



Rules For Leagues

Definitions

1. "main player" is an original player on a roster
2. "sub" is a player who occasionally subs on a team and is on one roster
3. "sot" is a sub from other team in the same league INDOOR ONLY

Rosters

1. Rosters consists of "main players" to equal the format (four main players for 4-man, etc) and as many subs as the captain would like
2. A "main player" can be a higher skill level than the level of the league with approval and restrictions of the League Director
3. A male can play in a women's league with approval of the League Director
4. Any female(s) can play in a men's league
5. Coed 6-man teams must have three guys and three gals per team
6. Coed 4-man teams must have two guys and two gals per team

Forfeits

1. Any game can be played with two players per team if they are a main player or a sub
2. First game is a forfeit if there is only one player ready at 5 mins past start time
3. Second game is a forfeit if there is only one player ready at 15 mins past start time
4. Third game is a forfeit if there is only one player ready at 25 mins past start time
5. For Coed or REVCoeed there needs to be one player of each gender unless the League Director makes a special allowance.

Subbing

1. Any "main player" can sub for a team if they are the same skill level and approval of the opponent's captain.
2. A higher level player can sub in a lower level league with restrictions determined on a case by case basis by the League Director
3. A 6-man team can not have more than two "SOT" in a game INDOOR ONLY
4. A 4-man team can not have more than one "SOT" in a game INDOOR ONLY
5. Any player can enter the court during any time of the game
6. A team can not take a SOT if the opponents team has less or equal number of players INDOOR ONLY.
7. Subbing for playoffs – a "sub" can play for a "main player" if that "sub" had played for half of the league or if in emergencies the League Director can approve a sub if given 24 hour notice.



Playing Rules

1. A net is a net so do not touch it
2. Other than the above rule all USVA rules will apply including the 2014 rule that a player can cross the centerline as long they do not interfere with the opposing team AND some part of their body remains on their side of the court.
3. Sportsmanship is enforced first by the ref and then by the league director on a case by case basis
4. Matches are three games to 21 points cap at 23 unless otherwise stated
5. Standings are determined by overall record, head to head, head to head points, overall points for the leagues, then one game to 15
6. Standings may be calculated on a win percentage if there are weather cancellations that interferes with the initial schedule.
7. 4-man rules both indoors and outdoors

We view 4-man play, both indoor and outdoor, as a combination of outdoor 2-man and indoor 6-man. In the absence of a 4-man rule book, we have combined the rules for 2-man and 6-man to create rules for 4-man.

- a. There is no tipping (like 2-man)
 - b. There is no centerline so players can cross underneath the net as long as they don't interfere with their opponent (like 2-man)
 - c. You can not touch the net (like 2-man)
 - d. There is no back row player (like 2-man)
 - e. You do not need to rotate but you do need to maintain service order (like 2-man)
 - f. It is block plus three (like 6-man)
 - g. You can receive serve and hits with an open hand (like 6-man)
 - h. Players do not switch sides on points per game. Side changes happen at the start of each new game. (like 6-man)
 - i. You can not hand set over the net even if you are square (my rule based on experience)
 - j. There is no "male" or "female" touching the ball rule in 4-man.
8. Coed Rules 6-man by USVA –
 - a. The serving order and positions on the court at service shall be male and female alternated or vice-versa.
 - b. When the ball is played more than once by a team, a female player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.
 - c. When only one male player is in the front row at service, a male back-row player may be forward of the attack line for the purpose of blocking.





9. REVCoeed Rules 6-man by USVA

- a. The serving order and positions on the court at service shall be male and female alternated or vice-versa.
- b. When the ball is played more than once by a team, a male player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a female player to contact the ball, regardless of the number of hits by a team.
- c. When only one female player is in the front row at service, a female back-row player may be forward of the attack line for the purpose of blocking.

Balls

1. Balls to play the league with are provided by the League Director. If both teams agree to use a different ball that will be fine, else the provided balls will be used.

Prizes

1. Prizes will be awarded to each first place team after playoffs. Second place teams maybe awarded prizes after playoffs.
2. 6-man team will be given 6 prizes for the main players, 4-man team will be given 4 prizes for the main players, doubles teams will be given 2 prizes for the main players. For example, if your 6-man team has ten players (main and sub) and your team wins, only six prizes will be awarded, not ten

League Cancellations

1. Leagues will be cancelled as early as humanly possible given the weather conditions so that players do not have to travel in the weather.
2. Players will be alerted first on the Facebook page Blue Fish Bowl Volleyball Club / Blast Volleyball. Then captains will be texted, if possible. Then a newsletter will be sent out, if possible. We strongly suggest you like us on Facebook to get a cancellation information.

