



**ASC – Avondale
Women’s Volleyball League
2016
Rules and Regulations**

I. Regulations

- Registration
 - Deposit of \$100 is required to register
 - Remaining balance is due at **2nd week of season**
- Rosters
 - 1st match of the season
 - Rosters needs to be manually completed
 - Any additional players signing up on a team after the 1st night will need to register with a staff
 - Rosters will be updated online the following day
 - Rosters can be modified up until week 3, after that, it will be locked out
 - Players must be 16 years or older and if under 18, will need a parent consent signed and on file
 - Waivers will all be renewed and simplified in one sheet but anyone new joining after the 1st night will need to complete a new waiver
- Season Matches
 - Match starts at exactly 8PM
 - Playing teams and officiating team are both required to start on time for the 1st match and expeditiously there after
 - Playing Team: 4 players minimum to play (this requires 4 rostered players)
 - With 4 rostered players, no “borrowing” from other teams is no longer allowed
 - If there are not 4 rostered players, the match can still be played by both playing teams but will count as a forfeit for the incomplete team
 - Officiating Crew: must provide an R1, R2, L1, L2 and rostered (Must have a working whistle)
 - After each match, there will be a 5 minute break
 - Forfeitures and Penalties
 - If a team is incomplete at match time (less than 4 players)
 - If a team has less than 4 players at a given time during a set/match
 - During the 1st match (8PM), if a team does not have a minimum of 4 rostered players, they will be penalized 1 point per minute up to 15 points and that will result into a forfeit for the 1st set. There will be a 5 minute break between sets. Set 2, if the team still does not have 4 rostered players, 1 point per minute will be assessed up to 15 points and that will result to a match forfeit.



- Special Requests
For any special requests or changes, the team captain MUST notify John Shields
- Cell: 949.292.1602
- Email: johnshields@americansportscenters.com

II. Playing Rules

- We will follow current USA Volleyball DCR 2015-2017 with strong emphasis on:
 - Ball Handling
 - To make it easier on the players, here are some basic guidelines:
 - Ball spin doesn't necessarily equate to a double contact call (example: forward spin)
 - "Mangled" and true double contact on 2nd and 3rd contacts will be called
 - 1st contact is allowed to be doubled, but not caught or thrown (aka "lift")
 - Under Hand Serves must have a "release" to be a legal serve
 - Net Rules
 - To make it easier for the players, here is the net rule: if a any player touches the net during an act of playing, it is a net violation
 - Protests
 - Must be lodged at the time of the incident
 - Protests are only legitimate when it refers to the rules interpretations and judgment calls (such as double calls) are not protestable
 - The administering official will assess and decide the outcome
 - Center Line Violations
 - Time-Outs
 - 2 time outs per set, 30 seconds each
 - Injuries/Exceptional Replacements
 - Any incident when a player seems hurt, play will stop and officiating team will need to alert the administering official. The player will have 30 seconds to decide if she is able or unable to play. If need more time, team can use any remaining time-outs
 - If player decides to play, play continues
 - If player decides not to play, a exceptional sub must occur and what this means is that the injured playing exiting will not be allowed to play on the same match. If she chooses, she can play on any future matches
 - Uniforms
 - Relaxed rules, no matching numbers or jerseys required
 - Playing Gear/Equipment - Exceptions
 - Players with casts are not allowed to play
 - Insulin pumps will be allowed when properly tucked
 - Only jewelry allowed are flat wedding bands/rings
 - Any religious medallions or necklaces allowed as long as taped or sewed in the jersey/shirt



- Athletic, playing shoes only are allowed
- Hand towel tucked behind players back is allowed
- Game Ball
 - 1 game ball per court is provided
 - Players are advised to bring their own volleyballs to warm up with
 - Team can decide to use a different ball during matches
- Scoring rules
 - During season, 2 sets
 - Play-offs, 2 out of 3 sets
- Playoffs
 - At a minimum, 4 rostered players can still play the match and “borrowing” players will not be permitted
 - All teams must show up for the first match:
 - Officiating
 - If a match forfeits, the next match will start immediately regardless of “scheduled match time”