor Misconduct

Minor misconduct offenses are not subject to disciplinary actions.

7.5 Misconduct Leading To Disciplinary Actions

Misconduct by a team member toward board members, opponents, teammates or spectators is classified in three categories according to the seriousness of the offense. Disciplinary actions will be handled by League POC and the remaining board members.

7.5.3 Rude conduct: action contrary to good manners or moral principles.

7.5.4 Offensive conduct: defamatory or insulting words or gestures or any action expressing contempt.

7.5.5 Aggression: actual physical attack or aggressive or threatening behavior.

7.6 Any misconduct occurring before or between sets is handled by the League Coordinator, League POC, or board member on duty.

CHAPTER 8 TOURNAMENT PLAY

8 TOURNAMENTS

8.1 The end of season tournament will follow all the same rules as the regular season play, with the exception that substitutes must either be league players or have already subbed on your team prior to the start of the tournament.

8.2 The tournament is seeded, based on season standings.