



Adult Local League Rules

Article I: By-Laws

It will be the manager's responsibility to contact GSL to verify game status. Decisions on game cancellations will be after 3:00pm

1. The United States Volleyball Association Official Rules will govern all play.
2. A coin toss will begin the match. The winner of the coin toss will have two options: serve/receive, or take the choice of the court for the start of play.
3. There will be a 40-minute time limit on all matches. 3 set max
4. Game time is forfeit time for 1st set. The team that forfeited the set will have 10 minutes for the missing players to show. If a team does not gain enough players within the 10-minute time frame they will forfeit the match.

Roster

1. A maximum of 12 players will be allowed on a roster.
2. Teams that do not have a minimum of (5) players – minimum three (3) women, two (2) men - at game time or they will forfeit the 1st set. Teams will have 10 min until 2nd set begins, at which point if they do not have the minimum three (3) women and two (2) men they will forfeit the 2nd set. If a team drops below the minimum numbers during play due to injury on the court they will not be penalized.
3. There will not be any rescheduling of matches due to a team's inability to field enough players at the game's originally scheduled time.

Rules

1. Each match will be a best of 3 sets. The first two sets are to twenty-five (25) points- rally scoring, winning by two (2) points with a 30-point cap, OR the 40-minute time limit. For the third game, if necessary, a coin toss will determine the serve, receive or side. Game is rally scoring to fifteen (15) points, winning by two (2) points with a 20-point cap out. If a game is tied when time expires, the next point will decide the winner.
2. The server has five (5) seconds to serve the ball. The server may serve from anywhere behind their end line. Any portion of the foot touching the end line at the time of the serve is

a violation. On the toss, if the server decides not to serve the ball he/she must let the ball drop to the floor. The server must contact the ball on the second toss.

3. Any ball that hits the ceilings can be played if the ball comes down on your side of the court. Any ball that touches the surrounding walls or backboards will be considered out of play. Only the player making a play on the ball may touch the wall while making said play. A player may not use the wall to gain an advantage on the play.
4. The serving order and positions on the court at service shall be an alteration of male and female or vice versa.
5. A female during every volley must contact the ball on your team's side. [Exception: **Men can directly return the serve.**]
6. If the served ball contacts the net and remains in play on the opponent's side of the court, it is a live ball.
7. Any served ball that contacts the antennas or is served outside of the legal playing area is out.
8. It is illegal to block or attack a served ball.
9. Free substitutions will be allowed. All substitutions must be made at official's stand.
10. No jewelry will be allowed except for flat wedding bands. Any medical I.D.s and non-removable jewelry must be taped to the body or deemed safe by the official.
11. No head wear with a bill or other hard surface will be allowed.
12. Nets will be set to 7'11 5/8 Inches.