

South League 2011

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Rules and Guidelines for Varsity, JV, Freshman, Middle School Divisions

1. Coaching/Supervision
 - a. Teams are not required to have a coach.
 - b. Teams must be supervised by an adult at all times from the bench.
 - c. Team rosters shall be submitted prior to competing in the team's first match.
2. Play
 - a. Warm-up periods shall be three minutes. Both teams shall share the court for hitting purposes and shall call out attacks to avoid both sides attacking the same zone at the same time.
 - b. Rally score will be used in all matches of all divisions.
 - c. The first team to reach 25 points, beginning at 0-0, with a two-point margin will win the first set. The first team to reach 25 points, beginning at 0-0, with a two-point margin shall win the second set OR the team with a one-point advantage when time has expired. Officials will do their best to announce time remaining.
 - d. All matches are two sets only.
 - e. Substitutions shall occur without formal request or delay but must follow normal procedures. Players may occupy one service order position only.
 - f. One 30-second timeout is granted per team per set.
 - g. Forfeit time is 5 minutes past the scheduled start time for the first set; 25 minutes past the scheduled start time for the second set.
3. Team make-up
 - a. Teams must have a minimum of 5 players to compete; either to begin a match or continue playing after an injury. Teams with fewer than 5 eligible players shall forfeit all sets until 5 eligible players can be obtained.
 - b. Teams with 5 players must fill a "ghost" position. When the "ghost" player rotates to occupy position 1, the team will lose that rally. When the "ghost" player occupies a front row position, the team will be required to play with only two players in front row positions.
 - c. If a team is unable to compete due to not enough players, the complete team may provide players sufficient to allow the incomplete team to compete but the incomplete team shall still forfeit the match with a score of 25-0.
4. Players
 - a. Rosters must include a minimum of six players.
 - b. Individuals may be listed on more than one roster.
 - c. Individuals that compete for teams must be listed on the official roster of each team. "Fill-in" players are not permitted.
 - d. Teams may designate a libero provided all non-libero players have matching colored shirts and the libero wears a contrasting colored shirt. Liberos are allowed to serve.