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# ANCHORAGE SPORTS ASSOCIATION VOLLEYBALL LEAGUE

## GENERAL RULES AND REGULATIONS

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## **WELCOME!**

Thank you for choosing to play with Anchorage Sports volleyball this season. Below you will find an outline of league regulations, special rules for Coed and Reverse Coed, the Tournament Entry Policy, and facility rules. By choosing to play with Anchorage Sports, you acknowledge the regulations and guidelines below and agree to abide by them. If you have further questions after reading this, please contact our staff, Ben Kramer (907-562-1590, [ben@anchoragesports.com](mailto:ben@anchoragesports.com)) or Jason Leonardis (907-562-1527, [jason@anchoragesports.com](mailto:jason@anchoragesports.com)). Thanks again and have a great season!

## **ANCHORAGE SPORTS VOLLEYBALL COUNCIL**

The Volleyball Council oversees adult volleyball leagues and special events. The council makes decisions regarding fees, tournament formats and prizes, league rules, and other issues pertaining to the volleyball programs. Meetings are typically held on the third Thursday of the month in August, October, December, February, and April. General elections take place in April/May. Association members from each league elect representatives to the council, and the council members vote on officer seats. If no members are elected, the council nominates individuals they feel would contribute to the Volleyball Council, and invites those nominated to join the Council.

The Council President serves on the Executive Board along with other members elected by the Volleyball Council for a term of 1 year. The number of members elected to the Executive Board is determined by the number of teams/players in volleyball, as outlined in the Anchorage Sports Association Constitution.

### Current Volleyball Council

Colin Coker, President                      Stacie Meisner, Vice President  
Amy Otte, Player Rep – Women’s A/B  
Chris Clark, Player Rep – Women’s C  
Colin Coker, Player Rep – Reverse C  
Stacie Meisner, Player Rep – IMPACT Volleyball  
Garrett Danner, Player Rep – Men’s, Reverse B  
*Vacant*, Player Rep – Coed D/Rec

## INDOOR (COURT) VOLLEYBALL LEAGUE REGULATIONS:

- A match shall consist of the best two of three games with a 55-minute time limit (two games must be completed in order to constitute a match). Teams do not have to win by 2 if the time limit is reached. (eg. If time is reached and the score is 11-10, the game is over.) Teams may not call a time out within 2 minutes of the time limit.
- Please be ready to submit line ups to officials 5 minutes before your game start time. Game time is forfeit time. Teams will forfeit the first game if they do not have a minimum of 4 players present. If the opposing team agrees, there will be a 5-minute grace period before the first game is forfeited. The 5 minutes will be subtracted from the time limit. After the first game is forfeit, the team has 10 additional minutes before the 2nd game and the match are considered a forfeit. The 10 minutes will also be subtracted from the 50-minute time limit. If a team forfeits a game, the game will be scored 7-0.
- Jerseys: During tournament and league play, all players must wear a numbered jersey. Jerseys of a similar color are recommended. While the preference is that numbers be on front and back, a jersey with a number on one side only is acceptable. Duplicate numbers are not allowed. Liberos must be easily distinguishable from other players with a different colored jersey. The jersey rule will be strictly enforced during tournament play.
- All teams will compete with six players. A team may compete with a minimum of 4 players. A “ghost” will be assigned in the serve rotation for any missing player, and during the ghost’s service rotation the team will forfeit the serve and a point to the opposing team. If the point would be a game-point, the team with a ghost will only forfeit the serve.
- The home team will have first serve and the visiting team will choose side for the first and third games in a match. The visiting team will have first serve and the home team will choose side for the second game.
- All matches will be played according to division schedule. Schedules are available online at [www.anchoragesports.com](http://www.anchoragesports.com).
- Teams are responsible for supplying their own linespersons.
- All games will be played by USAV rules and regulations, unless otherwise stated in the Anchorage Sports Association Volleyball Council Bylaws and other related documents.
- Teams are responsible for bringing a regulation ball for play. Teams new to the league may pick up a ball from the office, courtesy of the Anchorage Sports Volleyball Council. Teams that need a game ball can contact the office and one will be provided.

## SPECIAL RULES FOR COED AND REVERSE COED

Coed leagues play by regular rules outlined by USAV and the Volleyball Council except for the following:

### COED

- A Coed D roster may include no more than 2 players from a Coed C team.
- All teams will compete with six players: three women and three men. A team may compete with a minimum of 4 players if at least 1 player is a female. A “ghost” will be assigned in the serve rotation for any missing player (see ghost rule on page 2).
- The serving rotation must alternate male/female.
- When a team plays the ball with two or more contacts, at least one contact must be made by a female. Blocks do not count as a contact.
- When one male player is in the front row, one additional male player from the back row may come to the front row to block. This includes directional blocking, but at no time may this player attack the ball with one hand in a hitting/attacking motion.
- The net height will be 7’11 5/8”.

### REVERSE COED

- All teams will compete with six players: four women and two men. A team may compete with a minimum of 4 players if at least 1 player is male. A “ghost” will be assigned in the serve rotation for any missing player (see ghost rule on page 2).
- Male players may not jump serve, block, or attack the ball. All contacts played across the net by males must have an upward trajectory.
- Male players must be positioned opposite each other on the court and in the service rotation.
- When a team plays the ball with two or more contacts, at least one contact must be made by a male.
- The net height will be 7’4 1/8”.

## TOURNAMENT ENTRY POLICY

Each season, we offer two tournaments in all divisions of play: Midseason, and Playoffs.

The Midseason tournament formats will be pool play followed by a single-elimination bracket. Teams are seeded by a blind draw. The Playoff tournament is a double-elimination bracket and is seeded according to final league standings.

The deadline for entry is two weeks prior to the tournament. Visit our website for specific dates. Tournament fees must be paid before tournament play. Any team that has not paid will forfeit all games in the tournament (no pay, no play). Please understand that we book court time weeks in advance, and we still have to pay for those courts even if a team doesn't play/pay.

Awards will be given to all first place teams. If you would like a trophy for your sponsor, please let the tournament director know and we will order a custom trophy with your team name.

If a player is rostered with more than one team in a classification, and both teams enter a tournament, the player may only participate with one team and must report to the ASA office prior to the tournament which team they will play with.

### REGISTRATION AND TOURNAMENT FEE

Registration deadlines are absolute and no exceptions will be granted. Once the registration date has passed, teams who drop out of the tournament must still submit the tournament fee unless a different team takes their place (court time has already been booked at this point). Tournament fees are due the day *before* the tournament (or on Friday if the tournament is taking place on a weekend). Any tournament fees paid after this point are subject to a late fee.

### JOINT TEAMS

Teams that need more than 2 pickup players for tournaments may join forces with another team in their respective league for any non-playoff tournaments. Teams must indicate this when registering for the tournament. Players must wear a jersey from their league team for identification purposes.

### TOURNAMENT PICKUP PLAYERS

Pickup players are allowed under the following conditions:

1. Teams are permitted to add two (2) players for tournament play.
2. Anyone who participates as a pickup player must first be a member of Anchorage Sports Association, unless they live in another city in Alaska and are USAV members.
3. Pickup players must be from the team's same division (i.e. Men's, Women's, Coed, and Reverse Coed) and the same or lower classification (i.e. A, B, C, D).

4. Pickup players may be selected only from teams which are not entered in the same tournament.
5. Players can play as a pickup player in a different tournament on the same day, as long as there is no conflict with classification and their rostered team.
6. Pickup players must wear uniform of their league rostered team for identification purposes.
7. Pickup players must be listed as such on the tournament roster prior to the tournament roster deadline.
8. Teams having less than 6 players due to an unexpected emergency, such as an injury (ejection does not count), have the following options at the discretion of the Tournament Director, in this order:
  - a. Teams can pick up a player from teams in the same division of play and same or lower classification that are not involved in a tournament on the same day.
  - b. Teams can pick up a player from a team in the same division of play but in a lower classification that has been eliminated from a tournament playing on the same day.
  - c. Teams can pick up a player from a team in the same division of play and same classification that has been eliminated from the same tournament.
  - d. Any team from outside of the Anchorage area may pickup two (2) players from Anchorage, provided they are currently rostered on an Anchorage Sports Association team in the same or lower classification (i.e. B,C,D), or are current USAV members that played in the same or lower classification.
9. All non-ASA teams must be USAV members.

## FREQUENTLY ASKED QUESTIONS

The following is a list of frequently asked questions and their answers:

**Q:** Are we required to wear matching jerseys?

**A:** Matching colors are highly recommended, but not required. Teams must wear jerseys with a minimum 8" unique number (no duplicate numbers). We recommend the jerseys have a number printed on both the front and back. There is no waiver or jersey deadline—only the rules as stated here. The exception is special event tournaments.

**Q:** May a player touch the net at any time during a play?

**A:** It depends. Per USAV rules, a player may not touch the net between the antennas during the action of playing the ball, or in an attempt to create an advantage over the opponent. Touches on the net that are not in the action of playing the ball, or touches outside the antennas are permitted.

**Q:** May a player step across the middle line at any time during a play?

**A:** Per USAV rules, a player may encroach into the opponent's court with any part of the body provided some part of the body remains on/above the center line and there is no interference with the opponent.

**Q:** May players bring children onto the court and leave them unattended during play?

**A:** Children (and all other spectators) are not allowed in the playing area. The playing area is defined as within the outside lines of the basketball court.

**Q:** May players (and/or their children) play on the courts (basketball, volleyball, football, etc.) when either a time-out has been called, in-between sets, in-between matches?

**A:** Only players who are registered and paid with the Anchorage Sports Association are allowed on the courts during designated league and tournament time.

**Q:** When does the official match time limit start?

**A:** The game time begins when play begins. For instance, if a game is scheduled for 7:30 but does not begin until 7:35, the 50-minute game time begins at 7:35. This only applies to games where all players are present to begin, and does not apply to the "grace period" offered to teams who do not have enough players to begin a match. (See below.)

**Q:** Is there a grace period for players who arrive late for their scheduled games?

**A:** Game time is forfeit time. Teams will forfeit the first game if they do not have a minimum of 4 players present. If the opposing team agrees, there will be a 5-minute grace period before the first game is forfeited. The 5 minutes will be subtracted from the time limit. After the first game is forfeit, the team has 10 additional minutes before the 2nd game and the match are considered a forfeit. The 10 minutes will also be subtracted from the 50-minute time limit.



## 2021-2023 USA Volleyball Rules Modifications & Clarifications

New 2022-2024 FIVB Rules Text or Original 2019-2021 USAV Modification	2021-2023 USAV Modification/Clarification (changes/additions highlighted)	Explanation
<p>USAV 1.1:</p> <ul style="list-style-type: none"> <li>a. The playing court is a rectangle measuring 18 x 9 m (59' x 29'6") surrounded by a free zone, which may be a minimum of 2 m (6'6 ¾"). It is not required that the free zone be symmetrical.</li> <li>b. The free playing space is the space above the playing area which is free from any obstructions. For nationally sanctioned competition and recommended for all other competitions, 7 m (23') is the minimum free playing space (ceiling height).</li> </ul>	<p>USAV 1.1:</p> <ul style="list-style-type: none"> <li>a. The playing court is a rectangle measuring 18 x 9 m (59' x 29'6") surrounded by a free zone, which may be a minimum of 2 m (6'6 ¾"). It is not required that the free zone be symmetrical.</li> <li>b. For developmental purposes, the size of the playing court for 10 years &amp; Under competition may be reduced to 16 X 9m (52'6" X 29'6").</li> <li>c. For developmental purposes, the size of the playing court for 8/9 years &amp; Under may be reduced to 14 X 9m (46' X 29'6").</li> <li>d. The free playing space is the space above the playing area which is free from any obstructions. For nationally sanctioned competition and recommended for all other competitions, 7 m (23') is the minimum free playing space (ceiling height).</li> </ul>	<p>The court dimensions for the youngest age groups of junior competition may be reduced to promote skill development at that level of play. For consistency around the country, the dimensions are now included in the rules.</p>

<p><b>1.4.6 Penalty Area</b>  <b>DELETED FROM THE RULES</b>  A penalty area, sized approximately 1 x 1 m and equipped with two chairs, is located in the control area, outside the prolongation of each end line. They may be limited by a 5 cm wide red line.</p>	<p><b>DELETED FROM USAV RULES</b></p>	<p>FIVB has deleted this rule and provided an alternate protocol for expelled or disqualified team members. USA Volleyball's current protocol (USAV 21.3.2.1) has been edited to remove reference to the penalty area.</p>
<p><b>4.5 FORBIDDEN OBJECTS</b>  USAV 4.5.1:  It is forbidden to wear hats or casts (even if padded). Braces, prosthetic limbs or other headgear that may cause an injury or give an artificial advantage to the player must not be worn. If a brace, prosthetic limb or headgear is used, padding or covering may be necessary. Jewelry may be worn provided its nature does not present a concern for safety, such as extremely long necklaces and/or necklaces with large medallions, or large hoop earrings.</p>	<p><b>4.5 PERSONAL EQUIPMENT and PROHIBITED ITEMS</b>  <b>USAV 4.5.1:</b>  It is prohibited to wear a cast, even if padded. A head covering made from cloth or soft, non-abrasive fabric may be worn; no waiver is required. Hats of any style are not permitted. A brace, prosthetic limb, or other headgear that may cause an injury or give an artificial advantage to the player must not be worn. If a brace, prosthetic limb, or headgear is used, padding or covering may be necessary. Jewelry may be worn provided its nature does not present a concern for safety, such as extremely long necklaces and/or necklaces with large medallions, or large hoop earrings.</p>	<p>The title of this section has been changed to better reflect its content.</p> <p>A waiver for a head covering worn for medical, religious, or cultural purposes is not required and need not be requested by tournament staff or referees.</p> <p>Hats of any style are not permitted. This is a clarification to the previous rule verbiage.</p>
<p>4.5.3 Compression pads (padded injury protection devices) may be worn for protection or support.  <b>For FIVB, World and Official competitions for Seniors, these devices must be of the same colour as the corresponding part of the uniform. Black, white, or neutral colours may be also used provided that all using players wear the same colour.</b></p>	<p><b>USAV 4.5.3</b>  Compression pads (padded injury protection devices) may be worn for protection or support. The color of the compression pads does not need to be the same for team members wearing this equipment, nor does the color need to match the predominant color(s) of the team uniform.</p>	<p>Compression pads or sleeves are personal equipment and are not considered part of the uniform. The color of the pads or sleeves may vary from player to player and does not need to match the team uniform color(s).</p>

<p><b>USAV 6.3:</b></p> <p>a. For tournament play, the match is won by the team that wins two sets out of three. The 1st and 2nd sets are won by the first team to score 25 points with a minimum lead of two points. The deciding (3rd) set is won by the first team to score 15 points with a minimum lead of two points. Teams change courts in the deciding set when one team has scored 8 points.</p> <p>b. A playoff set is considered a match and only one set will be played. The match is won by the team that scores either 15 or 25 (as specified in the tournament guidelines) with a two-point advantage. Teams change courts when one team has scored 8 or 13 points, respectively.</p>	<p><b>USAV 6.3:</b></p> <p>a. For tournament play, the match is won by the team that wins two sets out of three. The 1st and 2nd sets are won by the first team to score 25 points with a minimum lead of two points. The deciding (3rd) set is won by the first team to score 15 points with a minimum lead of two points. <b>If teams will change courts in the deciding set, the court change occurs when the leading team has scored 8 points.</b></p> <p>b. A playoff set is considered a match and only one set will be played. The match is won by the team that scores either 15 or 25 (as specified in the tournament guidelines) with a two-point advantage. <b>If teams will change courts, the court change occurs when the leading team has scored 8 or 13 points, respectively.</b></p>	<p>The change of courts protocol has been clarified. (See USAV 18.2)</p>
<p>7.3.5 Discrepancies between players' position on court and on the line-up sheet are dealt with as follows:</p> <p>7.3.5.1 When such a discrepancy is discovered before the start of the set, players' positions must be rectified according to those on the line-up sheet—there will be no sanction;</p> <p>7.3.5.2 when, before the start of the set,</p> <p>any player on court is found not to be registered on the line-up sheet of that set, this player must be changed to conform to the line-up sheet—there will be no sanction;</p>	<p>7.3.5 Discrepancies between players' position on court and on the line-up sheet are dealt with as follows:</p> <p>7.3.5.1 When such a discrepancy is discovered before the start of the set, players' positions must be rectified according to those on the line-up sheet—there will be no sanction;</p> <p><b>USAV 7.3.5.1 When a discrepancy involves a non-existent uniform number, the line-up sheet is corrected for that position only; there will be no sanction or substitution.</b></p> <p>7.3.5.2 when, before the start of the set, any player on court is found not to be registered on the line-up sheet of that set, this player must be changed to conform to the line-up sheet—there will be no sanction;</p>	<p>No sanction is assessed, and no substitution is charged, when a line-up has been submitted with a non-existent number or a number that is not listed on the team's roster (if used).</p>

<p><b>9 PLAYING THE BALL</b> Each team must play within its own playing area and space (except Rule 10.1.2). The ball may, however, be retrieved from beyond its own free zone and <b>over the scoring table in its complete extension.</b></p>	<p>2022-2024 FIVB rules verbiage implemented by USAV</p>	<p>Playing the ball above any portion of the score table is legal. This is not a change in rule or interpretation; the additional verbiage is a clarification.</p>
<p><b>USAV 12.4.5</b> After the whistle for the service, requests for game interruption, i.e., time-out or substitution, may not be considered until after the ball has been served and the rally completed, including a re-serve. A re-serve is part of a single effort to serve, and no requests will be honored during a re-serve. A request for line-up check is permitted when the result of a rally is a replay.</p>	<p><b>USAV 12.4.5</b> After the whistle for the service, requests for game interruption, i.e., time-out or substitution, <b>or a request for a line-up check,</b> may not be considered until after the ball has been served and the rally completed, including a re-serve. A re-serve is part of a single effort to serve, and no requests will be honored during a re-serve. A request for line-up check is permitted when the result of a rally is a replay.</p>	<p>See USAV 15</p>
<p><b>15 INTERRUPTIONS</b></p> <p>An interruption is the time between one completed rally and the 1<sup>st</sup> referee's whistle for the next service.</p> <p>The only <b>regular game</b> interruptions are TIME-OUTS and SUBSTITUTIONS.</p>	<p><b>15 INTERRUPTIONS</b></p> <p>An interruption is the time between one completed rally and the 1st referee's whistle for the next service.</p> <p>The only regular game interruptions are TIME-OUTS and SUBSTITUTIONS.</p> <p><b>USAV 15:</b> After the 1<sup>st</sup> referee whistles to authorize the service, a request for a regular game interruption or a request for a line-up check will not be honored; see Rules 6.1.3, USAV 12.4.5, and 15.11.1.1.</p>	<p>A line-up check, in addition to a request for regular game interruption, is not permitted after the whistle for service, even if the serve is interrupted prior to the service hit. A re-authorization for the serve is not considered a replay.</p>
<p><b>15.4.2 During time-outs, players must go to the free zone near their bench.</b></p> <p><b>DELETED FROM THE RULES:</b> <del>15.4.2 For FIVB, World and Official Competitions, in sets 1-4, two additional 60-second "Technical Time-Outs" are applied automatically when the leading team reaches the 8th and 16th points.</del></p>	<p><b>USAV 15.4.2:</b></p> <p>The players may remain on the court or go to the free zone near their team bench. Any member of the team listed on the roster may participate in the time-out. Coaches and non-playing team members may not enter the court. Referees may direct teams to move to the free zone near their team bench for administrative purposes. Teams may return to the court when permitted by the referees.</p>	<p>This rule was previously numbered USAV 15.4.4.</p>

<p><del>15.4.3 In the deciding (5th) set, there are no "Technical Time-Outs"; only two time-outs of 30 seconds duration may be requested by each team.</del></p>	<p><b>USAV 15.4.3:</b> The use of media (technical) time-outs, and their duration, is at the discretion of the event organizer.</p>	<p>FIVB has eliminated "Technical Time-Outs". USAV rules will allow media (technical) time-outs at the discretion of the event organizer.</p>
<p><b>15.8 SUBSTITUTION FOR EXPULSION OR DISQUALIFICATION</b></p> <p>An EXPELLED or DISQUALIFIED player must be substituted immediately through a legal substitution. <b>If this is not possible, the team has the right to do an exceptional substitution.</b> If this is not possible, the team is declared INCOMPLETE.</p>	<p>2022-2024 FIVB rule adopted by USAV</p>	<p>The previous rule did not allow an exceptional substitution for an expelled or disqualified player, which could result in a team being declared incomplete and forfeiting the set or match. To encourage the continuation of competition, an exceptional substitution is now permitted for an expelled or disqualified player when a legal substitution cannot be made.</p>
<p><b>18.1 INTERVALS</b></p> <p>An interval is the time between sets. All intervals last 3 minutes. During this period of time, the change of courts and line-up registrations of the teams on the score sheet are made.</p> <p>The interval between the second and the third set can be extended up to 10 minutes by the competent body at the request of the organizer.</p>	<p><b>USAV 18.1 INTERVALS</b></p> <p>An interval is the time between sets. All intervals last 3 minutes. <b>During this time, team line-ups are submitted and recorded on the score sheet. If teams will change courts between sets during the match (see 18.2), the change of courts takes place during the interval.</b></p> <p>The interval between the second and the third set can be extended up to 10 minutes by the organizer.</p>	<p>If a change of courts will take place, it will occur during the interval between sets. (See USAV 18.2 and USAV 6.3)</p>
<p>19.4.2.1 When only one Libero is available for a team according to Rule 19.4.1, or the team has only one registered, and this Libero becomes or is declared unable to play, the coach (or game captain if no coach is present) may re-designate as Libero for the remainder of the match any other player (replacement player excepted) not on the court at the moment of the re-designation.</p>	<p><b>USAV 19.4.2.1:</b> When only one Libero is available for a team according to Rule 19.4.1, or the team has only one registered, and this Libero becomes or is declared unable to play, the coach (or game captain if no coach is present) may re-designate as Libero for the <b>remainder of the set</b> any other player (replacement player excepted) not on the court at the moment of the re-designation.</p>	<p>USAV rules allow a Libero to be designated for a set instead of the match.</p>

<p><b>18.2 CHANGE OF COURTS</b></p> <p>18.2.1 After each set, the teams change courts, with the exception of the deciding set.</p> <p>18.2.2 In the deciding set, once the leading team reaches 8 points, the teams change courts without delay and the player positions remain the same. If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.</p>	<p><b>USAV 18.2 CHANGE OF COURTS</b></p> <p><b>USAV 18.2.1:</b> The default protocol is for each team to remain on their respective side of the court throughout the match, including the deciding set.</p> <p><b>EXCEPTIONS:</b></p> <p>18.2.1.1 The event organizer determines there is a clear disadvantage on only one side of the court.</p> <p>18.2.1.1.1 In the case of a clear disadvantage, the decision to change courts will remain in effect for the duration of the match but may change for a subsequent match.</p> <p>18.2.1.2 The event organizer may determine that a change of courts will take place between sets and during a deciding set for all matches.</p> <p><b>USAV 18.2.2:</b> If the teams will change courts during the deciding set in accordance with USAV 18.2.1.1 or USAV 18.2.1.2, the change of courts takes place when the leading team reaches 8 points. If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.</p>	<p>The default protocol is for teams to remain on the same side of the court for the duration of the match. The previous protocol of changing courts between sets and at the 8<sup>th</sup> point in a deciding set is still an option, at the discretion of the event organizer.</p>
<p><b>USAV 21.3.2.1:</b></p> <p>When facility space does not allow for a penalty area, a player or substitute who is sanctioned by expulsion shall not play for the rest of the set and must remain seated on his/her bench for the remainder of the set. Any other team member sanctioned by expulsion must leave the playing area, bench and warm-up area for the remainder of the set and loses his/her right to intervene in the set.</p>	<p><b>USAV 21.3.2.1:</b></p> <p><del>When facility space does not allow for a penalty area</del> A player or substitute who is sanctioned by expulsion shall not play for the rest of the set and must remain seated on his/her bench for the remainder of the set. Any other team member sanctioned by expulsion must leave the playing area, bench and warm-up area for the remainder of the set and loses his/her right to intervene in the set.</p>	<p>Removes reference to the penalty area, which has been deleted from the rules.</p>