

2011 Athletes for Christ Volleyball League Guidelines

Additional information available at www.AthletesforChrist.net

The following guidelines and procedures shall dictate play during the 2011 Season:

1. Team Behavior
 - a. This is a family-oriented league.
 - b. Use of profanity, alcohol, and drugs is strictly prohibited.
2. Game/Match Scoring
 - a. We are playing with rally point scoring and you can lose on a serve.
 - b. Games are to 25; win by two
 - c. Best of five games for each match.
 - d. Contact Quay at gbrashear@bethanyumchurch.com with your scores.
 - e. Winning team needs to report the scores by Friday.
 - f. Standings will be updated on the www.AthletesforChrist.net website.
3. Match Process
 - a. All players should arrive at least 20 minutes prior to their game start time.
 - b. Each team will receive a Max Lucado devotional book. The daily devotion will be read 5 minutes before the start of each match by the home team.
 - c. Prayer will be said at the end of each match by the visiting team.
 - d. Both teams will shake hands after the match.
 - e. Each team will have two 30 second timeouts during the five game match.
 - f. Each team has the entire court for a 5 minute warm-up prior to the match.
 - i. The Visiting team shall have the court first; 15 minutes prior to play.
 - ii. The Home team shall have the court 10 minutes before play.
4. Team Guidelines
 - a. All players on a team should wear a shirt of similar color so as to designate what team they on. Team jerseys are preferable; discounted t-shirt imprinting is available through the league. Please contact Quay at gbrashear@bethanyumchurch.com for additional information.
 - b. Shoes must be light and pliable with rubber or composite soles without heels. It is forbidden to wear shoes with black marking soles
 - c. Open to anyone 17 or older
 - d. Up to 12 on a team (roster).
 - e. Once league play begins you may not alter your roster.
 - f. You may play with between 4 and 6 on the court.
 - g. Each team must have 1 girl on the court at all times but the girl does not have to contact the ball each volley.
 - h. If a team fails to have a girl on the court during a match, they forfeit that match.
 - i. If both teams agree; they may play the match however the point will automatically be assigned to the non-forfeiting team.

5. League Information
 - a. 1 league ball included per team (Tachikara SV5WSC)
 - b. Playing by the 2009-2011 Domestic Competition Regulations as Presented by USA Volleyball
6. Highlighted Rules (for a complete list please view the official 2009-2011 Domestic Competition Regulations as Presented by USA Volleyball)
 - a. If two or more faults are committed, only the first is counted.
 - b. If two faults are committed simultaneously; the point is replayed.
 - c. Any part of your body can be used to hit the ball
 - d. The ball must be hit, not caught and/or thrown. It can rebound in any direction.
 - e. The ball may touch various parts of the body, provided that the contacts take place simultaneously
 - f. Double contact is a fault: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
 - g. No attacking serves if it completely clears the net
 - h. Serves that touch the net and continue over are good
 - i. A blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents' play before or during the latter's attack hit.
 - j. It is permitted to penetrate into the opponents' space under the net, provided that this does not interfere with the opponents' play. To touch the opponent's court with feet is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line.
 - k. For simplicity our league is playing such that any contact with the net by a player is a fault. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
 - l. A back-row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.
 - m. No player is permitted to complete an attack hit on the opponents' service, when the ball is in the front zone and entirely higher than the top of the net.
 - n. Blocking is the action of players close to the net to intercept the ball coming from the opponents by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block, but at the moment of contact with the ball, part of the body must be higher than the top of the net.
 - o. If there is a controversial call, the two coaches will get together to discuss. The point should be replayed if no agreement is reached.