

# **RCSSC VOLLEYBALL RULEBOOK**

These rules were last updated on January 2, 2019.

## **RULE 1: TEAMS AND PLAYERS**

### **Section 1. Team Formation**

1. **Leagues Offered.** There is one volleyball league: SUPER SOCIAL.
  - SUPER SOCIAL is designed for teams or individuals who love to socialize and have LIMITED athletic skills.
2. **Season.** Volleyball is offered on Thursdays starting at 6:00 PM in the spring. All games will be played at the new building located at the Sports Center of Richmond (SCOR), 1385 Overbrook Rd., Richmond, VA 23220.
3. **Number of Players.** All teams must have at least 10 players, but there is no maximum. All players must be listed on the roster and sign the RCSSC waiver before participating in a game.
4. **Adding Players.** Teams can add players at any time until the final tee shirt order date. From the order date through the third week of play, a team must drop a player before it may add a player. The dropped player must give his or her tee shirt to the added player. After the third week of play, team rosters are frozen. See the Commissioner for additional roster forms.
5. **Players on the Field.** No more than six players can be on the court at a time. At least three of the six players must be females.
6. **Playing Short.** A team must have at least four players present to start a game, two of whom must be female. Any open spots must be filled in with “ghost” players—where the other player would fit in the rotation if present. If the “ghost” rotates to the serving position, the team automatically loses its serve. When additional players arrive, they may step on the court to assume a “ghost” position between serves. No players may enter the court during volleys.
  - If you only have two females playing, no more than three males may play on the court at one time.
7. **3-PEAT -- aka DYNASTY RULE.** Everyone loves a little competition, but one team dominating a league season after season can spoil the fun for everybody.

If a team retaining more than four(4) to six(6) players (based on the sport’s minimum roster size 6, 10 or 12) has won three championships in consecutive seasons for which they have been registered, that team will have to form two or more separate teams to promote balance in the league or withdraw their registration (no refund will be issued, league credit will be issued). The River City Sports & Social Club will have the option to, in its discretion, request that team to form two or more separate teams to promote parity in the league or withdraw their registration. The team will then have the opportunity to divide their roster (with no more than four to six retaining players) to form two or more separate teams with each subsequent roster approved by the River City Sports & Social Club.

### **Section 2. Player Restrictions**

1. **Age.** Team members must be 21 years old by the start of the season.
2. **Professional or Division I Athletes.** Players who have participated in Division I volleyball in the last five years may not participate in the RCSSC.

3. **Team Membership.** Players may only play for one volleyball team, regardless of division.
4. **Violations.** Teams that violate the rules in this section will forfeit the entire season's games **and must pay a fine.**

### Section 3. Uniforms

1. **Tee Shirts.** RCSSC will provide each team with tee shirts for its roster. All players must wear the official RCSSC tee shirt for each game.
2. **Permitted Alterations.** Players may add their names, numbers, and other similar personal information to their tee shirts. Players may also add depictions of the American flag. Players' additions may not cover the RCSSC or sponsor logo.
3. **Excluded Alterations.** Players may not add any corporate information to their tee shirts, including website addresses and company names. Players may not include any offensive material on their tee shirts. The Commissioner has the exclusive right to determine whether additions are offensive.
4. **Penalty.** Players who do not wear the official RCSSC tee shirt will be sidelined for that game. Players caught exchanging shirts will also be sidelined, and if the players are not listed on the team roster, the team will forfeit the game and must pay a fine. Teams with players who violate shirt alteration guidelines must purchase new RCSSC shirts (\$20/shirt), and the team will forfeit all games until it has paid for the new shirts.

## RULE 2: FORFEITS AND SCHEDULING

1. **Minimum Players.** A team may play short until five minutes after the start of the match. When the fourth player arrives, the teams will restart the match with a score of 0-0. If a team does not have the minimum number of players (four) by five minutes after game time, it will be assessed a loss, and a \$50 forfeit fine will be assessed.
2. **Avoiding Forfeit.** If the forfeiting team contacts the RCSSC no later than 24 hours before the game, no forfeit fine will be assessed, since it will allow time for the opposing coach to notify his or her team of the impending forfeit. E-mail the forfeit notice to [rivercityssc@aol.com](mailto:rivercityssc@aol.com).
3. **Fine.** The forfeit fine will be contributed to the forfeiting team's opponent's bar tab the following week. The fine recipient must use the tab the following week: the fine will not be carried over.
4. **Time of Payment.** The \$50 forfeit deposit will be used for one game. Any additional forfeit fines must be paid before the next scheduled game.
5. **Failure to Pay.** Teams that fail to pay an assessed fine before the subsequent week's game will have two points subtracted from their win total. After the second week, the fine will double.
6. **Ejection.** After three weeks of nonpayment, the Commissioner may eject the team from the league.
7. **Inclement Weather Policy.** In case of inclement weather, check the RCSSC weather hotline (804) 307-7294 and your e-mail for updates. If you do not receive a cancellation e-mail and there is no cancellation message on the RCSSC voicemail, all games are on.
8. **Regular/Post-Season Schedule Deviations.** The RCSSC's priority is to ensure that all teams play their full regular season schedule; post-season games are not guaranteed. Make-up games for both regular season and post-season games may be scheduled on days of the week outside of regularly scheduled game days and without regard to a team's day preference. When games are rescheduled, the Commissioner will e-mail the affected teams to allow sufficient time to adjust their schedules.

9. **No Refunds.** The RCSSC will not issue full or prorated refunds if the regular season or post-season is shortened due to inclement weather or for other unforeseeable reasons.

## **RULE 3: MATCH PLAY**

### **Section 1. Facilities and Equipment**

1. **Facility.** All games will be played at SCOR inside.
2. **Equipment.** The RCSSC will provide all required equipment. Only RCSSC-provided volleyballs may be used during matches.
3. **Referees.** The RCSSC will provide a referee for each court.

### **Section 2. Clock**

1. **Match Time.** A match consists of three games or 50 minutes, whichever comes first.
2. **Game Clock.** The official SCOR clock will keep the official game time. A two-minute warning buzzer will sound before each match starts. The next buzzer signals the start of the first game. After 45 minutes, the buzzer will sound to signal the start of rally time. A final buzzer will sound when time expires.
3. **Boundary Lines.** The ball is “in” when it touches the court between or on the boundary lines. A player playing the ball must keep one foot in the court at all times.
  - **Exception:** Do not cross the backcourt line. Players who enter another court while the ball is live will sit out for one full rotation. The team may not replace that person unless the player entered the other court for safety reasons.

### **Section 3. Play of Game**

1. **Start of Play.** The home team, which is listed first on the schedule, serves first. Serves alternate in subsequent games until the third game. The home team will have first serve in the third game.
2. **Substitutions.** Substitutions may be made only while the ball is dead. The substitute must take the right front player’s spot, making that person next in line to serve.
3. **Time-Outs.** Each team is allowed a one-minute time-out per game. A time-out can only be requested when the ball is dead.
4. **Scoring.** Points are awarded only to the serving team. However, if a game starts or is in progress with under five minutes left on the game clock, the game will switch to the rally format, and both the serving and receiving teams will score points. If time expires during a game, the team with the most points will win the game.
5. **Points.** Teams win a match by winning two games. To win a game, a team must score 21 points and win by two points. Play will continue until a team reaches a two-point advantage or until a team scores 23 points with a one-point advantage. A team can still receive one point if it wins one of three games during the match. The other team will receive three points for winning two or more games during that match.

### **Section 4. Team Lineup**

1. **Game Lineup.** Before the ball is served, teams must line up as follows:
  - Six players: Three players in the front and back rows.
  - Five players: Three players in the front row and two players in the back row.

- Four players: Two players in the front and back rows.  
Players may change positions after the ball is served.

2. **At Time of Service.** All players must be within the court boundaries when the ball is served.

### **Section 5. Service and Rotation of Players.**

1. **Rotation Before Service.** Following a side out, the team gaining service must rotate one position clockwise before serving.
2. **Time for Service.** The server must hit the ball within 10 seconds of the referee's signal.
3. **Serving Player.** The right back player must serve the ball from behind the end line. The player must release the ball before contact and clearly hit the ball with one hand (open or closed) or any part of one arm.
4. **Duration of Service.** The server continues until a side out is awarded. Teams must rotate in a new server after the end of the game.
5. **Scoring.** The RCSSC will provide the scoring device. A RCSSC referee will keep score.

### **Section 6. Ball and Net Contact**

1. **Ball in Play.** After the ball is served, the ball is in play.
2. **Ball Out of Play.** When the ball touches the court or the referee whistles and calls a fault, the ball is out of play.
3. **Team Hits.** A team must return the ball over the net after a maximum of three hits, excluding blocking. If four or more hits are used, a fault occurs. No player may hit the ball two times consecutively.
4. **Gender Play.** A female must hit the ball before it is returned over the net, unless the ball goes over on the first hit. If a female fails to hit the ball, a gender fault occurs.

### **Section 7. Play at the Net**

1. **Player Contact With the Net.** If a player contacts the net or poles with any body part or clothing, it is a fault. A player who is not intending to play the ball who accidentally contacts the net is not at fault. No player may break the net's plane, including while blocking or spiking the ball. A player must jump straight up to block or spike the ball.
2. **Simultaneous Contact by Opponents.** If opponents contact the ball at the same time and the ball is held, play will continue.
3. **Ball Contact With the Net.** If a ball touches the net between the poles, except on the serve, it is in play. A ball hit into the net on a third hit is not considered dead until it touches the floor, another object, or a player.
4. **Blocking.** Blocking occurs when a player at the net tries to deflect a ball coming from the opponent's side back into the opponent's court. A block does not count as a hit for purposes of the consecutive hit rule by a single player or the three-hit rule. Multiple contacts by a blocker are legal if they occur during a single attempt to deflect the ball. Only the players on the front line may block.

### **Section 8. Faults Resulting in Side Out**

1. **Team/Player Faults.** A fault shall be declared against a team or player when:

- The ball touches the floor.
- The ball is caught, held, thrown, or pushed.
- A team hits the ball more than three times consecutively.
- A single player contacts the ball twice consecutively.
- No female player touches the ball on one of the three hits, unless the ball crosses the net after the first hit.
- A player touches the net or net poles.
- A player crosses the center line or the plane of the center line.
- A player enters an adjacent court.
- A ball does not cross the net entirely between the poles.
- A ball lands outside the court.
- A player commits an illegal block.
- A ball hits the ceiling on the hitting team's side and then crosses over to the opponent's side.
- Players rotate or substitute illegally.
- A player hits the ball from out of bounds.
- A back row player blocks or spikes the ball in front of the 10-foot line.

2. **Service Faults.** The following are all considered service faults:

- The player uses a jump serve. No jump serves are allowed in the RCSSC.
- The player tosses the ball for service but catches it or the ball falls to the floor.
- The ball is served under the net.
- The ball touches or passes over a net pole.
- The ball touches a player or object before crossing the net.
- The ball lands outside the opponent's court.
- The server's foot touches or crosses the endline before striking the ball.
- The server serves with two hands or arms.
- The team serves out of correct rotation order. If a team uses an incorrect server, any points scored during that service are forfeited, and the team must rotate to the proper positions.
- The server fails to release the ball before contact.

## **RULE 4: SPORTSMANSHIP**

1. **Social Aspect of League.** Teams should patronize the sponsor bar after games. The league's focus is on being social, not winning or losing.
2. **Rules.** Players are expected to know the rules and abide by them.
3. **Unsportsmanlike Conduct.** Any RCSSC member who does not conduct himself or herself, whether on or off the field, in a manner that demonstrates courtesy and respect for his or her teammates and other teams will be removed from the league. RCSSC staff will keep a record of all players and/or teams who engage in unsportsmanlike conduct.
4. **Types of Illegal Conduct.** Unsportsmanlike conduct includes, but is not limited to, the following:
  - hitting the ball with unnecessarily excessive force;
  - arguing with officials or other players;
  - grabbing, slapping, or pulling on the net or its supports intentionally;
  - using abusive or insulting language toward any other player or referee; or
  - throwing the ball at another player in an unsportsmanlike manner.
5. **Player Penalties.** Ejected players cannot play in the following week's game. Players who engage in two offenses will be suspended from the league and cannot participate in any RCSSC sports for one year.

6. **Team Penalties.** Teams that engage in two offenses will be ineligible to participate in any RCSSC sports for one year.
7. **Fighting.** Fighting will result in a player's or a team's permanent suspension from the RCSSC.

## **RULE 5: TEAM STANDINGS**

1. **Points Awarded.** Points will be awarded to teams as follows:
  - Win (3 or 3 or 2 or 3): 3 points
  - Win 1 of 3: 1 point
  - Loss: 0 points
2. **Playoffs.** The Commissioner will determine the number of teams making the playoffs. The computerized playoff wizard will break regular season record ties. Playoff games may be scheduled on days other than regular game days.

## **REMINDERS**

- RCSSC officials have the final call on all game rules.
- NO glass containers!
- NO gum!
- NO beer on courts!
- Please police yourself.
- Coaches are responsible for controlling their teams. We are all adults. Enough said.

## **PLEASE SUPPORT OUR SPONSOR BAR!**

