



Lawndale Christian Fitness Center Volleyball Rules

Spirit. Strength. Life.

1. Each team has a max of 10 players on the roster with a max of 6 players on the court at one time.
2. Must have at least 2 females or 2 males on the court at all times.
3. Each match will consist of 3 games.
4. Each game is played up to 25 with rally style scoring (a point is scored on each serve).
5. If a third game is needed it will be played up to 25 if time permits. If time doesn't permit, it will be timed and the game will be called when time runs out.
6. One time-out per team per game is allowed.
7. Teams will switch sides after each game is played.
8. All rosters must be finalized by the second week. LCFC has the right to accept or deny any roster changes.
9. Teams will forfeit 1 point for every 1 minute they are late (must have at least 4 players to play).
10. Any team who has players arrive after the scheduled start time (and decide to play in the current game being played) will lose 2 points for being late.
11. Rules are as follows:
 - a. **Serve:** must cross the net (can hit the net as long as it goes over). Server must not cross the end line until they have made contact with the ball.
 - b. **Block:** a defensive block does not count as one of the allowable hits. A serve may not be blocked or spiked.
 - c. **Hit:** teams have 3 hits to get the ball over to the other side. A hit can either be a bump pass, clasping hands together, a closed fist or a set. The ball can be hit with any body part including feet.
 - d. **Illegal:** cannot run into the net (if the contact doesn't directly affect the course of play will be deemed legal) or step onto the opponent's side (you may touch the center line but not cross it). No lifting or carrying the ball while hitting.
 - e. **Rotations:** players must rotate in a clockwise direction.
 - f. **Substitutions:** a player can only substitute on their side out. A sub must enter the game in the serving position.
 - g. **Referees:** Games will have 1 certified ref at every game along with line judges.
 - h. **Forfeits:** (If you know in advance that you will need to forfeit a game, please call Leigh Batts at 872-588-3203.)
 - i. **First offense:** forfeit of match and \$25 team fine.
 - ii. **Second offense:** forfeit of match and \$25 team fine.
 - iii. **Third offense:** Removal from league.
 - i. Any behavior that is deemed unacceptable or not sportsman-like will result in an ejection or suspension.
 - j. Technical will result in a \$10 fine for cursing.
 - k. Each player will receive a t-shirt which must be worn to the game (shirts cannot be altered in any way). If a player doesn't have a shirt, they can purchase one for \$10 if extras are available. If a player doesn't have a shirt and no more are available, that team will lose 5 points each game that player plays without an LCFC 2nd annual shirt.