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# Kroc Volleyball League Rules:

\*League runs Mondays from 6-8pm starting October 21<sup>st</sup> and ending December 9<sup>th</sup>

\*Register your team online at [gbkrocenter.org/krocvolleyball](http://gbkrocenter.org/krocvolleyball)

## Team requirements:

A team consists of 6 players, but may start with a minimum 4 players. A team must have at least two females on the court at all times. Teams may play with 1 female, but can then only play with 5 total players. A team cannot play without any females. There is no maximum number of females that can be on the court.

## Forfeit:

In order to receive a forfeit win, a team must have its 6 (or minimum of 4 with 1 female) players on the court. If neither team can field a team, it is a double forfeit

**FORFEIT TIME IS 10 MINUTES AFTER SCHEDULED STARTING TIME**

At the beginning of the game, a coin is tossed with the winning team choosing to either (1) select to serve or receive first ball OR (2) which side they want to start on. The team losing the toss takes the remaining choice.

## Games:

-Best two-out-of-three games decides match winner. Rally scoring format is used for all games. First two games are to 25; third game is to 15. Teams must win by 2 in all games, unless cap of 30 is reached in first 2 games, or 18 in the final game. Each team gets one time out of 30 seconds duration per game.

-Intermissions between games will be a maximum of 1-minute. Teams switch sides and service each game, with another coin toss prior to third game.

## Hits:

The ball may touch any part of the body. The ball must be hit, not caught or thrown. Plays involving finger action - if the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-hit balls are NOT faults.

If hitting with the fingers in cases of off-speed hit defense or setting, the action must be clean with no holding or double hitting.

## Not Allowed:

Four hits - a team hits the ball the ball 4 times before returning it

Assisted hit - taking support of teammate or any structure/object in order to reach the ball

Held ball - player does not hit the ball (unless when in defense of a hard-driven ball or when simultaneous contact by two opponents over the net leads to a momentary held ball)

Double Contact - a player hits the ball twice in succession or the ball touches two different parts of his/her body

Back row spiking or blocking in front of the attack line

**Other Rules:**

- Ball may contact any part of the body during a block.
- Blocking does NOT constitute a team contact, and any player may make the second contact of the ball after the block. The blocking team will have 3 contacts after the blocking contact.
- Players, including their clothing, cannot touch the net during play. It is NOT a fault if a ball driven into the net causes the net to touch the player.
- If a serve hits the net and goes over, it is in play. ("Let serve rule")
- Players may not block or attack-hit a serve when the ball is entirely above the top of the net.
- If any foreign object enters the court during play, the ball becomes dead. Replay the point.
- The ref and/or site supervisor shall call violations involving unsportsmanlike conduct.
- A ball may be played out of the net.
- A player may go outside the court to play the ball.
- Balls in the rafters are still in play when over a team's own court and falls back into team's own court, provided they still have any hits left to get it across. Balls may NOT be played off of the side walls and/or curtain.
- A ball that hits the line is still considered in
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables, the referee stand or pole, or the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body
- A player cannot block or attack a serve from on or inside the 10-foot line
- After the serve, front line players may switch positions at the net

**Substitutions:**

- Teams may utilize a traditional substitution format or a continuous rotation, as long as each player does not occupy more than one position in the service order in a single game.
- Rotation order must stay the same throughout the game, but can be changed between games in the same match.
- EXCEPTION: Teams may utilize a male-only rotation format when there are only 2 females present. Or the males may sub for each other in the traditional format. Rotating only the females out is not allowed.
- Players must start in their rotational positions, but may switch right after the serve.

**Side Notes:**

- Profanity and unsportsmanlike conduct can result in ejection and/or disqualification from future matches.
- Refunds will NOT be issued for ejections or suspensions for unsportsmanlike conduct.

**Any questions regarding rules, dates, times, or any other information please  
contact our Sports Coordinator, Lydia White at (920)544-8386 or  
[Lydia.white@usc.salvationarmy.org](mailto:Lydia.white@usc.salvationarmy.org).**