

Naval Support Activity Mid-South Intramural Indoor Volleyball League Rules & Regulations

Rules: NFHS Volleyball rules apply to all games, unless specified otherwise in the following local rules and regulations.

Playing Courts: Teams will not assume possession of playing courts prior to 10 minutes before their scheduled game time.

Game/Forfeit Time: Games will be played on Tuesday and Thursday afternoons at 1100 and 1200 at N82 Gym. There will be a 10-minute grace period from the scheduled start time of the **first game** for each team to be able to field at least 4 players. If both teams have at least 4 players at the posted start time, the game shall begin as scheduled. If a team does not have at least 4 players at the posted start time, the clock shall start at the 10-minute grace period will take effect. If a team cannot field at least 4 players after the 10-minute grace period, that team shall be charged with a loss in the **first game**. Any team unable to field 4 players after **15 minutes** will forfeit the **Match**. If both teams have at least 4 players at the posted start time, the game shall begin as scheduled. Additional players will be allowed to check into the game as they arrive. If a team cannot field at least 4 players after the 15-minute grace period, that team shall be charged with a forfeit.

Schedules: Schedules will be available by Facebook (www.facebook.com/NSAMidSouthSports) and posted on the Sports bulletin board in the Joe Dugger Fitness Center and N82 Gymnasium. If there are any WORK-RELATED changes to your team's playing availability, notify the Sports Office by 1200 on the Thursday prior to the week of the next game, so that schedules can be adjusted accordingly and posted on time. This can be done in person at the Sports Office at Joe Dugger Fitness Center, or through e-mail to the Sports Coordinator, to which a return e-mail will be sent to verify that the notification was received. In the event of a game day availability issue, teams should notify the Sports Coordinator by NO LATER THAN 0830 on the day of the scheduled game. Games will be forfeited if proper prior notification is not given. Schedules will be posted by approximately 1500 on the Friday prior to the week of games, so please do not contact the coordinator with schedule distribution concerns prior to that time. Playoffs will be a double-elimination tournament (unless decided otherwise by the Sports Coordinator). **During playoffs, we may not be able to make availability accommodations, due to the constraints of the bracket schedule.**

Team Size: There is no limit on team roster size. **ALL PLAYERS MUST BE LISTED ON THE ROSTER PRIOR TO PLAYING THEIR FIRST GAME.** Every player listed on the roster MUST adhere to the sport's rules and regulations regarding participation AND sign the liability waiver.

Rosters: Team rosters should be submitted **NO LATER THAN** the team's first game. Rosters must be completed in-full and include head coach and assistant coach contact information, players' names, command, and affiliation. In addition, a command signature is required for participation approval, sportsmanship issues and any other concerns. Any days or dates that your team is **NOT** available for play should be noted on the back of the roster form. ALL player information is required. Specific duty/code/department assignment information should be listed under the "command" section.

ALL players on a team must be from the same unit, department, organization, or company. Teams found in violation will not be eligible to receive Captain's Cup points. Roster changes must be submitted to the Sports Office in writing by 0900 on the day of play. Rosters will freeze **2 WEEKS** prior to the beginning of the playoffs. **NO** new members may be added after the roster freezes (this includes new command check-ins). Rosters will not be accepted without complete player/team information. It is the responsibility of the team captain/coach to comply with this rule and to periodically check his/her team roster in the Intramural Office to ensure all players are registered. At no time will a team captain/coach have access to a roster other than that of his/her own team.

Additions to Rosters: New players may be added to rosters at any time prior to the date of the last two scheduled regular season games. Teams may not pick up new players during the Championship Tournament. All players **MUST** have played in at least **2 regular season games** to be eligible to participate in the tournament.

Eligibility: Eligibility for participation in NSA Mid-South Intramural Sports programs is restricted to:

- Active Duty Military members, Active Duty Military dependents, Active Duty Military retirees, Reservists, and DoD employees with valid access to NSA Mid-South facilities
- DoD dependents and civilians without a valid ID are NOT allowed to participate
- All participants **MUST** be 18 years of age or older

- **Participants MUST play for the command to which they are attached/detailed. If a player's command does not have a team participating in the league, he or she may play for another team, if approved by the Sports Coordinator.**

- **ALL participants MUST have a VALID NSA Mid-South Military/NSA Mid-South CAC/Dependent/Retiree ID card to be eligible to participate. Failure to present a valid ID will result in removal from the league. Any team found using ineligible players will be charged with a forfeit for ALL games in which the ineligible player(s) participated.**

- **ALL PLAYERS MUST BE ABLE TO PRESENT THEIR VALID ID AT EVERY GAME. NO EXCEPTIONS. Eligible players who cannot provide a valid ID card will not be allowed to participate. ID checks will be done at random, or upon request throughout the regular season and before every game throughout the playoffs.**

- **An individual may only play for ONE team in a league. Participants found playing for multiple teams will be subject to removal from the league.**

Team Uniforms: The Home team and Visitor team shall be assigned on the weekly schedule. The Home team shall dress in white/light colored jerseys and the Away team shall dress in black/dark colored jerseys (unless decided otherwise). Jerseys will be available for check-out at the front desk. **PURCHASED UNIFORMS CANNOT DISPLAY VULGAR CONTENT OR DISTRACTING COLORS.** Players shall not wear hats or jewelry (except FLAT wedding bands). Head sweatbands must not exceed 2 inches in width. Religious or medical alert medals may be worn, but must be taped to the body and should not be visible. Players shall not wear any garments deemed to be vulgar or distracting to the opposing team (i.e. fluorescent colors, offensive images/language, etc.). Only closed-toed athletic shoes will be allowed (tennis shoes, basketball shoes, etc.). No boots or other inappropriate footwear will be allowed.

Postponements: Games will be postponed for unusual military commitments ONLY. Request for postponements must be submitted by no later than 0830 on the day of the scheduled game.

Cancellations: Games may be cancelled if a team notifies the Intramural Office by no later than 0800 on the day of the scheduled game. The game will not be rescheduled. Only 4 cancellations per team per season are allowed. Cancellations may ONLY be made for command/military requirements.

Forfeits: Any team forfeiting twice during the season will be automatically dropped from the league. As mentioned above, a forfeit is charged when a team cannot field at least 4 players after the 15-minute grace period. A no-call/no-show is equal to a forfeit. Individuals who have played on a team dropped from league play are not eligible to play for another team for the remainder of the season, unless approved by the Sports Coordinator.

Officials: Game officials will be provided to include a score keeper.

Protests: Any protested rulings or decisions will be settled on the court at the time of the occurrence. The officials' decisions will be final, with the exception of misapplication of the rules or the use of an ineligible player. In the case of an ineligible player, please notify Jacob Miller – Sports Coordinator immediately for a decision. In these cases, the official will note that the game is played under protest from the point of dispute. **PROTESTS MUST BE SUBMITTED TO THE SPORTS OFFICE IN WRITING, PRIOR TO 1600 THE DAY FOLLOWING THE OCCURRENCE.**

Coaches' Responsibilities: Head/Assistant coaches are responsible for their team at all times. He or she shall ensure that all team members are knowledgeable about all league rules and regulations prior to participation. He or she shall ensure that all team members conduct themselves in a sportsmanlike manner at all times. He or she shall keep all team members informed of all league-related information and schedules.

All teams completing league play (without excessive sportsmanship/ejection/forfeit violations) will be eligible to compete in the Championship Tournament. The Intramural Sports Office will seed all teams in the Championship bracket based on their league win and loss record. The Intramural Sports Coordinator reserves the right to remove any team from the league/Championship Tournament as he sees fit. Any team/player exhibiting poor sportsmanship, multiple player/coach ejections, forfeits, or other detrimental qualities established by the Sport Coordinator, shall be subject to removal from all league activities and possible banishment from further Intramural Sports programs and activities.

Alcohol shall not be consumed prior to or during a game. The officials can eject a player/coach from a game that, in their judgment, has consumed alcohol prior to or during a game.

Sportsmanship: Unsportsmanlike behavior will not be tolerated. Any team member who is ejected from a game for ANY reason (arguing with an official, fighting, foul language, improper conduct, etc.) will be suspended from the team's next TWO scheduled games. A mandatory meeting with the Sports Coordinator shall be held and the punishment may be reduced to ONE game, if approved by the Coordinator. If the offending team member fails to meet with the Sports Coordinator, the mandatory TWO-game suspension shall be assessed. In the event of a physical altercation of any kind, security/police will be notified and all involved individuals shall be reported to their command to face further consequences. Any team member ejected from a game for ANY reason must leave the gymnasium IMMEDIATELY. Failure to vacate the premises (including the parking lot) immediately shall result in possible removal from the league and banishment from all future Intramural Sports leagues and activities, as well as possible authority notification.

Inclement Weather: During inclement weather, NSA Mid-South Sports will cancel games by **0900**. After this time, the officials will cancel the games on the field. We will notify participants using the Sports Facebook page and player e-mails (if possible).

Awards: The first and second place teams shall receive a team trophy.

Safety: Safety is the responsibility of all coaches, players and referees. Coaches should conduct a safety briefing to their team prior to the first game. (We recommend at least 5-10 minutes of stretching and warming up)

The Sports Coordinator reserves the right to amend all league rules at any time, without consultation. In the event of a rule change, all officials and coaches shall be notified immediately.

For more information, please contact:

Jacob Miller – Sports Coordinator; n82sports@gmail.com; (901) 232-2109 – Work cell
www.facebook.com/NSAMidSouthSports

Local Game Rules and Regulations

1. Each game shall be rally score format. The first two games in a match shall be to 25 points and the third game, if necessary, shall be to 15 points with no cap. Teams must win by 2 points. Each team shall receive 2 timeouts per set, which shall not exceed 30 seconds.
2. Let serve shall be used for all games. A let serve is a ball that, when served properly, hits the net between the antennas and continues across the net in to the opponent's court. All let serves are considered a live ball and shall be played accordingly.
3. The official shall be responsible for calling all line plays. A replay shall be directed if an official is unable to accurately determine the scoring of a point. The official shall act as official scorekeeper for each game. Two officials shall be used; one stand official and one linesman/score keeper.
4. The ceiling and all other facility elements shall be in play, unless the official rules otherwise. All judgment calls by the official(s) are FINAL and shall be settled on the court. All spikes/attacks must be made BEHIND the 10ft line.
5. The designated Home captain shall identify which court they would like to start on BEFORE the coin toss. The designated Visitor captain shall call the coin toss. The winner of the coin toss shall choose either serve or receive. The Home team captain shall call the coin toss of the deciding game, if necessary, and the winner of the coin toss shall choose either side, serve or receive.
6. Proper shoes and socks must be worn at all times and only shoes with non-marking soles shall be allowed on the court.
7. Live and dead balls and rules governing contacting the ball for play shall be those listed in NFHS standards, with the following exceptions. All rule differences shall be explained by the officials.
 - a. If the ball contacts the ceiling or an overhead obstruction after being hit by the OFFENDING team and remains in a legally playable area on the OFFENDING team's side, the ball remains live. If the above-mentioned ball falls into a non-playable area or the opponent's side, a point and side-out shall be awarded.
 - b. If the ball becomes motionless in the net, inside the net antennas, or on/in an overhead obstruction over a legally playable area, a replay shall be declared.
8. The first server to start the game shall be in the back right position. Thereafter, when a team is awarded a side-out, all players shall rotate one position clockwise.
9. The serving area shall be behind the end line and from sideline to sideline. **Blocking or attacking the serve is illegal. All contact made ABOVE THE NET by the defensive team on the serve shall be considered a block/attack and is illegal.**
10. The serve may be made while the ball is held or after it is released by the server. The server must hit the ball with one hand, fist or arm while the ball is held or after it has been released.

SUBSTITUTION RULE

1. Substitution format will be a 1-for-1 format, where the same players must sub for each other at the same position in the serving order
 - a. Players will be required to have numbers on their jerseys and check-in with the down official at each substitution
 - b. Prior to the game, ALL players must be added to the score sheet to document their jersey and court position
 - i. This process must be completed quickly, so all players and coaches must ensure that everyone gets their jerseys in a timely manner and check everyone in with the down official ASAP
2. Substitution requests shall be made only by the head coach and only during a dead ball or during a timeout
3. Teams only get one substitution request in the same dead ball period
4. Injury substitutions can be made as needed at any time
5. Teams will be allowed a total of 18 substitutions per set. Each player is allowed unlimited entries within the team's substitution limit. Starting a set does not count as a substitution.

SUBSTITUTION PROCEDURE

1. To request a substitution, the head coach must visually signal to the referee that a substitution is desired. The referee will sound his/her whistle and signal that a substitution is taking place.
2. At that time, the desired sub may enter the substitution on the far side of the court by the down official.
 - a. The incoming substitute and the outgoing active player must report his/her number to the down official and have the substitution noted on the score sheet
 - i. If multiple substitutions are to be made, each pair of players will check-in with the down official one at a time and ensure that their information is recorded correctly
 - ii. In the event of a multiple player substitution, all incoming players should report to the substitution area at the same time and wait to be directed by the down official
3. During a timeout, the above procedures will be followed and the new players will take the court at the end of the timeout
4. A substitution delay penalty occurs when:
 - a. Players do not report to the substitution area in a timely manner and the player exchange is not made in a timely manner
 - b. The coach withdraws a substitution request after it has been recognized and approved by the officials
 - c. Substitution delays will result in denial of substitution request and multiple delays could result in forfeiture of the match by the offending team

SUBSTITUTES

1. A re-entering player may not return to the set during the same dead ball in which the player was replaced.
2. When teams have used all 18 substitutions for a match, additional substitutions are permitted **ONLY** for an injured/ill player in the following priority:
 - a. By a teammate who has never played in the set or a player who has played in that position earlier in the set
 - b. By any legal teammate on the bench, regardless of previous position played. An injured/ill player replaced by an exceptional substitution may not re-enter a set in which the exceptional substitution takes place. A team may not play with fewer than six players if there is a legal substitute (including an exceptional substitution) available.
 - c. An exceptional substitution is counted as a team substitution if the team has not exhausted its 18 team substitutions
3. A substitution is **ILLEGAL** when the substitute:
 - a. Is in the set without following the required substitution procedure
 - b. Is not listed on the roster
 - c. Re-enters or attempts to re-enter the set
 - i. During the same dead ball
 - ii. In which the substitute was previously replaced by exceptional substitution procedure
 - iii. As a 19th substitution
 - iv. Without assuming the original position in the serving order as recorded on the score sheet (except for an exceptional substitution).

PENALTIES

1. Unnecessary delay is charged to the offending team when an illegal substitute attempts to enter the set. Illegal alignment is charged to the offending team when an illegal substitute is identified in the set after the whistle/signal for serve and results in a loss of rally/point.
2. For the serving team, any points known to have been scored during a term of service in which an illegal substitute is discovered in the set shall be cancelled.
3. For the receiving team prior to the contact of the serve by the opposing team, all points earned during the previous term of service by the violating team while the illegal substitute was in the set, shall be cancelled.
4. After the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
5. In all cases, the illegal substitute must enter legally or be replaced by a legal player.

ALL PLAYERS AND COACHES MUST FOLLOW THESE PROCEDURES IN ORDER TO SUBSTITUTE PLAYERS PROPERLY. Failure to do so will result in rejection of the substitution request and forfeiture of point/rally as deemed necessary by the officials. If these procedures are followed effectively and efficiently by all teams/coaches/players, the substitution format will continue throughout the season. If teams/coaches/players are unable to perform these substitution procedures in a timely manner and game delays ensue, the Sports Coordinator will suspend this substitution format and return to substituting at the serve position only for the remainder of the season. Please ensure that all teams/players are knowledgeable of these procedures and complete all tasks correctly.