

Pro Sports Club Volleyball Rules of Play

1. Start Times & Overtime
 - A. Start times for games are 5:00pm, 5:30pm, 6:00pm and 6:30pm.
 - B. Players can come in and start warming up at 4:30pm.
 - C. Each team will play 2 matches each night. Each match will be against a different team.
 - D. Sets will be played to 15 points win by 2 (Rally Scoring). We will cap each match at 25 minutes. Scores will be final at the end of the 25 minutes. For a game to count teams must score at least 7 points (win by 2) up to a maximum of 11.
 - E. In the event that at the conclusion of the 25 minutes both teams have each won a set an extra set to 7 (win by 2) up to a maximum of 11 will be played to determine the winner of the match.
 - F. When time runs out (in the event that teams are tied or below 7 points) games should not be re-started, just continued on to determine a winner.
2. Start of Play
 - A. Rock, paper, scissors or a coin toss will determine first service or choice of court side. Second game service is given to the other team with subsequent games will follow this rotation pattern.
 - B. A match forfeit will be declared if a team does not have at least 3 players ready to play at 5 minutes after the scheduled starting time.
3. Substitutions
 - A. Teams can play with a minimum of 3 players and a maximum of 6 players at a time.
 - B. Regular Season Substitutions
 1. Teams may only add a non roster player for a game if they have 4 or less players showing up. Only one sub is allowed per game for the game to still count. Please let your opponent's captain know if you are adding a sub to your team.
 2. If two or more subs are picked up, the game will be a forfeit, but it will still be played.
 - C. Playoff Game Substitutions
 1. A team must have 3 or less players showing up and the sub must be approved by the league commissioner at least one day prior to the game.
 - D. Extra player(s) will rotate in to the game in order at server with each new serve. The player in the right front position will rotate out and join the order of players waiting to rotate in.

Game Play Rules

1. The PRO Club Volleyball League will follow the rules as published in the most current USVA Rule book, except as modified here. There is no intent here to interpret the USVA Rules. These guidelines are for the PRO Club Volleyball League, in addition to the USVA Rules.
2. No Referees will be provided.
3. Carry, held ball, etc. will be called based on the USVA Rules and the following guidelines:
 - a. Ball comes to rest in the hands. (The ball must be cleanly hit.)
 - b. A ball is contacted with open palms below the shoulders. (Hands must be closed or upside down if the ball is hit below the shoulders)
 - c. Any two handed hit that results in excessive side spin.
4. Play at the Net
 - a. No play may be made on a ball that hasn't broken the plane of the net, except blocking. Note that players blocking must be front line players and must have some part of their body above the net.
5. Serves
 - a. The ball must be clearly dropped or thrown before being hit; the ball must be clearly in the air when hit.
 - b. Service hits must be clean hits, not pushed or thrown.
6. Hits
 - a. All hits must be just that, hits.
 - b. The ball must be struck cleanly, not allowed to rest in or on the hands.
 - c. The ball must rebound from the hands after being struck.
7. Touching the net is not allowed by players, unless the ball is driven into the net and the net hits the player.
8. The white line between courts is out of bounds. Players and balls may not cross the white line.