

League Rules

Please make sure that the scoresheet is correct and signed before you leave the court. I can only record score I see that are valid by both captains.

Sitzmark Volleyball is COED sixes. Which means any team playing must have one female and one male on the court to compete. If there are more than five players on the court than at least two must be of opposite gender. There is no league rule stating the ball must be contacted by both genders before crossing the net.

Any discrepancies to the rules are to be negotiated between the captains on the court first, then brought to the league manager (who will default to league rules, then FIVB outdoor rules THEN FIVB indoor sixes).

There is only one toss allowed during the serve.

A “Let Serve” is allowed. It is when the serve touches the net and goes over the net.

If a player touches the net, it IS a fault and the other team wins the volley.

If a player’s hair, shirt, or sunglasses (after falling off) hit the net, the play continues as long as neither team was distracted by the occurrence. If there was a conflict, the play is redone and neither team is rewarded for the volley.

There are no “scoops” allowed. A scoop is when a player swings their hand with an open palm and pushed the up and over the net in one motion. The ball must always appear to bounce away from contact.

A player may not travel under the net into the opponent’s side during play. This will result in a fault. A player may travel under the net as long as he/she does not make contact with the opponent’s court.

Since there are no antennas this year, the rulebook states the ball must travel between the posts.

Teams that are scheduled to play have priority on the court. The first teams will start at 6pm. From then on the starting time will vary according to when the previous match is over. From the time the previous match is over teams have 20min to get a team on the court or the first game is forfeited. The clock resets and there is another 15 minutes before the next game is forfeited. Teams must be ready to play when the court is ready. Thus an 8pm game may start as early as 7:10 (providing all games previous are forfeited)

A-League will play by Outdoor 4 man rules throughout the season (including Playoffs) The only real difference to be noted is that when more than 4 play there IS a backrow..

Team Members must attend 5 nights to be eligible to play in the Playoffs!

Rearranging the schedule to allow full teams to play may only be done at the discretion of the league manager. This will ensure that rearranging will not affect later games on the schedule.

League rules have stipulated, in the past, that is a team does not have enough players to play they may draw from players on the sidelines to fill their team to a max of 4 players.

- This has been performed by throwing all sidelines players’ names (who wish to play) into a “hat” and the opposing team will draw a name first, then the team getting a sidelined player will draw and keep rotating until the team has four members playing.
- If a team is in need of a player of a certain gender, all players sidelined, of that gender, can place their name in “hat” for a chance to play.
- Once a team is considered “coed” all sidelined players are then eligible to be in the “hat” Up to a MAX of 4