5220 Indoor Volleyball

**MINISTRY:**

* All games will commence with an opening prayer.
* Teams must have 1 non-temple member/s on each team
  + The goal is to use your team to help someone take their next step on their faith journey (ex. Body, Baptism, Bible Fellowship, Basics)
* Teams must be coached by an ACTIVE member of an Adult Bible Fellowship Class
* Following each game, the team's coach will lead, or appoint someone to lead, a devotion provided by the Recreation Pastor.
* Team captains are responsible for checking in all players online before each game.

**CONDUCT:**

* All players, spectators, and guest must adhere to the 5220 codes of conduct.

**YELLOW AND RED CARDS:**

* At any point during the match, a referee has the authority to issue a player or players a yellow card or red card for rule violations or misconduct
* A YELLOW Card results in a warning and immediate substitution.

Examples of yellow card conduct:

* + **Unsportsmanlike behavior**: This can include arguing with officials, taunting opponents, or using foul language.
  + **Repeated violations**: If a player or team repeatedly violates rules or engages in unsportsmanlike conduct despite previous warnings, a yellow card may be issued as a formal warning.
  + **Delay of game**: Intentionally stalling the game, delaying play, or refusing to comply with the referee's instructions may result in a yellow card.
  + **Improper substitutions**: Making substitutions incorrectly or entering the court without permission from the referee can lead to a yellow card.
  + **Other violations**: Depending on the specific rules and regulations of the league or tournament, additional infractions such as illegal serves, illegal formations, or interference with the opposing team may result in a yellow card.
* A RED card incurs a 1-point penalty for the team in violation.

Examples of red card conduct:

* **Extreme unsportsmanlike behavior**: This includes physical altercations with opponents or officials, aggressive behavior towards other players or spectators, or any action deemed dangerous or harmful.
* **Intentional misconduct**: Deliberate actions to injure or harm opponents, such as spiking the ball at an opponent after the play has ended, or deliberately hitting an opponent with the ball.
* **Flagrant fouls**: Severe violations of the rules, such as intentionally obstructing an opponent's view (aka kicking sand in eyes), deliberately touching the net to gain an advantage, or using abusive language or gestures towards officials.
* **Refusal to comply with officials**: Ignoring or refusing to follow the instructions of the referee, or repeatedly disputing calls and creating a disruptive environment.
* **Repeated yellow card offenses**: If a player receives multiple yellow cards in the same match or commits repeated infractions despite warnings, the referee may escalate to a red card.
* **Serious safety violations**: Actions that endanger the safety of players or officials, such as intentionally striking an opponent in a dangerous manner or engaging in reckless play.
* A player receiving a red and yellow card at the same time is disqualified from the match and must consult league staff before further play.

**FORFEITS:**

* Teams should arrive at least 5-10 minutes early for their games.
* If fewer than 4 rostered players are present after the opening prayer, the team will be given a 3-minute grace period before forfeiting the first set.
  + For subsequent games, forfeiture occurs after 15 and 20 minutes, respectively.
* Timely arrival is essential to maintain the schedule for teams with later games.
* The captain may choose to forfeit games earlier.

**PARTICIPITANTS:**

* Only registered and paid participants of 5220 Adult League Volleyball are eligible to play.
* A team must have at least 5 rostered players to start a game. (A 1-point penalty will be awarded to the opposing team when it’s the missing players turn to serve)
* New players may be added in the middle back row position during a dead ball if the team starts with less than 6 players.
* Rosters are final after Game 4, except in extreme circumstances approved by the league coordinator.
* All added players must pay the full league fee.

**SUBS & SUBSTITUTIONS:**

* The rotational order is determined by the team’s starting line-up and controlled with the service order and players’ positions throughout the set.
* When the receiving team has gained the right to serve, its players rotate one position clockwise:
* The SUB position rotates to 1 to serve, 1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to Sub.
* Players must be substituted in order in the event a team has more than one sub on the bench

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N E T

4 5 6

subs

3 2 1

Server

**GAME PLAY:**

* All USA Volleyball rules are enforced.

**SCORING:**

* In the first two games, rally score to 21, must win by 2, cap at 23.
* In the final game, rally score to 15, win by 2, cap at 17
  + Tournament scoring subject to change.

**PLAYING AREA:**

* The running track, walls, basketball goals, and supports are out of play.
* Ceiling/supports over an opponent's court or adjacent court are out of play.
* Ceiling/supports over a team's own court *are* in play, except on an attack hit.
* Entering an adjacent court is considered a fault.
* Net Heights
  + Competitive: 7’11 ¾in
  + Non-Competitive: 7’ 8in

**APPAREL:**

* Mar-resistant shoes must be worn.
* Apparel must adhere to the 5220 code of conduct dress code.
  + Note... shorts must at a min of 7 in
* Teams are encouraged to have a uniform appearance (and theme!!!!)

**PLAYING THE BALL:**

* During the first hit of a team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. This includes finger-action.
* The ball may not be caught/thrown/lifted.
* *Any* body part may be used to return the ball over the net or kept in play.
* Players on the back row may not attack the ball from the front row.
* Serves must be returned from below the net plane.

**COED LEAGUE:**

* A maximum of 4 males are allowed to play at any given time.
* Teams must have at least 2 females playing at all times.
* Spikes are not allowed.
* Jump Serves / Aggressive serves not permitted.

**COMPETITIVE LEAGUE:**

* Teams may play as many guys or girls as they see fit
* Spikes are allowed
* All Serves

**TOURNAMENT:**

* After the regular season, a single-elimination tournament will be held.
* Only rostered players may participate, with no substitutes.
* Rostered players must have played in at least two regular season games and paid all league fees.