

# ADVANCED VOLLEYBALL LEAGUE RULES

## TEAM COMPOSITION

- Teams may play with 3 or 4 players in the league.
- Teams can be co-ed or same sex.

## SCORING

- Regular season games are to 21 with the cap being 23 using rallying scoring.
- 3 games per night
- Self-refing – **please record your scores** on the clipboard provided at the stand.

## PLAYING THE BALL

- No setting the serve.
- No open hand tipping.
- No setting the ball over the second contact, unless player is square to the net and the contact is clean.
- There are no rotational rules for this league, but you must keep the same serving order.
- When setting the ball (overhand) the ball can have no more the ½ rotation of spin. Anything more than ½ rotation will be considered a double contact.
- No double contacting the ball allowed unless the ball is considered a “hard-driven” ball.
- You cannot set a “free ball.”
- A block touch does not count as a “contact.”

## TIME OUTS

One 30-second timeout is allowed per night

## SUBSTITUTES

Substitute players are allowed. Teams are responsible for finding substitute players. Subs may enter between matches or games, but not between rounds.

## FORFEITS

Forfeits happen and we understand that you might not be able to make it every night. If you do need to forfeit, please contact Shannon and let her know in advance so she can contact the other team. If a team forfeits a total of 3 games in a season, they will be removed from the league.

**PLEASE RECORD YOUR SCORES!** For more league questions and details, please email Ben, League Coordinator, at [bzarling@skylinesocialandgames.com](mailto:bzarling@skylinesocialandgames.com) or call directly at 218-520-0539

