**Stillwater Area Sports Association (SASA) Volleyball**

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**Stillwater, Oklahoma**

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**TABLE OF CONTENTS**

 [Personnel 1](#_Toc8344)

 [Purpose 2](#_Toc8345)

 [Philosophy 2](#_Toc8346)

 [Eligibility Rules 2](#_Toc8347)

 [Squad Composition 2](#_Toc8348)

 [Regulations & Sportsmanship 3](#_Toc8349)

 [Liability 3](#_Toc8350)

 [Playing Rules 4](#_Toc8351)

 [Teams, Players & Positions 4](#_Toc8352)

 [Playing The Game 4](#_Toc8353)

 [Time Factors 6](#_Toc8354)

 [Serving 6](#_Toc8355)

 [Coed Non-Spike Rules 6](#_Toc8356)

 [Coed Spike Rules 7](#_Toc8357)

 Tie Breakers 7

**PROGRAM ORGANIZATION AND**

# ADMINISTRATIVE PERSONNEL

The organization shall be known as the SASA Volleyball Program. It shall be operated under the direction and supervision of the SASA Board of Directors and their staff. Final decisions of anything covered or anything not covered in the Rule Manual shall be made by SASA and/or its representative.

Be it understood that by registering for this program you accept the purpose, direction and philosophy of the program.

# PURPOSE

The purpose of SASA Volleyball Program is to provide a common interest in sportsmanship, fellowship, physical fitness and recreational competition. It is to provide an enjoyable recreational program for individuals through skill improvement, sportsmanship, physical fitness and recreational competition.

# PHILOSOPHY

It is the philosophy of SASA to provide a recreationally based volleyball program. SASA will provide this recreation program under the following guidelines:

1. That SASA will provide a recreational program that is to be participated in for fun.
2. That sportsmanship and gamesmanship are to be strived for.
3. That the program be enjoyable for all teams and players. Poor sportsmanship, foul language and injurious play shall be strictly disciplined.

# ELIGIBILITY RULES

1. The Volleyball Program is open to all adults living in Stillwater and surrounding areas.
2. High school students will be allowed to participate in the Adult Volleyball league provided they turn 16 years of age during the current calendar year.
3. All players must be on the team roster. Participants may play on a men’s/women’s team, a coed team, and a coed spike team.
4. Eligibility protest may be made to the game official or supervisor at the game site and the protest will be evaluated by SASA the following working day and an appropriate disciplinary decision will be reached. Both teams involved will be notified regarding the decision. Anyone may point out an illegal player--an illegal player being a player not on the roster or a player who plays on two teams in the same type of league (for example, a person playing on two coed non-spike teams).
5. Any team using an illegal player will forfeit the match protested and the illegal player will be suspended from further play for the season. All matches the offending team has played up to that point may also be declared forfeits.

# SQUAD COMPOSITION

1. A player who changes teams must wait a minimum of 2 matches from the time he/she is taken off the roster of the first team and put on the roster of the second team before that player will be eligible to participate.
2. Players may be added to the rosters as needed throughout the season.
3. A player who signs up on a team after the season starts may play immediately after he/she is signed up, provided he/she has not played with another team.
4. Each roster is limited to 12 players.
5. All players must be on a roster. A player may be on a women's roster plus a coed spike plus a coed non-spike roster.
6. An illegal player is a player who is on one roster and plays with another team or plays when not a member of any roster.
7. The penalty for playing an illegal player is expulsion of the player and forfeiture of the match. Second offense by a team will result in removal of that team from the league. All matches the offending team has played up to that point may also be declared forfeits.

# REGULATIONS AND SPORTSMANSHIP

1. All matches will be ruled and directed by the officials. All participants must respect their authority. Unsportsmanlike conduct, rough or profane language, physical force, excessive protesting, fighting or any other display of unsportsmanlike conduct will not be tolerated. The entire team may be held responsible for the action of any individual player on their roster and their fans.
2. Any player, coach or identified fan of a team that refuses to leave the gym upon the request of the official or a SASA representative within two minutes after being requested to do so, may cause their team to forfeit the match.
3. The official's decision shall be final on all decisions of fact. No protests will be allowed other than on player’s eligibility. Any question concerning rule interpretations will be solved during the game by the game official and supervisory staff member. No protests will be allowed after completion of the match.
4. Any player or team may be suspended from further participation who displays unsportsmanlike conduct such as profane language, arguing with opposing players or fans, and indulgence in alcoholic beverages in the gym.

 **NO ALCOHOLIC BEVERAGES, INCLUDING 3.2 BEER WILL BE ALLOWED IN THE ARMORY GYMNASIUM.**

1. If at any time during the season, the officials are forced to stop a match due to the actions of an individual or individuals, the violating team may be prohibited from any further league play, and their entry fee considered forfeited.
2. Matches must be started at official time as set forth in the official schedule. If a team is not ready to play (4 players minimum) within 5 minutes of match time, a forfeit may be declared.
3. At all times the responsibility of the eligibility of players will rest with the team manager/coach.
4. Any team which forfeits two league matches during the season may be dropped from the program for the remainder of the season, with one exception:

EXCEPTION: If SASA is notified during regular business hours at least 24 hours before the scheduled match time that a team will not be able to play, a loss will be credited to the team, but this forfeit will not count toward expulsion from the league.

1. Any player or players banished from the match by the officials may also be ineligible to participate in the next two matches. The banished player or players may remain on his teams’ bench but may not direct any remarks toward the officials or opposition during the remainder of the match. If a banished player continues to direct remarks toward officials or opposition, the player will have to leave the gym. If a player is asked to leave the gym, that player shall be automatically ineligible for the next two matches.
2. If a player is found participating in the next match which that player has been declared ineligible, that team shall automatically forfeit all matches played up to that time.
3. Only the team captain or coach will be allowed to speak to the officials during the game.
4. Any player who is wearing a cast and/or other unyielding surface protective equipment is prohibited from participating. Carpel tunnel braces are allowed.
5. Medical alert bracelets/necklaces must be taped down on player's body.

# LIABILITY

The program directors, officers, sponsors, coaches, managers, referees, or any other supervisory personnel are not responsible for injuries to persons or damages to property. This entirely is the responsibility of persons participating such as players, coaches, managers, parents and spectators, all of whom participate at their own risk.

# PLAYING RULES

1. Each team must have four players to start a match. If a team loses players during the match causing them to have less than four (4) players, the match will be forfeited.
2. Teams must have at least two back row players at all times. There can never be more than three front row players.
3. All players must wear shirts. Shirts do not have to match or display a number.
4. A team must be ready to play at game time. If you are unable to start at this time, due to late arriving players, the captain of the opposing team may allow you five additional minutes. At the end of the five additional minutes a forfeit will be declared for the match. The forfeit is for the entire match and not just games. **If the game is delayed due to waiting on players, the game will be shortened the length of time needed to acquire additional players.**
5. Game balls will be provided by SASA. Practice balls will be available in the supervisor office in the Armory before the match.
6. Before the scheduled starting time of a match, each team shall supply the official with the name of each player who may participate. Players may be added to roster once the match begins. Late players must play immediately (cannot wait until the next game to play) but must wait and rotate into serving position.
7. Players may not wear jewelry or anything that may injure a player. This includes hats, bandannas and hard hair pieces. However, fit bits will be allowed.

# TEAMS, PLAYERS AND POSITIONS

1. A volleyball team consists of six players positioned into a front line and a back line of three players each. At the time the ball is contacted on the service, all players shall be positioned in serving order, and each front line player must be totally in front of the respective back line players.
2. After line service, all players may move to play or cover any area of the court with the stipulation that a back line player may not return the ball over the net from above net height while in advance of the ten foot line, and a back line player may not block.
3. Officials must be notified before the start of the match of any persons at the game who are not planning on participating. If a player on the roster is at the gym and does not rotate in to play they will not be allowed to participate in any part of the match. (This applies only if a player never enters when they should, not if a game goes so quickly they did not have the opportunity to play). Penalty will be expulsion of player if they later attempt to enter the match, loss of serve, and penalty point awarded to opposing team. If a player participates from the beginning of the match and later chooses to cease participating for reasons other than illness/injury, there will be no penalty. However, if that player attempts to re-enter the match after being already skipped in the rotation, the player will be expelled, team will lose service, and penalty point will be awarded opposing team. **This must be brought to the attention of official at time** **of infraction in order to be enforced.** See page 6, #20 for ruling on a player forced to leave a game due to injury/illness.
4. Rotation of substitutes will be done in the continuous rotation system. Rotation order will remain the same throughout the game but may be changed between games.

# PLAYING THE GAME

1. A match consists of best two out of three games.
2. **Rally scoring will be used the entire match. The first two games of a match will go to 25 points (must win by two points). If a 3rd game is required, the first team to reach 15 points wins the game and match (still must win by two points). You do not have to serve for the match - if you are ahead 24-23 and the opposing team serves the ball into the net - you win 25-23.**
3. A toss of the coin determines which team will serve first and which court each team will occupy; the choice being given the winner of the toss and the loser receiving the alternate choice. The serve will then alternate for the 2nd and 3rd game.
4. One minute is taken between games.
5. Each team is allowed two time-outs per match.
6. Teams may change serving order between games, but not during the game. **All** players must enter at serving position.
7. The game is started with a service by the right back player on serving team. **The player may serve anywhere behind the end** **line and the other players on the court do not need to adjust**. However, if the serve hits the goal while being served; it is a side out and point for the other team. The ball may be hit with the hand, fist or arm while the ball is held or after it is released by the server. The ball shall be contacted within 5 seconds after referee's signal to serve. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to floor and a new five seconds will be allowed for a **last** attempt.
8. The server continues until his/her team loses the serve or the game is completed. When one team loses the service, its opponents will serve. Rotation of players clockwise does not take place until the second possession of the ball by the team.
9. A serve may be blocked by the receiving team in Women’s and Coed Spike League. A serve shall not be spiked by the receiving team and shall be an illegal hit.
10. It is also illegal to serve out of order. If the error is discovered during the service, all points scored during the service are deducted and the service is terminated. If the error is not discovered until after the opponents have served in the illegal order, no penalty is assessed but positions must be corrected.
11. After the service, the ball must be clearly hit when it is volleyed by any player. It may be contacted with any part of the body **including below the waist, however kicking isn’t allowed.** The ball cannot visibly come to rest or involve prolonged contact. Player cannot play the ball twice in succession. Receiving a **hard** serve with an overhead set is more often than not illegal due to ball being held. However, receiving a hard serve with an overhead set is not automatically an illegal hit. **It is illegal to strike the ball with your foot.**
12. Simultaneous contact of the ball by teammates or by two opponents constitutes one play, and either player may play the ball again. In addition, if a player participating in a block contacts the ball, he/she may play it again.
13. Each team may play the ball three times before it crosses the net to the opponent’s court. A player may go outside the court to play the ball. However, going into the adjacent court while that court is playing may be ruled dangerous by the official and the play will not be allowed.
14. When playing at the net, a player may not touch the net or its cable while the ball is in play.
15. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block and the opposing team had an opportunity to complete its attack.
16. A player may touch the floor across the center line with one or both feet provided a part of the foot/feet remains on or above the center line. Contacting the floor across the centerline with any other part of the body is illegal.
17. A ball striking a ceiling structure can be played if the ball comes down on the same side of the net as the team that caused it to hit the structure. A ceiling structure would be the beams, lights, and ceiling fans. Walls and basketball goals and guidewires are not included—this would still result in a point or sideout.
18. A player is allowed to contact the ball more than once if a ball rebounds from one part of the player's body to one or more legal parts in an attempt to:
	1. block
	2. save a hard spike on a team's first hit 19. A back row player shall not:
	3. participate in a block or attempt to block;
	4. attack and/or direct a ball over the net which is completely above the height of the net while positioned:

i. on or in front of the attack line; ii. in the air, having left the floor on or in front of the attack line.

20. If a player is ill or injured during play and is forced to leave the court, the player will not be allowed to re-enter that game of the match but may play in any remaining games of the match. If the team has extra players, the next player scheduled to enter the game may do so immediately at the serving position and all players rotate one position to cover the missing player.

# TIME FACTORS

1. The rest period between games is 1 minute.
2. Time-outs shall not exceed 1 minute.
3. Two time-outs are allowed each match and may not be taken consecutively.
4. All matches will be scheduled every 45 minutes; time limits will not be kept during games.
5. If a match is won in 2 games, teams may continue to use the court until 5 minutes before the next match is to begin.

# SERVING

FAULTS IN SERVING:

1. The Service is a fault if the Server:
2. Does not take the proper position before serving
3. Commits a foot fault before contacting the ball, the server steps on or over the base line
4. Hits the ball into the net. "Net" serves are allowed.
5. Hits the ball so it crosses outside the side line as it passes over the net
6. Hits the ball into any post or overhead structure, unless special ground rules are followed.
7. Takes more than 5 seconds to complete serve.

# COED NON-SPIKE RULES

The SASA rules apply to Co-ed Non-spike rules with these exceptions:

1. A team consists of six players -- three women and three men. Positioning is every other sex. A team may play with four players, provided at least two are women. The maximum number of men on the court at one time shall be three. A team must have at least one male in the line-up to be considered legal.
2. Three players may volley the ball on one side of the court before sending the ball back over the net. A girl must hit the ball at least once before sending the ball over to the opponent’s side.
3. The ball must be played at least twice between team members before it is returned to the opponent’s side of the net.
4. There will be no spiking by anyone during the match. A spike is a play in which the ball is hit forcibly into the opponents court with a one-hand overhead motion from above the top of the net. If a ball has arc coming over the net it will **not** be considered a spike. **Officials will look at whether the ball was hit with force from above the top of the net.**
5. Unlimited substitutions rotate in and out at the RB position. Team members must remain in the same rotation in order. The order may be changed between games. If a player is ill or injured during play and is forced to leave the court, the player will not be allowed to reenter that game of the match but may play in any remaining games of the match.

 If the team has extra players, the next player of same sex scheduled to enter the game may do so immediately at serving position and all players rotate one position to cover the missing player. If a male is injured, a female could enter to replace him; a male could not enter for a female.

1. All serving must be underhand.

# COED SPIKE RULES

The SASA rules apply to Co-ed Spike rules with these exceptions:

1. A team consists of six players -- three women and three men. Positioning is every other sex. A team may play with four players, provided at least two are women. The maximum number of men on the court at one time shall be three. A team must have at least one male in the line-up to be considered legal.
2. Overhead serves and side arm serves will be allowed.
3. Spiking will be allowed:
	1. Front line players may spike from any position on the court.
	2. Back line players may only spike from behind the 10 foot line.
4. Blocking will be allowed by front line players only:
	1. When a player makes contact on a block, he/she may immediately hit the ball again.
	2. Blocking a ball which is entirely in the opponents side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is complete when:
		1. The attacking team intentionally directs the ball into the opponents court.
		2. The attacking team has completed its three (3) allowable hits.
		3. No member of the attacking team could reasonably make a play on the ball.
		4. The ball is served.
5. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
6. Three hits are allowed on each side, however, the ball may be returned to the opponents side after one hit. A girl does not have to hit the ball before the ball is returned.
7. A block is not considered a hit.
8. NOTE: The definition of a Spike, is a play in which the ball is hit forcibly into the opponents court with a one-hand overhead motion from above the top of the net. We will look at whether the ball had arc coming over the net (went up before coming down).

## TIE BREAKERS FOR AWARDS

1. Fewest forfeits
2. Head to head matches involving tied teams.
3. Games won in matches involving tied teams.
4. Fewest points allowed involving tied teams.
5. Fewest points allowed involving all league games.