



Purpose:

The RVVA provides year-round adult volleyball to the Roanoke Valley, allowing for competition, socialization, and fun. This document sets the rules and code of conduct for players in our league.

The league adheres to [USAV rules](#) of gameplay, unless otherwise stated in this document.

Definitions:

“Skilled Player”: Can consistently demonstrate the Advanced skills below. "Skilled" is a subjective term. Captains with questions about their team should consult the board before registration. Generally, a player that has been a full-time member of an A team in any of the past 4 indoor seasons would be considered "skilled". However, court supervisors can also use their judgment to ensure fair competition.

Levels:

For indoor and outdoor 6's play, the following levels of play have been established:

- A: Advanced
 - “A” players will:
 - Pass consistently to target
 - Run a consistent offense
 - Block/Defend attacks from top-level players
 - Set accurately without faulting
 - Hit with consistent power and accuracy
 - Understand defensive positioning
 - Often be collegiate and club level players
- BB: Advanced/Intermediate:
 - The BB league will provide a pathway for intermediate players to develop advanced skills by playing and learning with skilled players.
 - The BB league is intended to insulate the B level from having too many skilled players.
 - **SKILLED PLAYER LIMIT:** No more than 4 skilled players as defined above.
 - BB teams must field at least 1 non-skilled player in each game (you can't play quads with all skilled players).
- B: Intermediate
 - “B” players will:
 - Pass consistently, often to target
 - Consistently bump, set, and spike
 - Hit with power/accuracy some of the time
 - Often have experience from high school or clubs
 - **SKILLED PLAYER LIMIT:** No more than 2 skilled players as defined above.
- C: Beginner/Novice
 - “C” players will:
 - Use 3 hits some of the time
 - Pass the ball to a teammate some of the time
 - Be developing fundamental skills
 - Often be recreational and beginning players
 - Jump serving is NOT allowed in the C-league
 - **SKILLED PLAYER LIMIT:** No more than 1 skilled player who is playing at a level commensurate with C league skill. Court Supervisors discretion.

*To ensure fair play, if a team is judged to be non-compliant with the skilled player limits, the board will notify the captain as soon as possible.

Rosters/Eligibility:

1. Players may be on a maximum of three rosters, one per level. RVVA works to schedule levels at adjoining times so as to avoid conflicts, but this may not always be possible. Advanced players may play socially in the C league if they'd like, but they are expected to modify their play appropriately (no jump serves, aggressive attacks).

2. A player must play in 3 matches during the regular season to be eligible for the playoffs. Prior to each match, each team rep must fill out the team roster provided by the referee to check off each playing member present and actually playing the match. This is how rosters will be added to or changed. New players can be added by putting that player's name on the roster and having them sign the roster sheet.

Exception: During playoffs, subs that are not on another roster in that level are allowed. These subs must be cleared by the opposing team before the day of the match. Subs for this situation must be a player of a **similar or lesser caliber**. The board should be consulted if there is a disagreement. Players who are injured during the season and do not make the 3 game minimum may be allowed to play in playoffs with board approval.

3. To maintain competitiveness in all leagues, RVVA encourages teams to move up if they are consistently winning their league or outperforming most of the level. In extreme circumstances, the RVVA board reserves the right to move teams up or down in level in order to allow for a more competitive experience. Teams will be notified of this required move prior to the start of the season.

NEW

4. A team roster must consist of no less than 5 players, of which at least must be two men players and two women/non-binary players. Two women/non-binary players must be on court at all times.

5. Teams need at least 4 players to begin a match. If your team has less than 6 players for a match, it is recommended to try to find a sub. Teams starting a match with only 4 or 5 players will result in the missing player(s) as a "ghost player". Every time a "ghost player" moves into the service position, it will be an automatic side-out to the other team (loss of point and loss of serve). If there is one "ghost player" they automatically take position 6 in the serving and rotation order. If there are two "ghost players" they will take positions 3 and 6.

6. Participants must be at least 15 years of age. Anyone between the ages of 15 and 18 must have the signature of a parent/guardian on our roster form before playing.

Play:

USAV Rules will be followed for play, unless otherwise noted below.

1. Teams are able to use their court for warmups and hitting lines starting at the time listed on the website. Starting matches as soon as possible means more time to play.

2. Before beginning the match, captains will Rock Paper Scissors. The winner can choose serve, receive, or side for set 1. These will flip for Set 2. Captains will Rock Paper Scissors again before the 3rd set to determine choice.

***as of Winter 2022, we will not be switch sides due to COVID-19.

3. Matches are timed at 60 minutes. This includes time between sets, and if the match begins late. Teams will end play at the end of their allotted time, regardless of game status. Supervisors will warn the teams when they have 5 minutes remaining. If a set is tied, the teams may play one final point to determine the winner of the set. Court supervisors will work to maximize the amount of play for all teams while adhering to the schedule. Supervisors can extend game play during playoffs if time is available.

4. Teams must have 4 eligible players at the scheduled start time of each game. At least 2 of these players must be Women/non-binary players.

- a. There is a 5-minute wait before a team forfeits the first game.
- b. There is another 5-minute wait before a team forfeits the second game.
- c. There is another 5-minute wait before a team forfeits the third game.

5. Each team will have one timeout per set. Timeouts will last no longer than one minute.

6. If an injury occurs, a substitution needs to be made. If a sub cannot be made, the team will forfeit this game and all remaining games of the match unless a minimum of four eligible players of which at least one women/non-binary player is required.

Women's Quads:

1. All normal volleyball rules apply with the following exceptions:
 - No rotation required but serve rotates as normal.
 - No open-handed dinks.
 - No setting over the net.
 - All players can attack.
 - Redirecting a block IS allowed
 - Substitution limit is 4 per game, not including injury subs.

Substitutions:

1. RVVA allows teams to substitute any player for any other player as long as the following conditions are met:
 - a. At least one end of rally between substitutions.
 - b. The team continues to have at least two women and two men on the court after the substitution.
 - c. The substitution does not interfere with the established order of the service rotation (i.e. A player cannot serve and then rotate to the position where he/she would immediately serve again, or serve before the rest of the team has rotated through the service position.)
2. 1 Libero can be used as per USAV rules. Use of a libero should be communicated to the other captain before the game to avoid confusion.

Captain Responsibilities:

1. Each team's captain, as listed on the roster, will be responsible for:
 - a. Organizational matters
 - b. Substitutions
 - c. Communication with court supervisors and league officials
 - d. Communication with team regarding reschedules and cancellations
 - e. Protests
 - f. Time-outs
 - g. Financial responsibility of entire payment of Team Registration fees.

Each team will have a vice-captain who will fill this role if the captain is not present.

Conduct:

1. The referee/court supervisor has the FINAL WORD.
2. All participants and spectators are expected to display good sportsmanship and conduct at all times on and off the court. This includes the use of profanity. If a player is warned and the profanity continues a player may be asked to leave.
3. Any clothing (including team jerseys) shall not contain any profanity or sexually explicit material.
4. Any player(s) not exhibiting good sportsmanship or behavior will receive the following sanctions, depending on severity:
 - a. Warned once (yellow card).
 - b. The second offense draws a side-out or point.
 - c. If a third offense occurs the individual(s) will be instructed to leave the gym.
5. These rules of conduct also apply to the league Facebook page, website, and social media. Warnings may not be issued for profanity or unsportsmanlike conduct.
6. When self-refereeing, teams may suggest calls to their opponents, but will avoid calling faults on the other team. If there is a discrepancy, call the court supervisor. **When in doubt, replay the point.** Court supervisors will likely have you replay the point as well.

Court Supervisor Duties

1. Put out binders, balls, scoreboard, timers. Ensure that the playing area is ready and safe.
 2. Meet with team captains. Explain the ground rules, ask for questions, and conduct the coin toss
- DURING PLAY

1. Circulate, ensure that games are moving as scheduled.
2. Upon request, the supervisor is to provide rule interpretations, but not make calls. When in doubt, replay the point.
3. Verify 'Skilled Player' threshold.

AFTER THE MATCH

1. Verify the match results and ensure roster sheet has been completed.
2. Record scores on google sheet.
3. If there have been problems during the match, do not confront or argue with the players involved. De-escalate the situation as appropriate and inform the President, VP, or Head Supervisor.

1.02 Updates

Injured Player playoff eligibility

1.03 Updates

Womens Quads Rules

Updated Court Supervisor Duty – record scores on GoogleSheet

1.04 Updates

Clarity on several rules

1.05 Updates

Inclusion language added to roster eligibility subsection 4.