We know this is an adult social sports league. However, no alcohol is permitted on Johnson City parks, school, and church grounds. Help us in protecting access to these facilities by waiting until you get to the sponsor bar after the game.

Behavior

Each player is required to display good sportsmanship and respect to the Game Officials, league staff and other players at all times. Rude/aggressive/vulgar language, fighting, or other negative behavior will result in ejection from the game or by being banned from the league and/or Tri-Cities Social Sports (TCSS) altogether based on the severity of the incident. If information needs to relayed to the referee, that should be via the captian. A yellow/red card system will be used to address unsportsmanlike issues. Two yellow cards in the same game automatically result in a red card and ejection from the game. Egregious behavior can result in issuance of a red card directly and ejection from the game. Two red cards in a season result in ineligibility to play for the remainder of the season and playoff.

Equipment/Jerseys

Games will be played with a TCSS issued ball.

Players must wear their League-Provided T-Shirts of the appropriate color for their team (exception being substitute players). Beginning the second week, any team that has more than 1 player, that intends on playing in the game, that is not physically wearing their League T-Shirt will receive a 1 point penalty per set for each player beyond that 1. This can be waived by the league on special occasion nights, such as Halloween or theme nights. League T-shirts are mandatory for end-of-season tournament.

Roster

Team rosters shall include a minimum of the 8 players, including at least 3 of each gender.

Teams may use a substitute player as long as they are registered as a substitute or are a registered player on a different team in the current league. No substitutes are allowed in the end-of-season tournament.

Subs taken from within the league must be from the same division. Max 1 sub per game. If team still does not meet gender and/or roster minimum with 1 sub added then ‘Ghost Rule’ will still take affect.

Maximum number of players on the court is 6 per team. Minimum is 4 with at least 1 of each gender. Less than 4 players and/or 1 of each gender will result in a forfeit.

If a team does not have 6 players and/or does not meet the minimum gender requirement, then the ‘ghost rule’ will apply (see below for ‘ghost rule’). When a team has fewer than the required

number of players of a specified gender available, players of one gender may not be substituted for members of another gender. For example, if a team has 6 total players available at game time, but only 1 is female, the team must play short with 5 players.

Team captains have the right to question an opposing team's roster and verify that each player is a registered player on the roster or a registered sub.

Ghost Rule

Teams that do not have 6 players and/or do not meet the gender minimum will start each game with a 3 point deficit in games to 21 points (game will start with 0-3 in favor of the other team) and a 2 point deficit in games to 15 points. If additional players arrive that will make a 6 player team or meet the gender minimum, they can join the current game, but the current 3 point deficit will stay in effect until the next game begins. If both teams do not meet the player minimum (6 total players or gender minimum) then the 'ghost rule' will be waived, and the game will start as normal with a score of 0-0.

Rotation

All teams shall rotate clockwise to the next position prior to serving after a side-out.

When 6 players are on court, there shall be 3 players in the front row and 3 players in the back row. When 5 players are on the court, there shall be 3 players in the front row and 2 players in the back row. When there are 4 players on the court, there shall be 3 players in the front row and 1 player in the back row.

Once the game begins, the rotation order cannot be changed. 2 exceptions to this:

-Players arriving late may join a game in progress by being put in the out-of-bounds rotation.

-A gender can move ahead of another gender in order to keep the gender requirement on the court. For example, a team has 2 females and 5 males available. During a side out and during the rotation to the server position, if a male is currently not in play and a female is being rotated out, the female may skip the male who would be rotating to the server position and move directly to the server position while the male would sit out until the next rotation.

Coin Toss

A game of 'Rock, Paper, Scissors' will be used to determine start of serve and side of court.

The winner of the toss shall choose between serving first <u>OR</u> which side of the court that team wants to start on.

Team to start serving will alternate each set of the match and teams shall switch sides of the court between each set.

Game Clock/Scoring

One point shall be awarded for each service; i.e. 'rally scoring.'

For the first 2 games, the first team to score 21 points by a margin of 2 or more, or to reach 25 by any margin shall win the game.

For the third game, the first team to score 15 points by a margin of 2 or more, or to reach 19 by any margin shall win the game.

A match is won when a team has won 2 out of 3 games. A third game will be played regardless of the results of the first two games. The third game is used as a tie breaker and used for total points in the league standings.

Each match ends after 3 games have finished or 40 minutes of game time whichever comes first.

Each team is permitted one 30 second time-out per set. Unused timeouts do not carry over.

A team may elect to request a 5 minute grace period from the scheduled start time. A team that is 5-10 minutes late for the start will be given a loss for the first game of the match, and play will start with the second game. Any team late by more than 10 minutes will forfeit the match with a score of 0-3. If both teams are 5-10 minutes late, the first game is recorded as a draw, play will start with the second game and will finish at the 40 minute mark from the scheduled game start time. If both teams are greater than 10 minutes late, the match is a draw.

Service

Serve must be delivered from behind the boundary line.

Served balls that contact the net on the way over are considered live and may be played.

Served balls are dead, and a side-out and point awarded to the opposing team if:

-The ball fails to cross the top of the net.

-The ball lands out of bounds.

-The ball contacts a serving team's player prior to crossing the net.

Returns

Any part of the body may be used to hit the ball, including feet.

Serves may not be attacked or blocked; i.e. they may not be returned when the ball is higher than the top of the net.

The ball must be returned with no more than three hits.

A player may not hit the ball twice in a row.

A player in the back row may not spike the ball from in front of the attack line at ref's discretion.

Side Outs

If a team commits an error or foul, a side out shall be called, 1 point and service awarded to the opposing team.

Errors include:

-Ball lands out of bounds.

-Ball fails to pass over the net on a serve.

-Carrying the ball, 'lift'.

-Throwing the ball.

-Team contact with the ball more than three times in a return.

-A player contacting the ball more than once in a row.

Faults include:

-A player making contact with the net during the serve, unless the net is pushed into the player.

-Blocking a serve.

-Crossing the service line while serving the ball.

-Making contact with the net while attempting to play the ball. Exceptions: Incidental contact by a player not actively attempting to play the ball is NOT a fault. Contact with the net as a result of movement of the net is NOT a fault.

-A player on the back row crosses the attack line to spike the ball, ref's discretion.

-Illegal rotation or substitution (2 exceptions, see 'Rotation').

- A player making contact with the opposing team's side of the court while making a play on the ball and/or interfering with the team's play; i.e. going under the net.

-Unsportsmanlike conduct.

Net Play

In blocking, a player may touch the ball beyond the net, if he/she does not interfere with the opponent's play before or during the latter's attack-hit.

A player may not cross under the net. If so, it is loss of point and serve.

Accidental contact with the net is permitted as long it does not interfere with game play or not while making a play on the ball.

Officials

Each game shall be officiated by a League-assigned referee. Referees are responsible for:

-Keeping game time.

-Enforcing all game rules.

-Calling points, errors, and faults.

Tournament

A single elimination tournament will be held at the end of the season the following week after the last regular season game for qualifying teams.

It is a best of 3 game format. Winner moves to the next round.

For the first 2 sets, the first team to score 21 points by a margin of 2 or more, or to reach 25 by any margin shall win the set.

For the third game (if needed), winner will be the team first to 15 points by a margin of 2 or more, or to reach 19 by any margin.

Championship Match Rules:

No time limit for the championship Match.

For the first 2 sets, the first team to score 21 points by a margin of 2 or more, or to reach 25 by any margin shall win the set.

The third and final set if needed will be played to 15 with a margin of 2 or more with no Cap

For all rules not referenced above:

We will reference TSSAA rules unless otherwise noted.