



## **ASC Training Center – Home of Future Stars Adult Coed Volleyball League Rules**

### **Adult Volleyball Policies and Procedures**

#### **Rosters/Membership/Registration**

- All players must have active ASC Training Center Memberships with an active waiver.
- All players on roster must be at least 17 years of age by the first match of the season.
- Players may only play on one team per division.
- A minimum of 6 players and maximum of 12 can be rostered. Minimum 3 females on the court at a time. Players cannot be added to the roster after week 3 of current season.
- Any roster changes need to be coordinated with the Adult Sports Director.
- Team managers have the right to verify an opposing players eligibility prior to the match if they suspect a non-rostered player will be playing.
- Team Fees are required to be fully paid by week 2 of the season prior to the start of the match.
- Players are required to check-in at front desk and receive wristband from staff prior to every game.
- If a player checks-in under a false name, that team will immediately forfeit.
- Team's must be wearing matching color uniforms for the game. The team manager is in charge of enforcing matching uniforms.
- If both teams are wearing the same color, the home team will be required to switch. Team managers should recommend all players bring 2 different colored uniforms.
- Knee pads are recommended as sliding is authorized but they are not required for play.

#### **Team Manager Responsibilities**

- Team Managers are required to ensure that the team roster stays correctly updated on DASH as well as being the point of contact with the Adult Sports Director for any team related issues or concerns.
- Team managers will be required to attend a meeting with the Adult Sports Director the week prior to the first game of the season. This meeting will outline guidelines and expectations for the upcoming season and will help team managers with any questions they may have.



- The Team Manager will be held accountable for team actions and will be required to aid the ASC Training Center staff in the event of any misconduct. Team Managers will be the only players allowed to meet with officials.
- Team Managers are responsible for all family

### **Forfeitures, Ejections, and Suspensions**

- Teams are required to have a minimum of 4 (2 male/2 female) players to start the match and avoid forfeit.
- Teams will be given a grace period of 5 minutes to have a minimum of 4 players to start the match. If a team cannot field the minimum number of players after the 5-minute grace period they will be required to forfeit.
- Teams may not add a player that is not rostered to avoid forfeit.
- Teams who have forfeited twice within a season may not be eligible for the tournament.
- It is not guaranteed that games can be rescheduled.
- If known in advance a team has to forfeit, the team manager should inform the Adult Sports Director or ASC Training Center staff to facilitate informing the opposing team, officials, and staff.
- Officials, Staff, and the Adult Sports Director have the right to eject any player from a match that is not following the rules and policies of the ASC Training Center.
- NO PROFANITY will be tolerated during Adult Volleyball play. Any violators of this rule will be subject to ejection or suspension from the league.
- Any player engaging in physical conflict with another player, official, or staff member will be suspended for the remainder of the season without a refund.
- Any player ejected from a game is required to leave the ASC Training Center property immediately following ejection.
- If a player is ejected from a game, a suspension will be handed out by the Adult Sports Director based on reasoning and severity of the ejection.

## **Indoor Volleyball Rules**

### **General Information**

- League Matches will be the best out of 3 games.
- Games will be rally scoring, the first two games will be scored to 25 and the third game if needed will be scored to 15.
- All court equipment and referees will be provided by the ASC Training Center.



### **Starting Play**

- Teams will receive 5 minutes to warm up before the start of the match.
- The home team will serve first during the 1<sup>st</sup> game.
- League matches will be played 6 vs 6. 4 players are required to start the match and avoid forfeit.
- This is a Coed league, so the 50/50 rule is in play. Teams are required to have minimum of 3 females on the court during game play.
- Officials will ensure matches starts at scheduled time.
- Games will be played with nets at 8' of height.

### **Match Play**

- Matches are given a 1-hour time limit. If 3 games cannot be completed in the hour the team that is leading the 3<sup>rd</sup> game when the hour is complete will win the match.
- Each team will receive 1 timeout per game throughout the match.
- Referees will keep score from referees stand.
- Let serves are allowed.
- A point is recorded every play regardless of the serving team.
- Games 1 & 2 are played with the first team to reach 25 points and leading by at least 2 win the game. The 3<sup>rd</sup> game if needed will be won by the first team to reach 15 points leading by at least 2.
- Players may leave the boundaries of the court to play a ball, referees' discretion will decide player or obstacle interference.

### **Risk Management**

- A player who is bleeding, has an open wound, or has blood on his/her uniform shall be directed to leave the game.
- ASC Training Center staff will provide basic first aid supplies upon request to treat injuries received while participating in an Adult Sports league game.
- Exposed jewelry including, but not limited to, wristwatches, bracelets, earrings, neck chains, rings, and pins may not be worn during the game.
- Other items judged dangerous by Adult Sports Director or Officials may not be worn during the game.
- Players must remove jewelry or be removed from the game.

