

WELCOME TO PAC INDOOR VOLLEYBALL!

The Prairie Athletic Club welcomes all participants to the indoor volleyball leagues. We look forward to another fun and successful season. We ask that all players please review and abide by the following guidelines:

1. Carry-ins are not permitted.
2. All beverages and food items must be purchased from the PAC facility. Beverages will be available from the indoor bar area. Food is available in the indoor Sports Bar. In an effort to better serve you, we will be asking for your input as to what you would like to see on special during your league night.

The following rules are modified for use in Prairie Athletic Club Volleyball Leagues

REGISTRATION

- A. Registration is done by teams (not individuals) on the Prairie Athletic Club website. All players must be listed on the team roster and the team fees paid in full. Any roster changes must be done through the volleyball coordinator. **Non-member players listed on team rosters must bring a photo ID when checking in to play.**
- B. Player registration fees are not refundable but may be transferred.
- C. The PAC reserves the right to move teams to an appropriate skill level according to previous standings and team skills. Please take the time and sign up in a league that will be competitive and fun for all your members.

PLAYER CONDUCT

- A. Captains will be held responsible for the actions of their players. Players are expected to practice sportsmanlike conduct at all times. In the event of a dispute, **the captain shall be the person to talk to the referee.**
- B. Teams or players not abiding by these rules or other policies established by the PAC will be dropped from the league. **No** refunds will be given.
- C. **Referees are not responsible for any unattended children. Children are not allowed to play on the courts during match play and must be chaperoned at all times.** This is for the safety of the children and players. PAC Kids' Care and supervised swim are available and free for children of member players. Children of non-member players need to be registered with the day-care facility and pay a fee. All PAC Kids Care policies apply. This includes the **90-minute limit** and **8 p.m. closing time.** Please abide by these policies to keep this service available. For further information contact Paul Krueger, PAC Volleyball Coordinator.

GENERAL RULES OF THE GAME

- A. Matches are three games to 21. Rally score rules apply. Please warm up ahead of time and be ready to play at your scheduled time.
- B. A game is won when a team reaches 21 points with at least a two-point advantage. Play will continue after the 21st point until a two-point advantage is reached with a cap of 23 points.
- C. One time-out of one-minute duration is allowed per game. No additional time-outs are allowed. Either team may call a time-out when the ball is not in play.
- D. In the event of an injury, the referee may grant an additional time-out, which is not charged to any team.
- E. "Sex rules" do not apply to the PAC volleyball leagues.
- F. USAV rules are in effect where not covered in these rules.

FORFEITS

- A. In order to avoid a forfeit, a team must meet the following minimum amount of players at the start of a match:
 - **Four-person leagues:** A minimum of two players (one of each sex for coed).
 - **Six-person leagues:** A minimum of four players, (two of each sex for coed).
- B. A team may have less than the minimum required of players if the shortage is caused due to injury or emergency **during** the match.
- C. **Six-person co-ed leagues:** Teams may play with less than six players however there cannot be more males on the court than females. If a team has five players, at least three must be female; if a team has four players, at least two must be female. If a team has five players with three men and two women, that team must forfeit, play with four players (two men and two women) find a female sub or have their lineup of three men and two women approved by the opposing captain.
- D. A **five-minute** grace period from the **actual starting time** will be allowed for teams with less than the minimum amount of players. After this five-minute period, the team shall forfeit the first game. **Fifteen minutes** after the actual start of the match, the team shall forfeit the entire match.

THE SERVE

- A. Service and side will be determined prior to the first and third games.
 - The second game will have teams alternating side and serve.
 - If conditions give a side an advantage, teams will switch sides after a team reaches 11 points in a 21-point game.
- B. The referee will determine when the serve may occur.
- C. A serve may occur anywhere behind the end line and between the sidelines.
- D. A serve must be contacted and not pushed over the net.
- E. Either underhand or overhand serves are allowed.
- F. Jump serves are allowed only in the **BB** league. If both teams in a B or C league agree to allow jump serves before a match begins they can override this rule.
- G. **Six-person leagues:** Once the order of serving has been established, that order will remain intact for the remainder of that game. A team has the option of lining up in any manner prior to the first serve.
- H. **Six-person leagues:** The team receiving the first serve must rotate into the serve after side out has been obtained.
- I. The serve may contact the net but must travel between the standards.
- J. The ball may be dropped or caught in a non-serving action to obtain a re-serve. This may be done **only once** per rotation.
- K. The serve may **NOT** be blocked or attacked.

GAME PLAY

- A. The ball may contact any part of the body as long as the contact is not a lift or held ball. The ball must clearly rebound from a player's body.
- B. A player may make a "double contact" off any first contacted ball (serve or attack) as long as the contact is continuous and clearly rebounds off the player's body. **"Double contacts" may not be directed as an attack to**

across the net.

- C. "Beach" or open-handed digs are allowed as long as the ball does not come to complete rest in the player's hand(s).
- D. A serve may be received with a setting type action.
- E. A player may cross the centerline of the court provided the action is completed outside of the sidelines. It is against PAC volleyball rules to play a ball from the opponent's side of the court. This includes playing a ball that's out of bounds across the center line (also known as the pursuit rule). This is for player safety reasons.
- F. A player may not contact the net at any time until play is whistled dead. A ball pushing the net into a player is not a violation. Hair may contact the net at any time and not be in violation.
- G. The ball is considered "live" and play continues until one of the following occurs:
 - A serve, contact or net violation.
 - A player injury.
 - The ball contacts the ground, antennae or any other objects considered out of play.
 - Another ball or any other foreign object enters the court.
 - Anytime the referee blows the whistle.
- H. A team is allowed a maximum of three contacts with the ball per attack.
 - A block is **not** a contact.
 - When two or more players from the same team simultaneously contact the ball, it shall be considered **one** team contact. Either player may make the next contact.
- I. A player may contact the ball only once until another player touches the ball unless the contact is a block. After a block, a player may contact the ball again and this shall be considered the team's first contact.
- J. Tipping or "dinking" the ball is legal under the following conditions:
 - Contact with the ball begins in front of the player's ear.
 - Contact is not made with the bottom of the ball to push it up and over.
 - The ball does not travel in more than one direction while in contact with the player's hand.
 - **Four-person leagues:** Tipping is **NOT** allowed.
- K. **Six-person leagues:** An attack may be made by a back row player when:

- The attack begins from anywhere behind the ten foot line.
- A back row player may attack the ball from in front of the ten-foot line provided any part of the attacked ball is under the height of the net at the time of contact.
- A back row attack can legally be made in front of the ten foot line and with the ball over the height of the net, provided the attack **begins** from behind the ten foot line prior to contact with the ball.
- This rule does not apply to four person leagues as all players are considered to be “live” and may attack or block the ball at any point in the rotation.
- Teams that play with 4 players in a 6-person league will have their last server designated as their back row player, all other players are front row players. If a team is playing with 4 in a 6's league, both teams will play 6's rules with the following exceptions for the team with 4: All players except the last server are considered front row players (they are eligible to block and hit in front of the 10 foot line). At least two of the players must be female. Setting over and tipping is allowed (for both teams). No ghost players are needed. Normal rotation rules apply. Players must rotate to the left position after serving and follow clockwise around the court. They must also line up relative to the other players on the court - last server must be furthest back, others must be left or right of the players they follow or precede in rotation.

PLAY AT THE NET

- A. To be “in play”, the ball must cross over the net and between (not over) the net antennas.
- B. Any ball may contact the net and be considered live. Balls contacting net supports or exposed cables are considered out of play.
- C. Net contact with clothing is a violation. Hair may contact the net and not be in violation.
- D. Blocking: A player may break the plane of the net into the opponent's side:
 - After the opposing team has executed its maximum number of contacts.
 - Whenever the opposing team is directing the ball across the net.
 - Once the ball has broken the plane of the net and into the blocker's side.
 - A serve may **not** be blocked.
- E. Simultaneous contact by opposing blocks resulting in a held ball above the net is considered a live ball and play continues. The next contact shall be considered that team's first contact.

- F. Blocking or attempting to block by any back row players is not allowed and considered a back row player violation. This rule does not apply to the four-person league.

SUBSTITUTIONS

- A. A team is allowed an unlimited amount of substitutions as long as players complete a full rotation before siding out.
- B. Teams using unlimited substitutions will have the new player enter the rotation in the center-back position prior to the first serve after side out.
- C. A team using specific player substitution is allowed three entries per player, per game.
- D. Only players on a team's roster are eligible to play. If a team is short players and has to use non-roster player(s), it must be done with approval of the opposing captain prior to the start of the match. Non-roster players must play at or below the level of which the team they are subbing for. For example, an A player cannot sub on a BB team; a BB player cannot sub on a B team and so on. Non-roster players are not allowed in the playoffs – only players on a team's roster are eligible to play.
- E. If a non-roster player becomes a regular member of the team, that player must be placed on the team's roster.

REFEREES

- A. If there are any questions about the rules or their interpretation, please discuss the matter with your referee. If you feel that your question has not been answered to your satisfaction, then contact the volleyball coordinator for further explanation.
- B. If you find you have a comment or complaint regarding your referee, please report them as soon as possible to the volleyball coordinator so that the matter can be immediately addressed.
- C. Any questions or concerns regarding rules, referees or PAC policies may be directed to Paul Krueger, PAC Volleyball Coordinator, at (608) 837-4646, ext. 109 or p.krueger@prairieathletic.com.
- D. Please keep in mind that referees are becoming increasingly difficult to find. Try to settle all disputes in a calm manner. Remember that you are playing to have fun!

REFEREEING AND LEAGUE GUIDELINES

- A. A/Power league - Teams are expected to run complex 5-1 or 6-2 offenses in 6s leagues. Rotational violations will be called without warnings. Referees will call all ball contacts at USAV or collegiate levels. Most if not all players will have collegiate and/or high level tournament experience. Controlled and/or powerful hitting will occur on most if not all plays. Jump serving is allowed. This is the highest level of play offered at PAC.
- B. BB/High Intermediate - Some leniency will be allowed at the referee's discretion. Some rotation is allowed on set balls, little to no rotation will be allowed on balls set over the net. Most teams will have players rotate to positions of strength within play but may or may not use high level offenses. Spiking will occur regularly with some power and accuracy. Jump serving is not allowed.
- C. B/Low Intermediate - This is the more serious level of the recreational league. Teams will come to play volleyball first, then socialize off the court before and/or after matches. Double contacts and lifts will be called, but officials will allow for most play to continue unless violations are egregious. Balls set over the net may have some rotation. Setting and spiking will occur occasionally but may lack accuracy or power. Jump serving is not allowed.
- D. C/Recreational - This is the lowest level of league offered at PAC. Officials for this league will still call double contacts and lifts on occasion but most play will occur without stoppage. Setting and spiking will occur infrequently and teams will rarely use all three hits in a controlled fashion. Jump serving is not allowed.