

## Volleyball Rules / Skill Levels

### **Player Eligibility:**

- All players must be at least 18 years of age and have active health insurance.
- All players must agree to the Apex Sports Club Waiver in the Terms and Conditions.
- All players must be signed up on a team and paid the League/Event fees.

### **Game Play:**

- All equipment will be provided on site, including a game ball.
- A player from each team will have a game of Rock, Paper, Scissors with the winning team having the choice of serving first or choosing a side for the first game.
  - Teams will switch sides for the second game. The team that did not serve to start the first game shall serve to start the second game.
- The game begins with a serve from behind the end line of the court.
- The ball must be hit over the net and into the opponent's court to start play.
- If the ball hits the net on a serve and goes over, it is considered in play.
- A team is allowed to touch the ball up to three times before it must be sent back over the net.
- A player may not hit the ball twice in a row, except in the case of a block.
- A player may not touch any part of the net during play.
- The ball is considered in if it lands on any part of the boundary lines.
- A point is awarded to the team that wins a rally.
- The serve can be returned with a pass or a set. The serve cannot be blocked or attacked at any time.
- Overhand and underhand serves are allowed. Jump serves are not allowed.

- Games are played to 21 points, with no cap on the score. Any team must win by at least two points and win on your serve.
- There should be no intentional contact between players, such as pushing or shoving, and no arguing or excessive complaining to the referee or other players.
- One cannot reach over the net until it is the opposing team's third hit.
- Playoffs are determined after the regular season has concluded and are based on scheduling and points.

These rules are designed to promote fun and fair play in a social league setting. Of course, some rules may vary depending on the specific league or competition you are playing in.

#### **Substitutions:**

- Unlimited substitutions: Teams can make substitutions as many times as they want during a match, as long as they follow the other rules.
- All players must rotate clockwise when the possession of the ball changes to their side.
  - Only players in the front row (near the net) may switch positions, and only after the ball is served. They must switch back to their original spots at the end of the volley.
- Additional substitute players not registered to a team's roster may be used at any time during the regular season if a team is not able to meet the minimum player requirements to participate in a game. These additional substitute players must be currently registered players on another team of the same sport or any other Apex Sport Club league.
  - These additional substitutes are not permitted during playoffs.
- Teams have until 10 minutes past the designated start time to field the minimum number of players. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.

- Teams may play a “legal game” with less than the required minimum number of players with the opposing team’s consent but this rule only applies during the season and is not applicable during playoffs.

### **Game Duration:**

- Matches will be played as a best-of-3 format.
- Rally scoring will be used and a team must win by 2.
  - Games 1 & 2 will be played to 21 points with no cap win by 2 points
  - Game 3 will be played to 15 points with cap at 20 points

### **Roster Sizes:**

(2v2) - Minimum of 3 players / No female minimum / Teams must have a minimum of 2 players to start the game

(4v4) - Minimum of 5 players / Minimum 1 female on the court at all times / Teams must have a minimum of 3 players to start the game (1 being a female)

(6v6) - Minimum of 7 players / Minimum 2 females on the court at all times / Teams must have a minimum of 4 players to start the game (2 players being females)

- Apex Sports Club can add a player to any team at any time.

### **Hosts & Sportsmanship:**

- Volleyball is a self-regulated game that relies on the Honor System. Teams and players are responsible for calling their own faults during play. If a fault occurs, you are expected to call it as such.
- League hosts have the authority to eject anyone before, during and immediately after any match if they feel it is warranted.
- All decisions made by hosts are final.

**Weather Cancellations:**

- The safety of our players is our top priority.
- We understand that many of you look forward to these games and may be disappointed by the cancellation. We apologize for any inconvenience this may cause. However, we want to ensure that our players can enjoy the games in a safe and comfortable environment.
- All players will be notified via email if games are canceled.
- If 1 cancellation occurs the season will get pushed by 1 week.
  - If a second cancellation happens in a season Apex will try to find another week to play those games but it is not guaranteed.

**Skill Levels:**

- Apex Sports Club is a SOCIAL sports league unless stated on the leagues when certain sports have a “social” side and a “competitive” side. In which each will have their own set of rules.
- We want everyone to have a good time while staying active and meeting new people.

**Team Roster:**

- After the final league registration date is closed, Apex Sports Club management will go in to finalize teams and delete players with unpaid fees. Free agents may be added to teams if you would like to avoid this, an option to purchase a full team is available during the registration process. We want to avoid forfeits to make sure teams have a match each week.