

## HAC REC VOLLEYBALL LEAGUE RULES

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IHSA volleyball rules will apply for the HAC Volleyball League except for the following house rules: Number of points to win, cap scoring, and time limits.

**RALLY SCORING WILL BE USED FOR ALL DIVISIONS INCLUDING THE LET SERVE, WE WILL PLAY TO 25 WITH A CAP OF 27.**

*A match is 3 games.*

*\*\*An exception to the rule is during playoffs, if a third game is necessary the score goes to 15 with a cap of 17.*

All Divisions will play three-15 minute games or 25 points with a cap of 27. In the first two games, if time runs out, the team with the most points wins that game. If the score is tied, the next point wins that game. If the 3rd game starts after 45 min, then the time of the 3rd game is determined by how many minutes are left in the hour. Matches must start and end on time. For example: A 7:00 match must end at 8:00 so the next match can begin on time.

### **SUBSTITUTIONS AND TIME OF GAMES:**

- **All Players will have Equal playing time!** Equal playing time will consist of a player playing at least 2 full (games)
- **No Substitutes will be allowed during a game.** All teams must use continuous substitution throughout the season with the substitute player entering into the 6th position (middle back); and the server subbing out. If an injury occurs, or the team has started with less than 6 players, these will be the only times a substitution will be allowed.
- **All levels** must use a continuous substitution with the substitute player entering into the 6th position (middle back); and the server subbing out.
- Each team will have two 30-second timeouts per game, time will be stopped.
- A coin flip will occur before the 1<sup>st</sup> and 3<sup>rd</sup> sets.
- Line-ups will be taken by the officials when the teams line-up.
- **No jewelry is to be worn AT ANY TIME!**

## GAME PROCEDURE DETAILS:

- **ONE STEP RULE for 3<sup>rd</sup>/4<sup>th</sup> Grade Only!** A player may start on the endline and take one step over as they contact the ball. Once 2 consecutive serves have been made by a player, she is no longer allowed the use of the ONE STEP RULE throughout the rest of the *match*. Coaches will be responsible for informing officials who are not eligible for the ONE STEP RULE. **Players who are consistently serving over the net will not be afforded the ONE STEP RULE!**
- **FORFEITS:** Match time is forfeit time for the 1<sup>st</sup> game. If a team arrives 15 minutes after starting time they may play the 2<sup>nd</sup> and 3<sup>rd</sup> games. 15-30 minutes after starting time; the team may play the 3<sup>rd</sup> game. Any time after 30 minute, all games are forfeited.
- **MINIMUM # of PLAYERS:** A game may start with 3 players. When other players show up, they will be inserted in the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> spot respectively.
- **ROTATION:** *Each time your team receives a side-out, they must rotate*

Serving 1 <sup>st</sup>			Receiving 1 <sup>st</sup>		
4	3	2	3	2	<b><u>1</u></b>
5	6	<b><u>1</u></b>	4	5	6

**1<sup>st</sup> Server is underlined**

- **COURT PROTOCOL:** At the start of each match, all players on each team must line up on their respective end lines and wait for the official to blow the whistle. At that time all players are to march along the sideline toward the net and wish “Good Luck” to the opposing players before taking their positions on the court. After each match, players on the court will again line-up on the end line and wait for the official to signal, the players may then proceed counterclockwise along the sideline past the standard to their new benches.
- **SPORTSMANSHIP:** All players, coaches, and fans will be respectful to each other and officials. Officials will use the IHSA Card system to all disrespectful players, coaches and fans. All Officials are empowered to forfeit any team’s match for improper behavior and ejection of players for foul language and unsportsmanlike behavior.
- **SIBLINGS** need to be supervised at all times and must remain seated in the gyms with their parents at all times. Your cooperation is greatly needed and appreciated.