

Airdrie Volleyball Club – Rules & Regulations

General League Regulations:

- Teams will be allowed a 10-minute window after the designated start time in order to show up
 - o Teams not having the required 4-player minimum will default 1 game. After 20min. – 2 games, 30 min – 3 games
- Teams must immediately leave the court when the scheduled game time is up
- Do not enter the gym before teams scheduled start time
- Do not interfere with other teams that may or may not still be playing on the adjacent court
- Nets are set up by the teams that play the first scheduled game of the night
- Nets are taken down by the teams that play the last scheduled game of the night
- Teams have a minimum number of females always required on the court (4 males, 2 females)(4 males, 1 female)(3 males, 1 female)
- Designated down rule – specific to Tier 1 and Tier 2
 - o When **three male players rotate into the front row at the same time, one of them must be “designated down.”**
 - o The designated down male is **not allowed to jump and attack the ball above the height of the net** when positioned in the front row.
 - o Designate the player before each serve so there is no confusion or conflict
 - o This player may still hit the ball, as long as it is below the top of the net when contact is made
 - o If playing with 4 players this rule is void
- To be eligible for playoffs, a player must have played regularly during the season in at minimum 6 league nights

Rules of Play:

- Net Violations - No contact is allowed with the net with any body part during play
- Jump serves are NOT allowed in any Tier
- Serves can be made anywhere along the back service line. Players are allowed one step into the court while serving
- Ball contact is permitted below the waist – **except** in Tier 2 Wednesday
 - o A kicking motion is NOT allowed
- Ball Crossing the Plane of the Net
 - o As soon as **any part of the ball crosses the vertical plane of the net**, the opposing team has the right to make contact with it

- This means the defense can legally block or play the ball, even if most of it is still on the attacker's side
- Exceptions / When You *Cannot* Reach Over
 - **Interfering with the Setter** – If the ball has *not* yet broken the plane and the setter (or another attacker) still has a legitimate chance to play it, opponents cannot reach over to take it
 - **Before the Third Contact** – The attacking team is allowed up to three hits. If the ball hasn't crossed the plane and they still have hits left, the defense must wait. – Teams cannot reach over the net on a second hit at ANY time
 - **Reaching Under the Net** – Illegal at all times, as it interferes with play and safety
- Foot/center line violations
 - it's **legal for your foot to touch or cross the center line** as long as part of the foot stays on or directly above the line
 - It becomes a fault if your **entire foot crosses completely over** into the opponent's court, or if stepping across interferes with the opponent's play or creates a safety risk
- Back row attacks – a back row player jumping to hit the ball must leave the ground before the 3-meter (attack) line to spike, they are allowed to land between the attack line and net
- Blocking serves is never allowed

Rule Infractions:

- All leagues are run by the honor system – please call your own net faults and ball touches
- On-court players are responsible for calling their own faults, such as net violations or carries
- If a rule infraction occurs and isn't being called, the proper approach is to discuss it with the team rep before or between sets—not to interrupt play
- Bench players and spectators cannot make calls during the game. Calls must come from the players actively involved in the play
- If there is a dispute over a call, the standard resolution is a re-serve