
ANCHORAGE SPORTS ASSOCIATION VOLLEYBALL LEAGUE

GENERAL RULES AND REGULATIONS

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WELCOME!

Thank you for choosing to play with Anchorage Sports volleyball this season. Below you will find an outline of league regulations, special rules for Coed and Reverse Coed, the Tournament Entry Policy, and facility rules. By choosing to play with Anchorage Sports, you acknowledge the regulations and guidelines below and agree to abide by them. If you have further questions after reading this, please contact our staff, Ben Kramer (907-562-1590, ben@anchoragesports.com) or Andrew Ford (907-562-1527, drew@anchoragesports.com). Thanks again and have a great season!

ANCHORAGE SPORTS VOLLEYBALL COUNCIL

The Volleyball Council oversees adult volleyball leagues and special events. The council makes decisions regarding fees, tournament formats and prizes, league rules, and other issues pertaining to the volleyball programs. Meetings are typically held on the third Thursday of the month in August, October, December, February, and April. General elections take place in April/May. Association members from each league elect representatives to the council, and the council members vote on officer seats. If no members are elected, the council nominates individuals they feel would contribute to the Volleyball Council, and invites those nominated to join the Council.

The Council President serves on the Executive Board along with other members elected by the Volleyball Council for a term of 1 year. The number of members elected to the Executive Board is determined by the number of teams/players in volleyball, as outlined in the Anchorage Sports Association Constitution.

Current Volleyball Council

Colin Coker, President Stacie Meisner, Vice President
Jaige Gerig, Player Rep – Reverse C, Women’s B
Chris Clark, Player Rep – Women’s C
Vacant, Player Rep – Coed C
Stacie Meisner, Player Rep – IMPACT Volleyball
Vacant, Player Rep – Men’s
Vacant, Player Rep – Reverse B
Vacant, Player Rep – Coed D
Vacant, Player Rep – Women’s A

INDOOR (COURT) VOLLEYBALL LEAGUE REGULATIONS:

- A match shall consist of the best two of three games with a 50-minute time limit (two games must be completed in order to constitute a match). Teams do not have to win by 2 if the time limit is reached. (eg. If time is reached and the score is 11-10, the game is over.) Teams may not call a time out within 2 minutes of the time limit.
- Please be ready to submit line ups to officials 5 minutes before your game start time. Game time is forfeit time. Teams will forfeit the first game if they do not have a minimum of 4 players present. If the opposing team agrees, there will be a 5-minute grace period before the first game is forfeited. The 5 minutes will be subtracted from the time limit. After the first game is forfeit, the team has 10 additional minutes before the 2nd game and the match are considered a forfeit. The 10 minutes will also be subtracted from the 50-minute time limit.
- Jerseys: During league play, all players must wear a numbered jersey. While the preference is that numbers be on front and back, a jersey with a number on the back only is acceptable. Duplicate numbers are not allowed. During tournament play, all teams must have similar jerseys with a minimum 8" number on the back. Numbers on the front are optional but highly recommended (6" minimum). Duplicate numbers are not allowed. Liberos must be easily distinguishable from other players with a different colored jersey. The jersey rule will be strictly enforced during tournament play.
- All teams will compete with six players. A team may compete with a minimum of 4 players. A "ghost" will be assigned in the serve rotation for any missing player, and during the ghost's service rotation the team will forfeit the serve and a point to the opposing team. If the point would be a game-point, the team with a ghost will only forfeit the serve.
- The home team will have first serve and the visiting team will choose side for the first and third games in a match. The visiting team will have first serve and the home team will choose side for the second game.
- All matches will be played according to division schedule. Schedules are available online at www.anchoragesports.com.
- Teams are responsible for supplying their own linespersons.
- All games will be played by USAV rules and regulations, unless otherwise stated in the Anchorage Sports Association Volleyball Council Bylaws and other related documents.
- Teams are responsible for bringing a regulation ball for play. Teams new to the league may pick up a ball from the office, courtesy of the Anchorage Sports Volleyball Council. Teams that need a game ball can contact the office and one will be provided.

COVID MANAGEMENT AND RULES (SUBJECT TO CHANGE IN ACCORDANCE WITH LOCAL GOVERNING BODIES)

O'MALLEY SPORTS COMPLEX RULES

Players and spectators are encouraged to wear a mask while inside the O'Malley Sports Complex, particularly when not actively engaged in play.

Personal belongings must be placed against the back wall of the gym, away from foot traffic areas.

O'Malley has hand sanitizing stations and restrooms available for players to use to their personal comfort level. We ask that you sanitize or wash your hands prior to participating in a match.

COVID MANAGEMENT

Under CDC guidance; In the event of a confirmed positive case, all players on the team of the COVID-positive individual will be removed from ASA events for a 10-day period, after which point they may resume play if they are symptom free. Alternatively, a negative COVID test result provided from a test taken at least 5 days after the date of exposure may clear a player to resume play. If players are vaccinated, they may provide proof of vaccination and will not be required to quarantine. Players who show proof that they have had COVID-19 within the past 3 months and have recovered and no longer exhibit symptoms will not be required to quarantine.

Any games cancelled due to COVID will be rescheduled during a 2-week reschedule period at the end of the season (cancellations must be made at least 24 hours in advance to be eligible for reschedule). Forfeited games or games cancelled for other reasons outside of ASA's control are not eligible for reschedule.

REFUND POLICY

In the event of a season cancellation due to COVID, refunds will be granted by request after league expenses are accounted for.

SPECIAL RULES FOR COED AND REVERSE COED

Coed leagues play by regular rules outlined by USAV and the Volleyball Council except for the following:

COED

- In order to accommodate the transition of Anchortown teams to our league, a Coed D roster may include no more than 2 players from a Coed C team.
- All teams will compete with six players: three women and three men. A team may compete with a minimum of 4 players if at least 1 player is a female. A “ghost” will be assigned in the serve rotation for any missing player (see ghost rule on page 2).
- The serving rotation must alternate male/female.
- When a team plays the ball with two or more contacts, at least one contact must be made by a female. Blocks do not count as a contact.
- When one male player is in the front row, one additional male player from the back row may come to the front row to block. This includes directional blocking, but at no time may this player attack the ball with one hand in a hitting/attacking motion.
- The net height will be 7’11 5/8”.

REVERSE COED

- All teams will compete with six players: four women and two men. A team may compete with a minimum of 4 players if at least 1 player is male. A “ghost” will be assigned in the serve rotation for any missing player (see ghost rule on page 2).
- Male players may not jump serve, block, or attack the ball. All contacts played across the net by males must have an upward trajectory.
- Male players must be positioned opposite each other on the court and in the service rotation.
- When a team plays the ball with two or more contacts, at least one contact must be made by a male.
- The net height will be 7’4 1/8”.

TOURNAMENT ENTRY POLICY

Each season, we offer two tournaments in all divisions of play: Midseason, and Playoffs.

The Early Bird and the Midseason tournament formats will be pool play followed by a single-elimination bracket. Teams are seeded by a blind draw. The Playoff tournament is a double-elimination bracket and is seeded according to final league standings.

The deadline for entry is two weeks prior to the tournament. Visit our website for specific dates. Tournament fees must be paid before tournament play. Any team that has not paid will forfeit all games in the tournament (no pay, no play). Please understand that we book court time weeks in advance, and we still have to pay for those courts even if a team doesn't play/pay.

Awards will be given to all first place teams. If you would like a trophy for your sponsor, please let the tournament director know and we will order a custom trophy with your team name.

If a player is rostered with more than one team in a classification, and both teams enter a tournament, the player may only participate with one team and must report to the ASA office prior to the tournament which team they will play with.

REGISTRATION AND TOURNAMENT FEE

Registration deadlines are absolute and no exceptions will be granted. Once the registration date has passed, teams who drop out of the tournament must still submit the tournament fee unless a different team takes their place (court time has already been booked at this point). Tournament fees are due the day *before* the tournament (or on Friday if the tournament is taking place on a weekend). Any tournament fees paid after this point are subject to a late fee.

JOINT TEAMS

Teams that need more than 2 pickup players for tournaments may join forces with another team in their respective league for any non-playoff tournaments. Teams must indicate this when registering for the tournament. Players must wear jersey from their rostered team for identification purposes.

TOURNAMENT PICKUP PLAYERS

Pickup players are allowed under the following conditions:

1. Teams are permitted to add two (2) players for tournament play.
2. Anyone who participates as a pickup player must first be a member of Anchorage Sports Association, unless they live in another city in Alaska and are USAV members.
3. Pickup players must be from the team's same division (i.e. Men's, Women's, Coed, and Reverse Coed) and the same or lower classification (i.e. A, B, C, D).

4. Pickup players may be selected only from teams which are not entered in the same tournament.
5. Players can play as a pickup player in a different tournament on the same day, as long as there is no conflict with classification and their rostered team.
6. Pickup players must wear uniform of their league rostered team for identification purposes.
7. Pickup players must be listed as such on the tournament roster prior to 4:00 PM the day before the tournament (if the tournament takes place on a Sunday, pickups must be reported by Friday at 4:00 PM).
8. Teams having less than 6 players due to an unexpected emergency, such as an injury (ejection does not count), have the following options at the discretion of the Tournament Director, in this order:
 - a. Teams can pick up a player from teams in the same division of play and same or lower classification that are not involved in a tournament on the same day.
 - b. Teams can pick up a player from a team in the same division of play but in a lower classification that has been eliminated from a tournament playing on the same day.
 - c. Teams can pick up a player from a team in the same division of play and same classification that has been eliminated from the same tournament.
 - d. Any team from outside of the Anchorage area may pickup two (2) players from Anchorage, provided they are currently rostered on an Anchorage Sports Association team in the same or lower classification (i.e. B,C,D), or are current USAV members that played in the same or lower classification.
9. All non-ASA teams must be USAV members.

FREQUENTLY ASKED QUESTIONS

The following is a list of frequently asked questions and their answers:

Q: Are we required to wear matching jerseys?

A: During league play, players are REQUIRED to wear a shirt/jersey with a number on back (front and back is *preferred* but not required). During tournaments, teams must have similar/matching jersey with numbers on the front (min. 6") and the back (min. 8"). There is no waiver or jersey deadline—only the rules as stated here. The exception is special event tournaments.

Q: May a player touch the net at any time during a play?

A: Yes. Per USAV rules, a player may not touch the net between the antennas during the action of playing the ball, or in an attempt to create an advantage over the opponent. Touches on the net that are not in the action of playing the ball, or touches outside the antennas are permitted.

Q: May a player step across the middle line at any time during a play?

A: Per USAV rules, a player may encroach into the opponent's court with any part of the body provided some part of the body remains on/above the center line and there is no interference with the opponent.

Q: May players bring children onto the court and leave them unattended during play?

A: Children (and all other spectators) are not allowed in the playing area. The playing area is defined as within the outside lines of the basketball court.

Q: May players (and/or their children) play on the courts (basketball, volleyball, football, etc.) when either a time-out has been called, in-between sets, in-between matches?

A: Only players who are registered and paid with the Anchorage Sports Association are allowed on the courts during designated league and tournament time.

Q: When does the official 50-minute time limit start?

A: The game time begins when play begins. For instance, if a game is scheduled for 7:30 but does not begin until 7:35, the 50-minute game time begins at 7:35. This only applies to games where all players are present to begin, and does not apply to the "grace period" offered to teams who do not have enough players to begin a match. (See below.)

Q: Is there a grace period for players who arrive late for their scheduled games?

A: Game time is forfeit time. Teams will forfeit the first game if they do not have a minimum of 4 players present. If the opposing team agrees, there will be a 5-minute grace period before the first game is forfeited. The 5 minutes will be subtracted from the time limit. After the first game is forfeit, the team has 10 additional minutes before the 2nd game and the match are considered a forfeit. The 10 minutes will also be subtracted from the 50-minute time limit.

O'MALLEY SPORTS CENTER FACILITY RULES

- All personal items must be stored against the back wall of the court, away from foot traffic areas.
- NO food or drinks are allowed in the court areas, with the exception of water bottles.
- NO street shoes are allowed on the courts and court areas. DO NOT walk on the courts with shoes from outside. Hand-carry in the court shoes you will be wearing during your matches and change in the bleachers before stepping on the courts.
- NO one is allowed in the playing areas except for players, coaches, directors, officers and officials. Spectators and children must be behind the fence in the bleacher area.
- **Be respectful of the O'Malley Gardens staff. If they ask you to change your shoes or move food and drink off the courts, you must comply or games will be stopped until the issue is resolved.**
- **Failure to comply with any of the above rules may result in a forfeit of the game and/or match.**

COMMON USAV RULES INTERPRETATIONS

Rule	Interpretation and Application of Rule
Net contact	It is a net fault for a player to touch the net between the antennas during the action of playing the ball. It is also a fault to take support from the net to create an advantage over the opponent or to make any action to hinder the opponent's attempt to play the ball. It is not a fault to touch the net if the player is not in the action of playing the ball. It is not a fault to touch any part of the net or net equipment outside the antennas.
Centerline violation	A player may encroach into the opponent's court with any part of the body provided some part of the body remains on/above the center line and there is no interference with the opponent. Any body part that completely crosses the center line may not present a safety hazard to the opponents.
Ball lands on a line	Sidelines and end lines are part of the court, thus when the ball lands on any part of a line, it is in-bounds.
Block: Touch or no touch?	A block is the action of a player close to the net, reaching higher than the top of the net, in order to intercept the ball. A block contact is not counted as one of the three allowable team hits regardless of where the ball contacts the blocker during a blocking action (i.e., above/below net height).
Ball "in the plane" above the net	If any part of the ball is directly above the net, the ball is considered 'in the plane'. The ball may be legally played by either team provided contact is made with the part of the ball on their side of the net. Back-row player restrictions still apply.
Back-row player restrictions	If a back-row player in the front zone contacts the ball when the ball is entirely higher than the top of the net, it is a back-row attack if the ball crosses completely beyond the net plane or is touched by the opponent. If a back-row player near the net is reaching above the top of the net and the ball is blocked or hit back into them, it is an illegal back-row block.
First team contact: What is illegal?	Double contacts are allowed, provided they occur during one action of playing the ball. During this action, the ball may contact various parts of the body. The ball must not be caught or thrown. An "ugly" contact does not constitute an illegal contact.
Liberero rules and restrictions	The Libero may only occupy a back-row position but is allowed to play in front of the 3-meter attack line. If the Libero uses an overhand setting action on the ball to direct it to a teammate, the teammate may not attack the ball while it is entirely above the top of the net IF the Libero was in the front zone when the ball was set. The Libero is a defensive player and may not complete an attack on the ball from anywhere on the court if, at the moment of contact, the ball is higher than the top of the net. The Libero may serve.
Work Team responsibilities and rules	Two members (scorer & second referee) must report to the first referee eight minutes prior to the end of the timed warm-up period. The remainder of the crew (line judges, assistant scorer and score card flipper) must report to the court at least four minutes prior to the end of timed warm-ups.
"Spectacular Play"	For ball handling, the referee's judgment must be in accordance with the spirit of the rules to encourage longer rallies and spectacular actions; hence, only the most obvious violations will be whistled. The referees should enhance the excitement of volleyball by allowing the spectacular elements of the game, and highlighting the skill and athleticism of the players. Referees must judge the contact of the ball, not the technique or players' body position.
Jewelry: what is allowed?	Starting with the 2019-2020 USAV season, junior players are permitted to wear jewelry provided its nature does not present a concern for safety, i.e., long necklaces with/without pendants, large hoop earrings, etc. This rule change is not intended to encourage players to wear jewelry; it simply recognizes that jewelry may be worn without concern. Watches are not considered jewelry in most cases, and should not be worn.
Sport Court rules	When the ball is above a non-playing area, a part of the body must be in contact with the Sport Court at the moment the ball is contacted.
Errant balls from other courts	Replays may ONLY be awarded if: 1) the errant ball interferes or has the potential to interfere with the play; or 2) there is a concern for player safety.