



## PRINCETON FORRESTAL CENTER VOLLEYBALL LEAGUE RULES

The Princeton Forrestal Center Volleyball League will follow a "non-competitive format with playoffs" each season. All teams will have scheduled opponents from April thru August. A playoff system will be announced. A plaque will be awarded to the winner.

Before reading these violations, understand that Princeton Forrestal Center is a "player's league" first and foremost--which means that all violations should be handled in a respective manner and polite tone by the captain. With that said, designate a captain with patience and a well-mannered delivery :) Please redo the play if you choose to call the opponent for any first violation.

### GENERAL

1. **Team Structure:** All team players must be on a roster. If a team allows a person to play, who is not on their roster, that game will be subject to forfeiture, and the team will be suspended from the league for the remainder of the season and possibly the next season.
2. An individual may not play for more than one team in the league in a given season.
3. **Release Forms:** Each team member must sign a release form and the team captain must submit all forms to the Princeton Forrestal Center administration office. A team will not be assigned a spot in the league unless all team member forms are received by the due date.
4. **Additional Players:** Team captains have until the end of May to add players (with release forms) to their rosters. After that date, no additional players may be added. Release forms should be mailed as they are received.
5. **Proper Conduct:** Each team is responsible for the proper conduct and comportment of its members and the team as a whole. If a complaint is made to the league secretary regarding a team's conduct or a player's conduct, this will result in a written warning to the team captain. A second complaint will result in forfeit of a game. Further complaints can and will result in suspension from the league.
6. RULES WILL BE DESIGNATED AT THE BEGINNING OF THE GAME ENFORCED BY TEAM CAPTAINS:
  - Captains are to discuss hand-setting and other violations before start of game.
  - Replay point on any discrepancy that cannot be unresolved.
  - This is a player's league and captains may choose to play their match with looser rules.
7. HOME team is listed FIRST on the schedule. The VISITING team will have exclusive use of the court from 5:30 p.m. until 5:45 p.m. The HOME team will have exclusive use of the court from 5:45 p.m. until 6:00 p.m.
8. All matches are scheduled for 6:00 p.m. There is a 15-minute grace period. Match must start no later than 6:15 p.m. If your team arrives between 6:15 p.m. and 6:30 p.m. -- first game is forfeited. If team does not arrive by 6:30 p.m. -- entire match is forfeited. (Team does not have to wait until 6:30 p.m. - if other team does not show up by 6:15 p.m., they forfeit and opposing team may go home.)
9. If a team is aware that they cannot field enough players before their scheduled match - that team captain must notify the opposing team captain ASAP and be subject to forfeiture. Any last minute notification will result in one written warning, then a forfeit of a match, then suspension for the remainder of the season.
10. A team that forfeits **3** matches during the season will be subject to suspension for the remainder of the season.  
  

**\*\*Matches are re-scheduled ONLY because of inclement weather! \*\***
11. **In case of inclement weather:** CAPTAINS MUST MUTUALLY DECIDE WHETHER Or NOT TO PLAY
  - The captains must wait until after 3:00 p.m. on the day of the match to decide if a match is to be postponed due to inclement weather.
  - When a match is postponed due to the weather, that match must be rescheduled on the next available date
  - Captains discuss and coordinate available dates then notify the league secretary to confirm availability of date/court.

## ***EQUIPMENT***

1. Nets are provided by the Princeton Forrestal Center administration office. If there are any problem with them please call (609) 452-7720.
2. HOME team is responsible for bringing the ball.
3. Please bring a coin for the coin toss to see which team gets choice of court and serve. (See Game Rule #3)
4. Uniforms are optional.

## ***GAME RULES***

1. **Co-ed Rule:** No more than FOUR (4) men are allowed on the court at anytime for each team. The co-ed rule is as follows, 2 women/6 person team, 1 woman/5 person team, 1 woman/4 person team. There must be at least one woman on the court at all times.
  - If fewer than four (4) players from a team show up, it will constitute an official forfeit for the team.
2. Visiting team calls coin flip. (Please bring a coin with you). Winner of flip gets choice of serving or picking court to defend; loser of flip receives the alternate selection. In the third game, the teams will switch sides when one team reaches 7 points. Coin flip is repeated for overtime. In the event of overtime, the teams will switch sides when one team reaches 2 points.
3. **Scoring:** Games are 15 points, win by two. Matches consist of 3 games played. The match winner will be the team with the best 2 games out of 3. The standings will be determined by match winners, not individual game winners.
  - In the event of a tie for overall score, a five point overtime, win by two, will be played to determine the winner.
  - In the event of a tie for the playoffs at the end of the season, the top 4 teams will be decided by a point system: The winning team of each game receives 2 points per game. The team with the highest score of the match (add up scores of all three games) receives an extra 1 point. The highest points a team can receive is 7. The team with the higher amount of points will be in the playoffs.
4. **Rotation/Substitution:** It will be up to each captain to decide to use a rotation or substitution pattern - THIS PATTERN MUST BE MAINTAINED THROUGHOUT THE MATCH. All players present must participate in the match and a maximum of six players at a time are allowed on the court.
5. **Maximum of 3 teams hits:** Each team is allowed a maximum of three consecutive hits of the ball in order to return the ball to the opponent's playing area.
  - Players on the same team hitting the ball simultaneously will count as only one hit.
  - If hands are not together when making a 2-handed hit, it counts as a double hit.
6. **Service of the ball:** Serving of the ball must be hit with one hand (open or closed) or any part of the arm while the ball is directly in the hand, dropped or tossed.
  - All serves may be returned with a 2-handed or 1-handed bump or set
  - Served ball hitting the net on serve is a live ball
  - Served ball CANNOT be spiked returned
  - Served ball CANNOT be blocked
7. Spike is legal only if it is hit downward with ONE (1) hand.
8. Blocks are defined as only coming from spikes from the front line and will **NOT** count as a hit.
9. No carrying (see below) and no net contact are allowed. While the ball is in play, a player CANNOT go under the net. The player's hand must make contact with the ball before breaking the plane of the net.
  - In order NOT to be a carry, the ball must be cleanly hit with and must definitely BOUNCE off the hand. The ball may not be thrown or held for even a fraction of a second before it starts on its course.
10. Front line players may play the ball anywhere on the court. Back line players can only attempt to spike if in front row area. Back line players CANNOT attempt to block the ball. Back line players CANNOT play a ball if it is completely above the net.
11. Most importantly, 😊 HAVE FUN!

*PLAYOFFS & CHAMPIONSHIP*

1. The top four teams will be in the playoffs.
  2. PLAYOFFS will consist of two matches (the best 2 games out of 3):
    - A. MATCH 1 = 1st place team v 4th place team
    - B. MATCH 2 = 2nd place team v 3rd place team
  3. CHAMPIONSHIP MATCH will consist of 1 match best 3 out of 5 games:
    - A. Winner of Game 1 v Winner of Game 2
  4. HOME team (for both playoffs and championship) will be the team with the highest ranking in the final standings.
  5. LAST GAME OF THE SEASON (\*optional/if 2 divisions exist) → Division A Champs v Division B Champs
- \*If teams wish to participate, please inform the league secretary of arrangements.

Updated 2/2011