



Ultimate Sports Association Recreational Adult Volleyball League

Teams

1. Completed rosters consisting of a minimum of 4-6 players per team (dependent on season) must be turned in with all league fees paid prior to the designated deadline.
2. Team captains may make changes to the team rosters, 48 hours in advance. However, roster additions will not be allowed during playoffs.
3. Teams will consist of 6 players on the court. Teams may start with as few as 4 players. If for some reason during your match your team consists of less than 4 players the set will then be forfeited unless all of the opposing team's players agree to play.
4. Teams must have a minimum of 2 female players on the court at all times. No more than 3 men.
5. A team may borrow players from another team if the team does not have enough players to play, but must first ask for approval from all of the opposing team players. This will not be allowed during playoffs.
6. All team members must be 18 years of age or older.
7. All players MUST sign the Ultimate Sports/Ultimate Fieldhouse Waiver of Liability Form before participation. All participants in the league assume the risk of injury. Ultimate Sports Association 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.
8. All team rosters will be finalized prior to the first week of play.
9. League is governed by Ultimate Sports Association.

Rules

1. Starting service of the first set will be determined by a coin toss.
2. Regular season volleyball matches will consist of all 3 sets. Playoffs will consist of best 2 out of 3 sets, *no cap*. Teams swap sides after each set.
3. If you are more than 5 minutes late to a scheduled match, then your team forfeits the first set. If you are more than 10 minutes late, then your team forfeits the second set. If you are more than 15 minutes late, then your team forfeits the third set.
4. Rally scoring to 25 points for the first and second sets and 15 points for the third, *no cap*.
5. A team must win by two (2) points.
6. Two (2) 30 second time-outs per set, per team.

7. Sets will be self-officiated. LINES ARE IN. Any disputes over a violation will be settled by a replay.
8. The ball is considered dead if it comes in contact with the net standards or any out of bounds object. The result will be a point for the opposing team.
9. No player, clothes, or hair should come in contact with the net. A player's foot may not completely cross over the centerline under the net while the ball is in play.
10. The ball may be played off any part of the body including inadvertent contact of the foot on any hard driven ball, as long as it is not a carry.
11. The ball may touch the net on or within the sidelines, and may be played from it, including a serve.
12. Regular Co-ed Rules (1st or 2nd half of season - dependent on season rules)
 - a. NOTE: Unless otherwise noted, regular co-ed play will conform to U.S.A.V. regular co-ed rules.
13. Reverse Co-ed Rules (1st or 2nd half of season - dependent on season rules)
 - a. NOTE: Unless otherwise noted, reverse co-ed play will conform to U.S.A.V. reverse co-ed rules.
 - b. Men may only attack from behind the 3-meter line.
 - c. When a ball is contacted more than once by a team, at least one of the contacts must be made by a female player.
 - d. Men are prohibited (not allowed) to jump serve.
14. Playoff Player Eligibility: In order for any players to be eligible to play in the playoffs, they must play in at least 2 regular season matches (6 sets) during the regular season for that particular team.

General Information

1. Each team captain will fill out their own team's scores on the Volleyball Scoresheet after each set, and initial it after the match is concluded. The scoresheets must be turned into Ultimate Staff member at the front desk.
2. All teams will have the opportunity to play in a single elimination playoff at the end of regular season play according to their set win/loss record.
3. Seeding will be determined by the most number of sets won during regular season. Tiebreaker will be determine by point differential.
4. All players must wear tennis shoes or similar footwear.
5. Any player that is bleeding must leave the Set immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue. Any blood on the court must be immediately reported to Ultimate Sports staff member.
6. Children under 18 years of age are not allowed in the gym during adult volleyball without appropriate supervision.
7. Principles of sportsmanship are to be followed at all times. Any failure to follow this standard can result in permanent suspension from the league.