

Niagara Frontier Volleyball League Rules

Official NCAA Volleyball Rules shall govern league play with the following exceptions per the Niagara Frontier supplemental rules and regulations.

1. Team Rosters

- A. Each team captain must attempt to have a complete team roster, prior to participating in any league.
- B. Team captains are responsible for ensuring that all players understand and abide by all facility and league rules and regulations.

2. Player Addition & Deletion Procedure (Roster)

- A. Rosters will be open for the season but you will have to participate in two matches with a team in order to play in playoffs with that team.
- B. You may only play with rostered members of your own team once playoff matches begin without penalty.
- C. Teams may borrow players from other teams during playoffs but will forfeit the match regardless of win or loss and will not advance in the playoff bracket.
- D. Opposing teams should not be placed in a position to allow a non-rostered player to participate in said playoff match.
- E. Please try to have 6 players show up each week.

3. Uniforms & Player Equipment

- A. Uniforms are not required.
- B. Each player must have athletic, non-marking shoes or they will not be allowed to participate.
- C. NO JEWELRY PERMITTED.
- D. All medical equipment must be inspected by the game official and each player must be cleared to play prior to participating. The game official's decision is final. Referee's Judgment

4. Game Officials

- A. Niagara Frontier will attempt to provide game officials for each match. Their decisions are final.
- B. In the event a game official does not show, the team captains must meet and agree to play and call the game infractions. These games WILL count toward the official league standings.

5. Cancellations and Forfeitures

- A. Teams knowing they will not be attending on a certain day must inform the League Director one week in advance in order to notify opposing teams.
- B. Make-up games may be rescheduled at the discretion of the Director as well as court availability.
- C. Cancellations made within one week of play will be counted as a forfeit.

6. Pre-Game Warm-Up

- A. Shared court warm-ups and hitting is permitted. For safety reasons, cross-court hitting is strictly prohibited. Please be respectful of other teams.

7. Game & Match Play

- A. A match will consist of 3 games.
- B. All three games will be played to 25 points.
- C. The game official will notify both teams prior to the final game if any time restrictions will be implemented due to post league facility rentals.
- D. No new game may be started after 50 minutes of play.
- E. There is a 27 point cap on all regular season games.
- F. All games will be scored using the **RALLY** scoring system.



8. Late-Arrivals, Substitutions & Rotations

- A. Players arriving late may be added to a team's line-up in any position on the court provided they have checked in with the game official prior to participating.
- B. Substitutions may be made freely for any player who is injured during a game.
- C. Prior to the start of the game, teams must inform the game official of what type of court rotation and substitution process their team plans on using during the game.

9. Stray Balls

- A. Players should first attempt to remove any stray ball and continue playing, provided it is safe to do so.
- B. If the act of removing the ball distracts a player from making a play, or there is a safety concern, the referee may stop the game and play the point over. Referee's Judgment

10. The Serve

- A. All players will receive only 1 toss per service attempt. **Penalty:** Loss of point; change of possession.
- B. Serves must be made from behind the line. Players may land (jump serve) on the playing court but must have jumped from behind the line.
- C. Net serves are allowed and play will continue.
- D. There shall be no blocking, spiking, or making an aggressive movement on a serve. Referee's Judgment

11. Violations

- A. A ball, that strikes any superstructure object and crosses to the other side of the court. **Penalty:** Dead ball, loss of point.
- B. Crossing the centerline under the net. **Penalty:** Dead ball, loss of point.
- C. Not a Violation – insignificant contact of the net (including hair) by players not involved in the play, will not be considered a violation.
- D. Players may not enter an occupied adjacent volleyball court before, during or after the action of playing a ball.

12. Time Outs

- A. Each team is allowed one 30-second time out during each game. Time outs cannot be carried over to additional games and do not accumulate.

13. League Tie Breakers

- A. League standings will be determined by overall individual set record.
- B. In case of a tie in the league standings, the following tie breakers will be used:
 - a. Head to head win/loss.
 - b. Overall point differential for the entire regular season followed by coin flip.
 - c. Any team with a forfeit during the regular season will automatically lose all tie-breakers.

Questions or comments concerning the Niagara Frontier Volleyball Leagues and League Rules can be addressed to the Facility Directors or by visiting our website at www.NFVBjuniors.com

The league director reserves the right to add, delete, or amend the league rules at any point during the season. If a change is made, team captains will be notified and they are responsible for passing the information to the rest of the team.

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