

New York Urban Professionals Volleyball League

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TO: LEAGUE MEMBERS
FROM: JOHN BYKOWSKY
RE: RULES, etc.
DATE: April 2, 2002

Remember!!!

- A) NO FOOD OR DRINK allowed in any of our facilities!
- B) DO NOT ARRIVE AT ANY GYM MORE THAN 15 MINUTES BEFORE THE START OF THE FIRST GAME!
- C) IF YOU BRING A BIKE BRING A LOCK! Schools will not allow bikes inside.
- D) Don't sit on the bleachers at Brandeis H.S. You will break the electric slide mechanism.

*** LEAGUE RULES ***

1. STARTING TIMES: Starting times are usually 6:30; 7:45 and 9:00 p.m., except for some schools where the starting times are 7:00, 8:10 and 9:15 P.M. Each game shall start within 15 minutes of its scheduled starting time. If a player arrives more than 15 minutes after the start of the last game they may have to ring the school bell to enter as some schools want us to lock the doors after the last game begins. If a player knows he is going to be real late for the last game he must tell his players to check the door for him or listen for the bell.

There shall be a minimum of four players present to start a game. If a team does not have at least 4 players present within 15 minutes of the scheduled start of the game the referee shall declare a default. Players may practice for the remainder of the time period if they so choose.

2. THE ANTI-DEFAULT RULE: Once a year, a team may use individuals not on its roster, including players from another team, to prevent a default. However, if in the opinion of the referee, the added player is better than the recruiting team's average player and the opposing team calls us the next day complaining of a ringer, we will declare a default in their favor.
3. COED RULES: There shall be a minimum of 2 women on the court at all times or, to put it differently, no more than four men. Therefore, if a team shows up with 10 men and one woman, they can play, but only with 5 players on the court, 1 woman and four men. If a team shows up with only men, the opposing team will have the option of taking the forfeit or playing the game against 4 men.

We do not enforce any type of male-female alternate hit rule.

4. SERVICE:
 - A) The team fielding, the most players in uniform (up to six) shall serve first for the 1st and 3rd games of the match. If both teams have the same number of player's in uniform the teams shall flip a coin to see who serves first. Wear your uniform. It will help you look & feel like a team.

- B) Any player may return the serve on the first hit, however, No player may block or attack a served ball while the ball is above the height of the net. To attack means to direct the ball into the opponent's court.
 - C) The referee shall blow the whistle to signal permission to serve.
 - D) If the server throws the ball up in the air and decides not to hit it, he must allow the ball to drop to the floor. If he catches the ball, or it hits him, before it hits the ground it is a side out.
 - E) The server may not hit the ball directly out of his hand. The server may serve from anywhere behind the back line.
4. RETURNING THE SERVE: A Double hit on any first ball over the net, whether hit hard or soft, is no longer a fault as long as you don't carry it. This means, on any first ball over including service, you can hit the ball with hands apart as long as you don't carry it. Yes, you can now hit the first ball coming over the net in the classic beginner style (two palms up with hands apart) as long as it doesn't rest in your hands for a carry. Second and third hits of the ball follow normal rules.

You may hit the ball with any part of your body including the feet. (Hey, this gives a big advantage to Brazilians!)

5. BLOCKS, SERVES AND SPIKES:

- a) A player may reach over the net to block a ball, however, a player may not reach over the net to volley or spike the ball or to block a set. It is not a fault if, after spiking a ball, that player's hand follows through over the net so long as it does not touch the net or an opposing player.
 - b) A ball which bounces off a player while blocking a ball, may be rehit by that player. This does not constitute a double hit.
 - c) If a ball ricochets off a player's body after attempting to field it, the ricochet does not constitute a double hit as long as it is the first hit of the ball after passing over the net.
6. SPIKING: Spiking from the front row is, of course, allowed. Spiking from the back row is allowed as long as that player is at least 9 feet 10 inches away from the net. The referee will use his best judgement to approximate the distance. In some of our gyms you will see a basketball line around 10 feet from the net. In these gyms, this line will be designated as the back spiking line.
7. THE NET: Incidental contact with the net is not a fault as long as the player doing so is not involved with the play and does not interfere with the play. (If you set the ball for a player and then you brush against the net it is not a fault.) Any intentional touching of the net is a fault.

No going under the net. A player has crossed under the net when his entire foot crosses the mid-line.

8. TIME OUTS: Each team shall be allowed 2 time outs per game.
9. MATCHES: A match shall consist of 3 games of 15 points each. We do not play best out of three. All three games count. Each game must be won by at least 2 points. However, there is a 17 point cap.
10. VOLLEYBALLS: Each team is required to bring a quality ball to each match.
11. SUBSTITUTIONS/ROTATION: Teams may substitute by rotating players in, or through wholesale substitution. Needless to say you are not allowed to substitute so your best server is moved in and out of the game so that he always serves. However, you may substitute players in so that they split, in any manner, a position. For instance, I can't bump for beans, however I can hit with the best of them, (Yeah right!). If I want to play the front row and then, when my position rotates to the back row, bumping Bob comes in to replace me that's o.k. so long as I don't go back in to play the front row until my position rotates to the front again. If I went in sooner to play the front row I would be advancing in the rotation which is illegal.
12. PLAYER CONDUCT: You would never swear at a High School or College ref, so don't do it here. If a player is disrespectful, the referee is empowered to award a point to the opposing team, or to throw a player out of the game if necessary. Please note! Only captains may address the referees during the game.

On the other hand, the refs are well paid and if one is ever late or you have a problem with one, call us the next day. We want to know.

Also, it is a USVBA rule, that when playing in a gym with adjacent courts, it is a sideout or opponents point if you go on to the court of an adjacent game.

13. CEILINGS: When the ball hits a ceiling, or anything designated as part of the ceiling in a particular gym, the following applies:

- a) If a player hits the ball and it hits the ceiling and comes back down in his own side of the court, that player's team may keep the ball alive, providing they haven't already used their three hits.
- b) If a player hits the ball and it hits the ceiling and comes down on the opposing team's side, then it is either side out or the opposing team's point.

Referees have discretion to call a replay if the ball hits a backboard and the ref feels certain that a player had a play on the ball.

14. OBSTRUCTIONS: As I said, each gym is different. In some gyms things hanging from the ceiling are deemed an obstruction while in other gyms things hanging from the ceiling are deemed part of the ceiling.

Whenever the ball hits anything deemed an obstruction, there shall be a replay. Whenever the ball hits something deemed part of the ceiling, follow the rules for ceilings set forth above. The rules for the specific gyms, including what is deemed an obstruction and what is deemed part of the ceiling, will be explained by the referees before each match.

15. ABSOLUTELY NO EATING OR DRINKING IN ANY GYM !

If you bring any food or drink into a gym, the referees have STRICT ORDERS to stop the game until you throw it out (very embarrassing). I know this sounds harsh but even the nicest people seem to forget to take their trash with them and then we have trouble with the school.

16. TIE BREAKERS:

In the event of a tie between teams for a playoff spot the following rules apply:

1. If 2 teams are tied we compare how the tied teams did versus each other. If they didn't play each other we proceed to rule 2. If more than 2 teams are tied we compare the percentage of victories versus the other tied teams so long as each tied team played at least one of the other tied teams. If for some reason 1 of the tied teams didn't play any of the other tied teams we go to rule 2.
2. We compare how the tied teams did versus their highest ranked mutual opponent.
3. In the event of a dead heat we consider forfeits (if your team forfeited during the season and the other team didn't you're out) and then actual scores.
4. Whenever there are more than two teams tied for a spot, once we advance one team, we go back to rule 1.
5. John and Paula are always right.

17. SNOW DAYS:

We shut down twice in twelve years. If the gyms are open, the games are on.