



LAKE NONA

ADULT VOLLEYBALL LEAGUE RULES

I. TEAM PLAYERS:

1. A TEAM MAY HAVE A MAXIMUM OF TWELVE (12) PLAYERS ON ITS ROSTER.

2. ALL PLAYERS MUST BE 18 YEARS OF AGE OR OLDER.

3. NO PLAYER MAY PLAY ON MORE THAN ONE (1) TEAM IN HIS/HER DIVISION.

PLAYERS FROM THE SAME LEAGUE MAY SUBSTITUTE FOR A TEAM IN THEIR SAME LEAGUE ONLY IF THE OPPOSING MANAGER APPROVES IT AND SIGNS OFF ON THE SCORE SHEET INDICATING HIS/HER APPROVAL PRIOR TO THE GAME.

- MANAGERS HAVE EVERY RIGHT TO DECLINE SUBSTITUTES FROM THE SAME LEAGUE.
- PLAYERS MUST PLAY ONLY FOR THEIR ORIGINAL TEAM FOR PLAYOFF GAMES.
- A PLAYER CANNOT BE A PERMANENT SUBSTITUTE FOR ANOTHER TEAM IN THE SAME LEAGUE THEY ALREADY PLAY IN.



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4. TEAMS MUST CONSIST OF PLAYERS AROUND THE SAME SKILL LEVEL AS THE LEAGUE THEY ARE REGISTERED IN.

LEAGUE DIVISIONS ARE DESIGNED TO CREATE COMPETITIVE AND FAIR PLAY AMONGST DIFFERENT TALENT LEVELS. USING PLAYERS FROM HIGHER SKILL DIVISIONS GOES AGAINST THIS PRINCIPLE AND THE PURPOSE OF THE LEAGUES. MANAGERS ARE RESPONSIBLE FOR MAKING SURE THEIR TEAM ONLY HAS PLAYERS AT THE SKILL LEVEL THEY ARE REGISTERED FOR AND NOT HAVING PLAYERS FROM OUR HIGHER SKILLED LEAGUES PLAY ON THEIR LOWER DIVISION TEAMS.

- PLAYERS WHO ARE LISTED ON ANOTHER ROSTER IN A HIGHER DIVISION WILL BE HANDLED ON A CASE BY CASE BASIS. GENERALLY, THEY MAY NOT PLAY IN ANY LOWER LEAGUES.

5. ALL TEAMS MUST HAVE A TEAM ROSTER WITH ALL PLAYERS REGISTERED WITH AN ACTIVE MEMBERSHIP ON THEIR TEAM. IF A PLAYER IS NOT ON THE ROSTER THE OFFICIAL WILL NOT ALLOW HIM/HER TO PLAY.

6. ALL PLAYERS MUST BE ADDED BY THE 5TH LEAGUE GAME. CHANGES MUST BE MADE WITH THE XL SPORTS WORLD COORDINATOR AT THE GAME. CHANGES MUST BE AUTHORIZED BY THE LEAGUE DIRECTOR / STAFF MEMBER



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II. SUBSTITUTIONS:

1. THERE WILL BE NO TIME OUTS FOR SUBSTITUTIONS, EXCEPT IN THE CASE OF INJURY. AN ESTABLISHED SERVING ORDER MUST BE SET BEFORE THE GAME BEGINS.
2. SUBSTITUTIONS CAN ROTATE INTO THE BACK ROW ON EVERY SIDE OUT, BUT YOU MUST KEEP THIS PATTERN THE SAME THE ENTIRE GAME.
3. NO FREE SUBSTITUTION WILL BE PERMITTED, EXCEPT WHEN A TEAM IS SHORT STARTING PLAYER(S), WHEN THE PLAYER(S) SHOWS UP THEY MAY ENTER AFTER A SIDE OUT, AND MUST START IN THE BACK ROW.
4. SEE ABOVE SECTION FOR SUBSTITUTING FOR TEAMS IN YOUR OWN LEAGUE.

III. PLAY:

1. A LIFT WILL BE CALLED IF A PLAYER OBVIOUSLY THROWS, CATCHES, OR SLINGS THE BALL.
2. A FOOT FAULT WILL BE CALLED IF THE PLAYER'S ENTIRE FOOT IS BEYOND THE CENTER LINE.
3. ALL LINE SHOTS ARE CONSIDERED GOOD.
4. PLAYERS MAY NOT TOUCH THE NET DURING PLAY, WITH THE EXCEPTION OF THE USVBA BLOCKING RULE.



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5. HAIR CONTACT IS ALLOWED. IF BALL KNOCKS NET INTO THE PLAYER, IT IS ALLOWED.
6. BALLS MAY BE PLAYED OUT OF THE NET.
7. IT IS LEGAL FOR A PLAYER TO HIT THE BALL WITH ANY PART OF THEIR BODY.
8. BACK ROW PLAYERS MAY NOT HIT THE BALL OVER THE NET FROM IN FRONT OF THE TEN (10) FOOT LINE IF THE BALL IS COMPLETELY ABOVE THE PLAIN OF THE NET.
9. ATTACK BLOCKING THE SET IS NOT PERMITTED.
10. CO-ED INTER-CHANGE IS ALLOWED. BACK ROW MALE MAY BLOCK BUT NOT ATTACK.
11. ALL LEAGUES MUST ROTATE ON ALL SIDE OUTS (INCLUDES FIRST SERVE)
12. MULTIPLE CONTACT IS ALLOWED ON ANY FIRST BALL (NO DOUBLE HIT CAN BE CALLED) OVER THE NET PROVIDED THE BALL IS NOT LIFTED.
13. SETS AND DOUBLE CALLS – WE ALLOW AN OFFICIAL JUDGMENT CALL ON SPINS IF THE SETTER IS MAKING AN “ATHLETIC ATTEMPT” AT THE BALL.



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IV. MATCH PLAY:

1. WARM UP PERIOD – TEAMS ARE ALLOWED 3 – 5 MINUTES OF WARM UP BETWEEN GAMES DEPENDENT ON TIME. THIS EXCLUDES THE FIRST GAME OF THE NIGHT.

2. WARM UP BALLS – PLEASE ASK THE XL SOCCER WORLD COORDINATOR FOR THE USE OF A BALL DURING THE WARM UP PERIOD.

3. GAME TIME IS SCHEDULED TIME.

4. GAME BALLS – TEAMS ARE ALLOWED TO PLAY WITH PERSONAL BALLS IF BOTH MANAGERS AGREE TO IT PRIOR TO THE GAME. GAME BALLS CANNOT BE SWITCHED DURING THE GAME UNLESS THERE IS AN EQUIPMENT FAILURE.

5. FORFEIT TIME IS 5 MINUTES AFTER GAME TIME.

6. A TEAM THAT FORFEITS MORE THAN TWICE IN A SEASON WILL NOT BE ABLE TO REGISTER FOR THE FOLLOWING SEASON.

7. GAME MAXIMUM OF 27 POINTS. THUS, IF SCORE IS TIED 26 ALL, THE NEXT TEAM TO SCORE WINS.

8. EACH TEAM WILL BE PERMITTED ONE (1) 30-SECOND TIME OUT PER GAME.

9. THERE IS ONE (1) MINUTE BETWEEN GAMES.

10. A MATCH WILL BE 2 GAMES TO 25 POINTS, WITH RALLY SCORING BEING USED. IF THE FIRST TWO GAMES OF THE MATCH LAST 40 MINUTES OR MORE, THE THIRD GAME WILL BE UP TO 15 POINTS WITH RALLY SCORING BEING USED. THERE WILL BE A 17 POINT CAP. BOTH TEAMS WILL BE NOTIFIED BEFORE THE START OF THE THIRD GAME.



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11. RALLY SCORING CONSISTS OF ONE (1) POINT BEING SCORED ON EVERY SERVE REGARDLESS OF WHO IS THE SERVING TEAM.
12. START OF GAME: OFFICIAL WILL WRITE DOWN THE TIME THE MATCH BEGINS. BOTH CAPTAINS WILL BE NOTIFIED AT THE START OF THE MATCH.
13. THE SERVING TEAM WILL BE DETERMINED BY A COIN TOSS. THE WINNER HAVING THE CHOICE TO SERVE OR CHOOSE SIDES.
14. THE TEAM NOT SERVING FIRST FOR THE FIRST GAME WILL SERVE FIRST THE SECOND GAME. TEAMS WILL SUBSEQUENTLY ALTERNATE.
15. PLAYERS MUST BE IN THEIR STARTING POSITIONS DURING THE SERVE THEN THEY MAY MOVE ABOUT THE COURT.

V. SERVICE

1. OFFICIALS WILL ALLOW ADEQUATE TIME FOR TEAMS TO SET UP DEFENSIVELY BEFORE BLOWING THE SERVICE WHISTLE.
2. LET SERVES (SERVES TOUCHING THE NET) ARE LEGAL.
3. IT IS ILLEGAL TO SERVE OUT OF ORDER OR BEFORE THE WHISTLE IS BLOWN.
4. THE SERVER MUST CONTACT THE BALL WITHIN 8 SECONDS AFTER THE REFEREE WHISTLES FOR SERVE.



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5. IF THE SERVER STEPS ON THE LINE OR INTO THE COURT BEFORE HITTING THE BALL, THEY LOSE THE SERVE. IF THE BALL IS THROWN AS PART OF THE SERVE, LANDS WITHOUT BEING TOUCHED, IT IS CONSIDERED A SERVICE TOSSEING ERROR, THE REFEREE AUTHORIZES SERVICE AGAIN AND THE SERVER MUST EXECUTE IT WITHIN 5 SECONDS. ONE SERVICE TOSSEING ERROR IS PERMITTED PER ROTATION.

6. WHEN A SERVING ERROR IS MADE, ALL POINTS SERVED DURING THAT SERVE WILL BE FORFEITED, IF DISCOVERED DURING PLAY. WHEN THE ERROR IS DISCOVERED AFTER THE SERVING TURN IS COMPLETED, NO PENALTY SHALL BE ASSESSED. POSITIONS MUST BE RETURNED TO THE PROPER ESTABLISHED ORDER.

7. NO BLOCKING OR SPIKING THE SERVE WILL BE ALLOWED.

VI. PLAYOFFS AND CHAMPIONSHIP

1. LEAGUE PLAYOFF INFORMATION WILL BE NOTED ON THE SCHEDULE.

2. PLAYOFF NOTIFICATION AND BRACKETS WILL BE COMPLETED AFTER THE LAST SCHEDULED GAMES AND QUALIFYING TEAM MANAGERS WILL BE NOTIFIED.

3. PLAYOFF GAMES ARE BEST OF THREE AND CHAMPIONSHIP GAMES ARE BEST OF FIVE UNLESS OTHERWISE NOTED ON YOUR PLAYOFF SCHEDULE.

4. PLAYOFF GAME MAXIMUM POINT CAP REMAINS THE SAME AS LEAGUE PLAY.



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5. TEAM ROSTER WILL BE CHECKED PRIOR TO START OF PLAYOFF GAMES. ONLY PLAYERS LISTED ON TEAM ROSTER ARE PERMITTED TO PLAY.

6. IF TEAMS ARE TIED FOR A FINAL SPOT IN THE PLAYOFFS, THE TIE BREAKING METHOD WILL BE AS FOLLOWS: 1) HEAD TO HEAD, 2) TOTAL POINTS SCORED BETWEEN TEAMS INVOLVED IN TIE, AND 3) COIN TOSS.

4 VII. CODE OF CONDUCT

1. UNSPORTSMANLIKE CONDUCT: ANY PLAYER, TEAM, COACH, OR SPECTATOR WHO DISPLAYS ANY FORM OF UNSPORTSMANLIKE CONDUCT SUCH AS VULGAR LANGUAGE, DISRESPECT OR DECEIT, SHALL BE PENALIZED IN THE FOLLOWING MANNER:

- AN IMMEDIATE POINT/SIDE-OUT SHALL BE AWARDED TO THE OPPOSING TEAM
- IN THE EVENT OF A SECOND UNSPORTSMANLIKE CONDUCT, THE OFFICIAL MAY EJECT PLAYER/SPECTATOR. WHEN A PLAYER IS EJECTED THEY WILL BE SUSPENDED A MINIMUM OF ONE MATCH.
- ANY PERSON EJECTED SHALL LEAVE FACILITY IMMEDIATELY. FAILURE TO LEAVE THE FACILITY WILL RESULT IN FORFEITURE OF MATCH BY TEAM.



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LEAGUE SPECIFIC RULES

CO-ED 6'S VOLLEYBALL RULES (IN ADDITION TO GENERAL RULES)

1. CO-ED INTER-CHANGE IS ALLOWED. BACK ROW MALE MAY BLOCK BUT NOT ATTACK.
2. TEAMS WILL CONSIST OF A MAXIMUM OF 6 PLAYERS (3 MEN AND 3 WOMEN) TO A MINIMUM OF 3 PLAYERS. YOU CAN HAVE MORE WOMEN THAN MEN PLAYING ON THE COURT BUT THERE IS A MAXIMUM OF 4 MALES AND/OR A MINIMUM OF 2 FEMALES.

THE RULES ARE IN PLACE TO PROVIDE A SAFE AND STRUCTURED ENVIRONMENT FOR THE LEAGUES. RULES ARE SUBJECT TO CHANGE.

OUR GOAL IS FOR YOUR EXPERIENCE TO BE THE 'HIGHLIGHT' OF YOUR WEEK. EVERYTHING MATTERS

#NEVERSTOPPLAYING