

BENCHWARMER'S VOLLEYBALL RULES

WAIVER OF LIABILITY

All participants in league assume the risk of injury. Benchwarmer's shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

SUBMITTING ROOSTER

Each team must submit a roster with a maximum 10 players. No player may register for more than 1 team, on the same league.

TEAMS

1. A team consist of 5 players, with a minimum of 2 women. A team may start a game with a minimum of 4 players, of which 1 must be a women or vice versa.

SHORTAGE OF PLAYERS

2. Teams may pick up a maximum of 3 subs. If a game begins with substitutes and the teams' eligible player shows up, they must be inserted in the line up immediately in favor of the sub. If the sub does not play a complete game the sub then is eligible to sub again for another team, if approved by opposing team captain.

RULES AND GUIDELINES

1. Participants must accept referee's decisions with sportsmanlike conduct. In case of doubt, clarification may be requested. A captain may protest the referee's interpretation of a rule, but not the referee's judgment.

2. Game play 1 hr. (Best 2 out of 3). Team must be ready to play by 5 minutes past the hour. If a team shows up more than 5 minutes after the hour, the team that arrived on time has the following options.

A.) They may claim forfeit for all 3 games.

B.) They may claim forfeit for one game and agree to play #2 and #3 games.

Teams must end play on the hour, whichever team is ahead at this time will be declared the winner. If the teams are tied the teams may continue to play until the next point is scored

3. Games are to 15 points, must win by two.

4. Two time outs per team per game 2 minute limit.

5. Before the first game and before each deciding game, the referee conducts a coin toss in presence of the team captains. The

winner chooses either side or serve. In the second game, teams switch sides and the loser gets the serve.

6. Only the serving team can score.

7. No spikes or sets on serve, first hit must be a bump either one hand or two closed fist (dig).

8. Blocking the serve is illegal.

9. Servers must wait for referee's whistle to serve.

10. Only one serve is allowed. (there are no re-serves, meaning the player may not drop a bad toss without serving and then toss it again to serve). Faults on are serve may occur when:

A.) Ball touches net or teammate

B.) Ball is passed under the net

C.) Ball goes out of bounds. (The ball is out of bounds when it touches any surface, object, or ground outside the sand court). A ball may be played out-of-bounds from your territory only. It is illegal to touch the opponent's court in the act of playing ball.

11. In coed league, ball must be hit by opposite sexes if more than one hit applies such as (man, women) or (man, women, man) or (man, man, - women)

9. Serves are made underhand or overhand with an open hand or fist.

Players may volley the ball with any part of the body above the waist as long as the ball is clearly hit and not held (including lifted, pushed, caught, carried or thrown).

Following the serve each team may hit the ball up to three times before sending it back over the net. No player may hit the ball twice in succession.

If a serve goes out of bounds or - fails to clear the net, play stops and the opposing team gains the serve. At each change of service the players rotate on position clockwise.

This procedure allows each player a chance to serve during the course

of the game. Only when serving may a team score points -- 1 point for each successful offensive rally.

10. Any ball that hits the out of bounds line is considered in. The ball is considered out of bounds if the ball hits the rope or is outside of the rope.

The ball is considered out of bounds out of play behind the referee.

11. While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack - hit.

A player is permitted to pass his/her hand(s) beyond the net after an attack - hit, provided that the contact was made within his/her team's playing space.

12. Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.

While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.

If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault.

SUBSTITUTIONS

14. Substitutions may be made anytime the ball is dead. There is no limit on subs.

RAIN OUTS

15. Rain outs will not be called even if it is raining unless conditions on the field are extremely poor or it is lightening.

16. The team captains need to sign the score sheet after games are played.

**ENJOY THE SEASON, AND BEST OF LUCK TO
EVERYONE!!
THANKS, BRIAN AND TRENA**