

Goddard Mixed Volleyball League

Rules and Regulations

Fall 2017 - Spring 2018

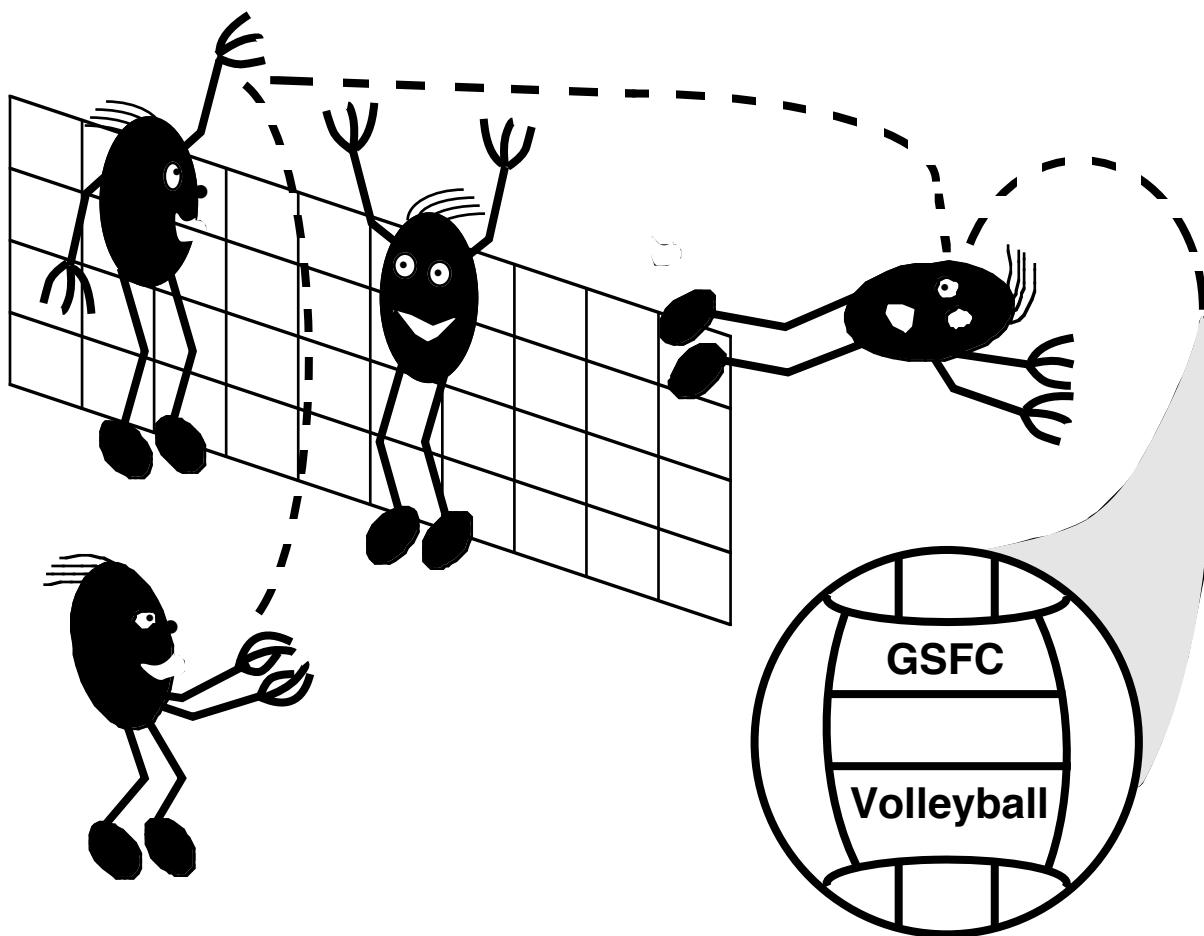


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Goddard Mixed Volleyball League (GMVL) Rules

Official rules of USA Volleyball hold unless addressed here. Any questions or conflicts should be brought to the attention of the League Commissioner or the Rules and Regulations Committee.

1. Composition of teams

A team must play with between 4 and 6 players on the court and no more than 3 may be men.

If a team starts playing a game with less than 6 players, players arriving late may enter the game immediately. They may enter in any legal position (see section 8) except for the current server.

Team rosters are required and shall be kept up to date by submitting updates to the GMVL commissioner. Players listed on a given team's roster may only play for that team. A player may only be listed on one team roster.

A player must play in at least two matches (2 separate dates) to be eligible to participate in play-off games.

The following persons are eligible to play in the GMVL:

- a. GSFC employees, the immediate families of GSFC employees, current GSFC contractors, the immediate families of current GSFC contractors, and players who have played in GMVL while previously eligible.
- b. All players must be at least 16 years old and children under 18 must have written parental consent to play.

2. Matches

GMVL plays 4 games per match with a 2 minute rest period between games.

A match will last for a maximum of 1 hour and 10 minutes.

Referees will be responsible for keeping the official time.

Play will start at the time indicated on the schedule. A 5-minute grace period is allowed. The two team captains (or acting captains) and the officials shall meet at the net at the indicated start time of the first game of the match to ascertain if both teams are ready to play and to resolve any questions before play commences. If a team is not ready to begin at the end of the grace period, but is no more than 15 minutes late, that team shall forfeit the first game, but may play the remaining three games. If a team is more than 15 minutes late, that team forfeits all four games. The maximum length of time that any team shall wait for another team is 15 minutes.

After a match has been completed, the team captains (or acting captains) and the two officials will sign the score sheet. Any problems such as the match being played under protest, referees not supplied, lack of equipment should also be indicated on the score sheets.

Score sheets will remain in the court book unless a game is under protest.

Any protest must be submitted to the GMVL commissioner in writing and must be accompanied by a \$10.00 protest fee. The fee will be returned if the protest is upheld, otherwise it will be added to the GMVL account.

3. Equipment Handling

The teams playing the first match of the night will be responsible for setting up the equipment.

The teams playing the last match of the night will be responsible for clean-up and taking down the equipment. The exact set-up and take-down responsibilities are detailed on the schedule.

In case any equipment is discovered missing or damaged, the captain in charge shall report to the GMVL commissioner as soon as practical.

The equipment consists of the following items:

Greenbelt -	6 balls , scorebooks , first aid kit	- stored at Greenbelt
	2 Standards and nets (belong to Greenbelt)	- stored at Greenbelt

4. Officials

The second team of each pair on the schedule supplies a scorekeeper. Goddard referees will be used for all games at all gyms. If there are extra players on the sidelines, it is helpful if they call the lines.

If a referee isn't available for a scheduled match, the match should still be played and the results will be counted. At Greenbelt, a volunteer referee should be obtained from the team on the adjacent court.

5. Scoring

Games are played to 25 points (or more if required). The game must be won by a margin of 2 points. Rally scoring will be used with a point awarded on every serve.

If a match is ended due to the expiration of the designated time (see rule 2 above) , the score of the game at that time becomes the final score. If a team has at least 13 points, and is ahead by 2 points, they will be the winner. Otherwise the game does not affect the standings.

Team standings shall be based on percentage of games won. Each penalty point accrued by a team shall be equivalent to one game lost for the purpose of determining this percentage.

6. Penalty Points

Penalty points shall be imposed in the following situations on the responsible team:

<u>Situation</u>	<u>Penalty Points</u>
a. No referee/scorekeeper provided for a match	1

7. Co-ed rules

The players must line up on the court alternating men and women.

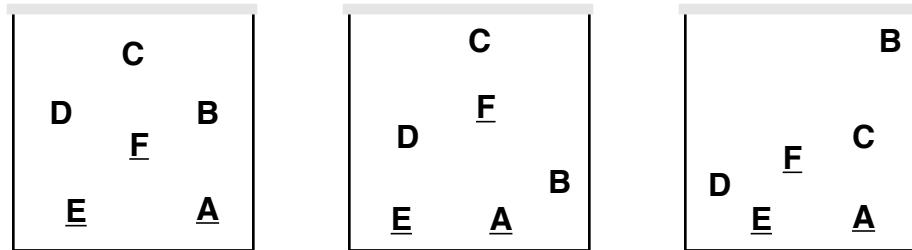
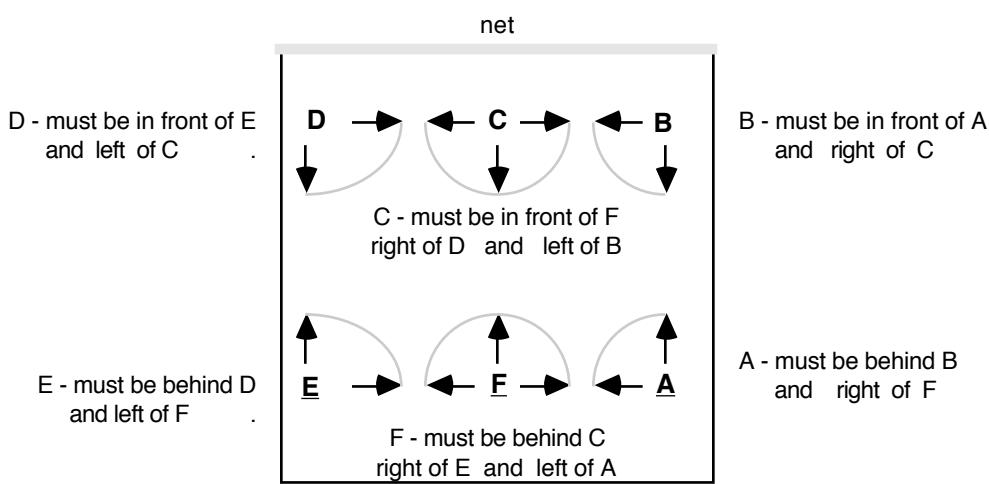
If the ball is played more than once by a team before returning the ball to the opponent's side of the court, one of those hits must be by a woman.

8. Positions

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order as shown below (except the server). After the service hit, they may move around and occupy any position on their court and the free zone, but they retain their current front row / back row status.

Players may not be overlapped at the time of the serve. An individual only has to worry about overlap with adjacent players as indicated by the arrows below; other players have no effect on overlap with that person.

The positions of players are determined and controlled according to the positions of their feet touching the ground at the time of the service hit as follows: each front-row player must have at least a part of a foot closer to the center line than the feet of the corresponding back-row player; each right- (left-) side player must have at least a part of a foot closer to the right (left) side line than the feet of the center player in that row.



The diagrams above all indicate legal positions at the time of serve.

For example, in the lower middle diagram, F is between E and A and behind C, being ahead of D and B is not relevant since they are not adjacent. In the lower right diagram, C is right of D, left of B, and in front of F, which is valid.

If a team is playing with only 5 players, a position will be designated for the missing person. This position must be considered in determining which players are front row and can block or spike (see 14.4e and 14.5d). When the empty position rotates to the serving position, the whole team must rotate one additional position to put the empty position in the center back. There is no loss of serve or other penalty when the empty position passes the serving position. Team captains may meet before the start of the match to determine if they do not want to enforce the missing person rule. There are no special rules for a team playing with 4 players.

9. Rotations

The rotation of the players proceeds in a clockwise direction.

A rotation of more than 6 players may be used. The extra position in the rotation (beyond the 6 on the floor) will be between right forward and server position. In this case, there can be actually two independent rotations, one for men and one for women. For example, a rotation of 6 men (3 whom play at one time) and 4 women (3 of whom play at one time) is allowed. Substitutions following the standard rule may be made for any player in the rotation by a player not in the rotation. In case of injury, if no substitutes not in the rotation are available, a player in the rotation and not currently on the floor may substitute for the injured player (and thus decrease the number of players in the rotation). The injured player may not re-enter the current game. The number of players in a rotation may never drop below 4.

10. Time Outs

Two 30-second time-outs are allowed per game per team. If a team calls more than 2 time-outs, this results in the loss of serve if the team is serving and a point for the other team.

Time-outs must be called anytime after a play has stopped and before the referee has whistled to resume play. If a time-out is called after the score has been given, the time-out will be disallowed and the serve will proceed.

Time-outs can only be called by the team captain or designated floor captain.

If a time out occurs in the last 2 minutes of the last game of a match the game shall be extended by 30 seconds. In the worst case (where both teams call both time-outs in the last 2 minutes) the match will be extended by 2 minutes.

11. Substitutions

Each team is allowed 6 substitutions per game, not counting substitutions for injured players (see Rule 9 for further explanation of injury substitutions).

For direct substitution (non-rotation), a player starting a game may be replaced by a substitute and may subsequently re-enter the game once, but only in the original position in relation to other teammates. Only the original starter may replace a substitute during the same game. A player who has entered the game as a substitute and then been replaced by the starter in that position originally may not re-enter the same game.

Substitutes, like time-outs, can only be called whenever the ball is "dead". Only the team captain or floor captain may request a substitution.

12. Serving

For an underhand serve, the ball, upon being struck on a serve, must be completely below the top of the shoulders.

The ball must leave the server's hand before being contacted.

The server must not step on the serving line or into the court until the ball is served. They can be at any location in the back of the court behind the service line. In Greenbelt, since there is not space behind the back of the court, the service line shall be 6 feet from the back wall. This is about a foot in front of the black line running across the back of the court.

The serve can touch the net when crossing it and is live and must be played.

The ball must pass over the net completely inside the left and right boundaries of the court. The boundaries are vertical lines extending from the side boundary lines on the floor to the ceiling.

All players except the server must be inside the court (i.e. not on the line) at the time of the contact of the serve.

Players must be in their correct positions within the rotation at the time of the serve. They must not be overlapped. Once the ball has left the server, the players may move anywhere.

13. Service Receive

At the first hit of the team (e.g. service receive), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

Contacting a served ball above the height of the net to spike it is prohibited.

Contacting a served ball above the height of the net to block it is prohibited.

Once the ball is below the height of the net the spike and block restrictions no longer apply.

14. Contacts

Contact of the ball must be brief and simultaneous. The ball can contact any number of parts of the body down to and including the waist providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact.

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.

When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held.

The ball must be hit in such a manner that it rebounds cleanly after contact with a player.

Scooping, lifting, pushing, or carrying the ball shall be considered to be a form of holding.

A ball clearly hit with one or both hands together from a position below the ball is considered a good play.

Each team is limited to three hits on one side (not counting the block) before the ball is passed over the net.

If two players of the same team contact the ball simultaneously (except in blocking), this is considered as 2 contacts.

Players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided there is no finger action used during the effort and the ball is not thrown or held.

It is a violation for back row players to send the ball over the net if they are within the three-meter line and the ball is totally above the level of the net (8 feet). A ball contacted from above the height of the net and directed towards the opponent's court by a back-line player forward of the 3-meter line does not become an illegal hit unless the ball passes fully beyond the vertical plane of the net or is legally contacted by an opponent.

A back row player may legally spike a ball and land in front of the three-meter attack line as long as they take off completely behind the three-meter line.

On a return, the ball must pass over the net and completely inside the left and right boundaries of the court. The boundaries are vertical lines extending from the line on the floor to the ceiling.

14.1 The Bump (Two arm contact)

- a. The ball must be contacted with both arms simultaneously. A double contact is a violation.
This applies to both underhand and overhead bumps.

(note - there is an exception to this rule as defined in the consecutive contacts rule above)

- b. The bump must be made with joined hands. The bump cannot be made with separate open hands.

14.2 One Arm Contact

- a. A ball cleanly hit with one arm from a position below the ball is considered a good play.
- b. When the ball visibly comes to rest momentarily on the hand or arm of a player, it is considered as having been held.

14.3 The Set (Overhead Pass)

- a. Simultaneous contact with fingers of both hands must be made. If not, a double hit or throw is called.
- b. The ball may have momentary rest during the recoiling action but it may not be held - a violation.

14.4 The Block

Blocking is the action close to the net that intercepts a ball directed over the net from the opponent's side by making contact with the ball before it crosses the net, as it crosses the net, or immediately after it has crossed the net.

- a. The block does not count as one of a team's 3 hits.
- b. A player may reach over the net when blocking a ball that has been hit to be returned (i.e. a player cannot block a set that is not directed over the net and does not break the plane of the net).
- c. Blocking a served ball is prohibited.
- d. No part of a player's body or clothing is allowed to touch the net.
- e. Only front row players may block. However, if there are 2 women in the front line, a man from the back line may come up to block.
- f. Any player participating in the block may play the ball a second time if the ball is hit off the player during the blocking attempt.
- g. Multiple contacts of the ball may be made by any player or players taking part in a block and shall constitute one contact of the ball.

14.5 The Spike

- a. A spike is defined as contacting the ball when it is completely above the top edge of the net to send it over the net. The part of the ball contacted must be on your side of the net.
- b. Spikers cannot reach over the net to spike the ball. The ball must break the plane of the net before being attacked. Spikers are allowed to follow through over the net if the initial contact has been made on their side of the net.
- c. The serve cannot be spiked. The serve cannot be attacked while the ball is entirely above the height of the net.

- d. All players are allowed to spike from behind the 3-meter attack line. If a back-row player jumps from behind the attack line and spikes the ball before landing inside the attack line, this is a valid spike. Only front-row players may spike when inside the 3-meter line.
- e. The ball must be cleanly hit when spiking with an open hand. Guiding or carrying the ball is a violation unless it's done with the finger tips and a stiff wrist, as in the tip or dink.
- f. A two-hand spike guides or directs the ball and is a violation.

15. Center Line Violation

If a player steps over the center line, it is not a foul providing at least part of each foot remains on or above the player's side of the court (i.e. the foot must step entirely beyond the center line to be a violation). The player may not interfere with an opponent making a play on the ball.

Any other part of the body, e.g. hand, crossing the center line and either touching the opponent's court or interfering with another player is a violation.

16. Net Violations

No part of a player's body or clothing may touch the net between the antennae. However, if the ball strikes the net and pushes the net into an opposing player, this is not a foul. This will be a referee's judgment call. If a player actively moves to cause contact with a ball pushing into the net, that is a violation.

17. Refereeing

The referee is in full control of the match and any judgment decisions rendered by the referee are final.

Only two people from each team (the team captain and the floor captain) can talk to the referee to request timeouts and substitutions. Only the floor captain can talk to the referee to request clarification of a referee's call.

To deal with unsportsmanlike conduct, the referee can flash yellow or red cards (stored in the equipment boxes) to the offending player. A yellow card is used for a minor offense. It signifies a warning to a player to stop the unsportsmanlike conduct.

A red card is used for serious or repeated violations. It is a penalty card signifying a point against the offending team and a side-out if the offending team is serving. A player can be ejected from the game or match at the discretion of the referee after the second red card is issued to the abusive player.

A person ejected from two matches due to unsportsmanlike conduct will not be allowed to play during the remainder of the season.

18. Distractions

It is illegal to intentionally distract players on the other team. The referee should initially warn the offending player or team (with a yellow card). Further infractions will result in either a side out or point against the offender (red card). The most common infractions are:

- a. Stamping your feet at the net.
- b. Yelling at the opponent's team.

A person shall be responsible for activities of any children they bring to the playing location.

Children shall remain away from the playing area when a game or practice is in progress. A child entering the playing area can be considered a distraction; the team with whom the child is associated may be penalized, as described above.

At gyms with two courts (Greenbelt), players should be considerate of the other game in progress and limit the amount of noise and other disturbances (chasing balls, crossing back of court, etc.) they and their spectators generate to provide minimum interference to the other game.

19. Coaching

Coaching by players on the sidelines must be done in a non-disruptive manner. Coaching while the ball is in play (e.g. calling a ball in or out) is not allowed.

Players on the sidelines may not argue or protest to the referees.

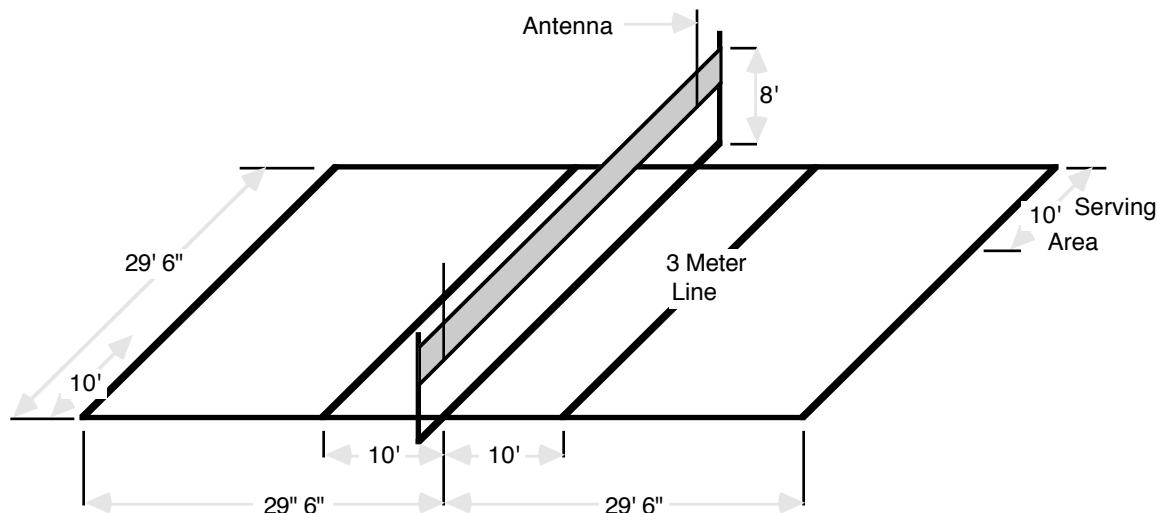
If coaching from the sidelines becomes excessive or disruptive, the referee must warn the offending team with a yellow card. On the second occasion, a further penalty of a red card can be given.

20. Court Boundaries

The dimensions of a volleyball court are 59' x 29' 6". The net should be 7' 11 $\frac{5}{8}$ " high for co-ed or men's volleyball.

A ball that touches a boundary line is in bounds. A ball which touches entirely outside a boundary line, but part of which is over the boundary line is out of bounds.

A ball returning over the net must cross the net entirely inside the edges of the court.



With two side-by-side courts in Greenbelt it is important for players to avoid entering the other court. Any contact to play a ball must be completed before crossing the center-line between courts and the player must stop before making any contact with the other court. Any contact with the other court is an infraction and results in a dead ball.

21. Obstructions

If a ball, other than a serve, strikes an obstruction in an area other than the opponent's side of the net (e.g. the ceiling over the team's court), it is still in play providing it does not rebound directly into the opponent's playing area.

Any ball hitting the wall is out of play.

Specific Obstructions at Greenbelt :

All basketball backboards are out of play. Ropes and cables near the ceiling are considered obstructions as described above, and thus have the same status as the ceiling. Basketball rims and cables over the centerline will be replays unless the referee determines that the ball was going out of play anyway.

The fans in the back of the court are a referee judgment call on whether a ball contacting them would have remained playable or was going out of bounds

Players should be considerate of the other game in progress and limit the amount of noise and other disturbances (chasing balls, crossing back of court, etc.) they and their spectators generate to provide minimum interference to the other game.

22. School restrictions

* Tennis or basketball shoes are required. Specifically, shoes with dark soles or protective trim are not allowed because they scuff the floor. The night foreman at each playing facility has the right to demand that invalid shoes not be worn on the court.

Other than the restrictions on shoes, there are no restrictions on the uniforms worn by players.

It is forbidden to wear any headgear or any article (jewelry, pins, bracelets, etc.) which could cause injury during the game. Rings, with the exception of flat bands without projections, bracelets, dangling earrings and necklaces long enough to clear the chin must be removed. Necklaces of multi-piece construction (beads, etc.) must also be removed due to possible breakage that could result in a delay in the game. If an article cannot be removed, it must be taped securely to allow the player to play. Hair barrettes may be used to secure hair. It is not necessary that the barrettes be taped.

If play must be stopped to allow a player to remove illegal jewelry or equipment, that team shall be charged with a time-out.

If requested by a team captain before the match commences, the referee may grant permission for one or more players to play without shoes.

* No smoking or alcoholic beverages are allowed on the school property. This means parking lots as well.

(*note - It is important that these restrictions be followed so that the GMVL can continue using the facilities.)

CHARTER & BYLAWS FOR THE GODDARD MIXED VOLLEYBALL LEAGUE

The purpose of this document is to define the bylaws by which the Goddard Mixed Volleyball League (GMVL) will be governed. The following set of bylaws is applicable as of October 22, 1975, and is identical to the original set of bylaws applicable for the first season (1974-1975) of the GMVL except for bylaws 2.0, 4.1, 4.2, 4.3.4, and 4.5.

1.0 Purpose of GMVL:

To provide volleyball facilities for the enjoyment and exercise of Goddard employees and Contractors, their spouses, and immediate family.

2.0 Size:

Each team in the GMVL will have a maximum of 25 members.

3.0 Rules. of Play:

See GMVL Rules. This document also defines the regulations which will enforce the "mixed" nature of play.

4.0 Government:

The governing body of the GMVL will be the Executive Committee (EC). All GMVL activities and business will be controlled, guided and approved by the EC (with the exception of amendments to these bylaws and the election of the EC).

4.1 Term of the EC:

Should a member of the EC resign he shall be replaced with a team captain selected by the EC for completion of the term.

4.2 Size, Membership and Election of the EC:

The EC shall consist of 5 members of the league and shall be elected in a general team captains' meeting held during the first week in May of each year at a place selected by the current EC, which shall provide each team with ample notice of the meeting. A quorum (2/3 of the existing league teams represented by captains or their personal representatives such that a person represents no more than one team) is required before nominations may be placed. The league commissioner and the treasurer will be elected separately by majority vote. Three additional members of the EC will be elected by a plurality vote after nominations have been placed. Each team represented will be entitled to one vote for each member of the EC to be elected, after nominations are placed. The league commissioner and the treasurer must be GSFC employees. The league commissioner shall organize and chair all team captains' and EC meetings. The treasurer will be responsible for the execution of GMVL fiscal policies and financial record keeping.

4.3 Duties and Responsibilities of the EC:

The EC will:

1. Pursue paragraph 1.0 above for the best interest of the GMVL membership.

2. Provide necessary facilities and equipment for playing volleyball.
3. Be the final authority in settling any disputes concerning rules, protests, play and unsportsmanlike conduct.
4. Retain any funds up to \$750.00, remaining from the yearly tax (Paragraph 4.4.5) at the end of the season for the purpose of reducing the following year's tax. In case of dissolution of the league, the team captains of teams in the most recent season will be refunded, in equal amounts, any funds remaining in the treasury. Also, any amount over \$750.00 will be refunded to the team captains in equal amounts.

4.4 Authority of the EC:

The EC will have the authority to:

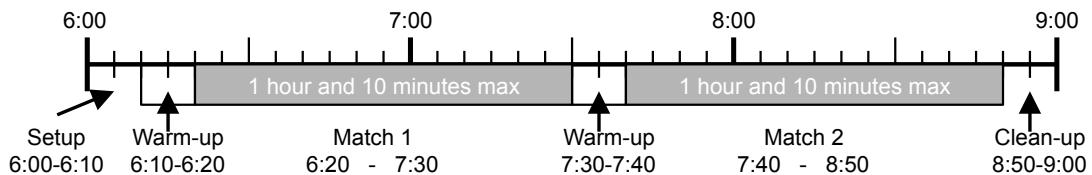
1. Direct the Treasurer to commit or spend GMVL funds but not in excess of current uncommitted cash holdings of the GMVL.
2. Determine the facts concerning disputes and unsportsmanlike conduct and to decide, inflict and enforce disciplinary action deemed necessary.
3. Determine the rules by which play will occur.
4. Determine the inter-team schedule of play.
5. Tax each team an equal sum of money which will be paid to the Treasurer

4.5 Captain's Meetings:

A captains' meeting must be called by the league commissioner on a petition of 30 percent or more of the team captains. The only action that will be considered at a team captains' meeting will be amendments to these bylaws.

Setup, Warm-up, Match, and Cleanup Times

The match start times for **Greenbelt (Fri.)** are as follows:



At Greenbelt (Fri.), if the first match of the evening gets started late due to no fault of the teams playing (referees late, equipment not ready, etc.) , then the match end time will be extended by up to 10 minutes (but no longer). In this case, the following game will start 5 minutes late with only a 5 minute warm-up and will end 5 minutes later than normal. The last match of the evening will start and end at the normal times with a 5 minute warm-up.