

Champaign County Church Sports League Co-Ed Volleyball Rules

Church League description:

Participating in church sports should be a fun and enjoyable experience. In the CCCSL we want everyone to enjoy the competition and the fellowship that comes with team sports, but we also realize that we must reflect the nature of Christ in all that we do and say. It is expected that all teams participating in the CCCSL reflect this on and off the field. We do not require church attendance but we do expect churches represented to encourage church attendance for their players and actively lead them to a relationship with Christ. Please keep in mind that the goal for this league is not only FUN and FELLOWSHIP but to spread the LOVE of CHRIST to everyone we come in contact with!

Website: www.champaigncountychurchsportsleague.com Schedules will be posted on the website as soon as possible. Once scores have been submitted to league officials the standings will be updated as soon as possible.

II. Teams / Rosters

1. Roster waiver forms must be completed by each player before they are eligible to play in any game.

The forms are to be given to one of the league officials as soon as possible.

2. Players must be a freshman in high school or 14 years of age and older.
3. Teams may have up to 15 players on their roster.
4. Players must participate in at least two regular league matches to be eligible to play in the tournament.
5. New players cannot be added to a team roster after the 8th match of the season.

III. Game / Match format

1. All matches will consist of 3 games.
2. Each game will consist of the winning team scoring 25 points (must win by two) using the rally scoring method, and not exceeding 30 points.
3. If the third game of the match begins 15 minutes before the next match time, the last game will be played to 15. If there are more than 15 points the normal 25 points will be used.
4. During tournament play all games will be played to 25 points.
5. Home team is the team listed first on the schedule. The home team will start serving the first game of a match and then the losing team will serve the second and third games. Teams will switch sides after each game.

IV. General Playing Rules

1. Before each match the home team will lead in prayer and then the visiting team will lead in prayer at the end of the match.
2. Teams may take the court 5 minutes before the scheduled start time (or when the previous match is done) for a warm-up period. If Team A fails to field the minimal required players by 5 minutes after the starting time, they will forfeit the match to Team B.
3. If the forfeiting team's captain or representative is aware that his team will not have the minimum number of players for the entire match, please notify the captain as soon as possible.
4. If a match is a forfeit, teams may play "for fun" until 10 minutes prior to the next scheduled match.
5. Any forfeited game shall be recorded as 0 – 15.
6. Teams notified of their opponent's forfeit in advance may use the court for practice up until 10 minutes prior to the next scheduled match.

7. A team may have no more than 6 players and no less than 4 players on the court at a time. At least 2 of the players on the court must be male and at least 2 of the players must be female. If a team falls below 4 players for any reason they must forfeit all games not completed with 4 players.

8. Teams playing with less than a full team may enter additional players as soon as they arrive. Players must enter in either of the two available substitution positions.

9. Teams playing with five players are considered to have two back row players and three front row players. When playing with four players, teams are considered to have one back row player (the server) and three front row players.

10. The ball may be played by any part of the body.

11. Contact with the net is only a fault if it is made during the action of playing the ball, or if it interferes with the actual play.

12. All players must be in their relative rotational positions the instant the ball has been served.

13. Each team is allowed two 30 second time-outs per game.

14. A ball which comes in contact with the ceiling, lights, or any other obstruction above the court and comes down on the hitting team's side is in play. If the ball crosses the net after contact with any of these it is a side out.

15. The boundary lines are in bounds.

16. Judgment of all ball handling errors and conditions of the rules should be made by the team that has committed the error or foul. Remember that this is a church league and we are to be honest in all things so good sportsmanship must be displayed at all times. Only the floor captain is allowed to discuss any circumstance or play or rule decision.

17. If there is any question on a play, a do-over will be used. This decision will be made by the team captains.

A. Serving

1. All players, except the server, must be completely within the court as the ball is being served

2. A server may serve with an open or closed hand. The server may not enter the playing court until after the ball is contacted.

3. Only one hand may be used to strike the ball for a serve.

4. The ball may touch the net while crossing it, as long as it does not make contact with a player on the serving team or other external objects.

5. A serve which hits any ceiling, lights, supports or other obstruction is a loss of serve.

6. When serving underhand, the ball needs to be released before contact is made.

7. Rotation occurs after a team gains the right to serve. The team shall rotate players one position clockwise and the right back position is the server.

B. Passing / Receiving

1. A one-handed underhand hit must be made with a closed fist or the heel of the hand. If two hands are used, the hands must be interlocked as one unit. Open hands may not be used in any underhand hit.

2. The ball may be legally hit by more than one part of the body on the first contact, providing multiple contacts are made simultaneous and the ball rebounds immediately and clearly after contact (exception: a player making successive contacts with the ball during blocking or during the first team hit on a ball coming directly from the opponent's side.) A ball rolling up the arm can be considered a held ball.

3. Simultaneously hitting of the ball by members of the same team (not in the act of blocking) counts as one hit and either of the two players may make the next play on the ball.)

C. Setting

1. A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and thumbs of hands. Improper handling of the ball includes not hitting the ball simultaneously with both hands, contacting the ball with the palms in a slapping action or catching the ball.

D. Attacking

1. All contacts directing the ball into the opponent's court with the exception of a serve and block are considered attack hits.
2. The ball should be hit with the striking action of an open or closed hand.
3. The player is permitted to pass his or her hand beyond the net after an attack hit provided that the contact has been made within his or her playing space.
4. A player may not make an attack-hit on a serve as long as the ball is completely above the top of the net.

E. Blocking

1. The blocking of an attack hit is permitted with contact of the ball first being made on the opponent's side of the net, providing it does not interfere with the other teams 3 hits.
2. A player touching the ball while blocking may make the next play on the ball if it remains on his/her side of the net.
3. No player can block a serve.
4. Only players who are in the front row at the time of service may legally accomplish blocking.
5. The team which deflected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's area.

F. Substitutions

1. Player substitutions may be made after the server position.
2. Substitutions are not required to be of the same gender, so long as the minimum number of players per gender is still on the court.
3. The height of the net for Co-ed league is set according to USAV Rules. The height shall be 7' 11 5/8".

G. League standings will be determined by the following order:

1. Game record, followed by head-to-head games.
2. Match record, followed by head-to-head matches.
3. Point differential, followed by point differential in head-to-head competition.

H. Player Conduct / Sportsmanship

1. This is a church league and everyone who participates agrees to play with the highest expectation of good sportsmanship
2. No cursing or any inappropriate language will be tolerated.
3. Any conduct determined to be unsportsmanlike or unruly will be addressed first by team captains and then if necessary by league officials.