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I) Volleyball Game Rules

A) General Game Information

- 1) Teams will play 3 games to 21 with a scoring cap at 25 using “All Rally Score” scoring.
 - (a) All Rally Score is defined as scoring in which every time there is a serve, one team will be awarded a point, whether they served or not
- 2) Serves that hit the net and continue over into the opponents’ side will be “live” and are considered good serves provided they remain inside the opponents’ playing surface
- 3) All matches will start with a Paper-Rock-Scissor to determine side and serve
 - (a) Games 1 and 2 will switch and then game 3 will require another Paper-Rock-Scissor
 - (i) Teams will not switch sides of the court during game 3
- 4) Open-handed tips are allowed in all leagues unless specified in Format Specific Rules section listed later
- 5) Setting the ball over the net is allowed in all leagues unless specified in Format Specific Rules section listed later
- 6) Teams are responsible for calling their own infractions. It is not the responsibility of the opponent to call infractions.
 - (a) If a call is disputed, the options are either to replay the point or contact a TSSC representative to mediate the situation
- 7) NO ALCOHOL is allowed in the rented gym facilities. That is why we set up specials at the Sponsor Bars after the games!!

B) Players on the Court

- 1) The following is a list of minimum players for each format of volleyball:
 - (a) Co-Ed 6’s: Minimum of 2 females on the court at all times; No male requirement
 - (b) Co-Ed 4’s: Minimum of 1 female on the court at all times; No male requirement
 - (c) Women’s 4’s: Minimum of 2 players on the court
 - (d) Men’s 4’s: Minimum of 2 players on the court
 - (e) ‘Open’ Leagues: No requirements on male or female players
- 2) Teams not having the required minimum of players may still be permitted to play with the consent from the opposing team’s captain

C) Beginning & End of Game

- 1) To begin the match, the two team captains will play Paper-Rock-Scissor to determine which team will serve first and which sides of the court each team will play on
- 2) Games will be played to 21 points with a scoring cap set at 25 points.
 - (a) If teams are not separated by 2 points when the first team reaches 21 points, the game will continue until either team has a 2 point advantage or a team has reached 25 points

D) Rotation

- 1) During play in a “6’s” league, each team must rotate their players and remain in that rotation at the time of service throughout the game
 - (a) If a team does not have 6 players on the court but is playing a “6’s” league, they must still rotate
 - (b) After the serve, teams may move players into any formation they choose

- (c) If a co-ed team fields 3 male and 3 female players, a male player may be brought forward for the purposes of “Blocking” only
 - (i) This player may not attack a ball in the front zone of his team’s side
- 2) During play in a league requiring 4 or fewer players, each team does NOT have to rotate defensive positions around the court

E) Playing the Ball

- 1) Three contacts – each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent’s area
 - (a) In the action of blocking an attacked ball, the touch, or contact resulting from the block attempt does not constitute one of the 3 successive contacts
- 2) Attacking the net –
 - (a) 6’s Leagues: only players in the front row of the rotation may attack at the net
 - (b) 4’s Leagues: all players are permitted to make an attack at the net
- 3) Simultaneous contacts – when two non-blocking teammates touch the ball simultaneously, it is considered one contact and any player may make the next contact
- 4) Characteristics of contact – the ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and the ball rebounds immediately and cleanly after such contact
- 5) Held ball – the ball must rebound immediately therefore not held, lifted, caught, carried or thrown
 - (a) The ball cannot roll or come to rest on any part of a player’s body
 - (b) The ball can rebound in any direction
- 6) Hand sets – a contact of the ball using the fingers of one or two hands to direct the ball toward a teammate
 - (a) The ball must come into contact with both hands simultaneously and leave both hands simultaneously to avoid a ‘double hit’ infraction
- 7) Attacking the ball over the Opponent’s court – a player is not allowed to attack the ball on the opposite side of the net
- 8) Blocking – the action close to the net which intercepts the ball coming from the opponents side by making contact with the ball before, during or immediately after crossing the net
 - (a) Multiple contacts are permitted while in the process of making a block
 - (b) The hit during a block attempt does not count towards the teams 3 permitted contacts
 - (c) Blocking or attacking a serve is not permitted

F) Play at the Net

- 1) No part of the body may contact the net at anytime
- 2) A ball contacting the net and driving the net into a player is not considered contact with the net
- 3) Players feet are allowed to cross under the net as long as part of their foot remains in contact with the center line and NO contact is made with an opposing team’s player
 - (a) Beach Volleyball exception – a player may cross under the net permitted NO contact is made with the opposing team’s player
 - (i) Since no center line exists in beach volleyball, a player’s foot may cross under the net without the requirement of staying in contact with the center line

G) Format Specific Rules

- 1) The following is a list of rules that are specific to typical formats played by TSSC:
 - (a) 6's Leagues
 - (i) Open-handed tips are allowed in all skill levels
 - (ii) Setting over the net is allowed in For Fun and Minors skill level
 - Players must be square to the direction they are setting in Majors skill level
 - (b) 4's Leagues
 - (i) Open-handed tips are permitted in For Fun and Minors level leagues
 - Open-handed tips are NOT permitted in Majors level leagues
 - (ii) Setting over the net is allowed in For Fun and Minors skill level
 - Players must be square to the direction they are setting in Majors skill level

H) Timeouts

- 1) Each team is allowed 1 (one minute) timeout per game. Timeouts do not carryover from game to game

II) Toledo Sport and Social Club's General League Rules

A) Officials

- 1) Leagues run by TSSC either have an official or are self-officiated. When self-officiated, the teams playing must be responsible for calling their own infractions. It is not the responsibility of the opponents to call a foul.
- 2) TSSC officials are responsible for the fair play of games, however, participants are still responsible for knowing and understanding the league rules. Officials will make calls based on established league rules and have the final say. Officials will work to provide fair and fun game play. If a participant is found to be disrupting this effort, the league official has the authority remove said player from the game.
- 3) Participants choosing to yell at officials will NOT be tolerated!

B) Forfeits

- 1) TSSC strives to provide fun and organized game play. This is achieved in large part by having teams committed to playing their scheduled games. However, from time to time a team may not be able to attend its scheduled game. In this case, it is the responsibility of the team to notify TSSC at least 24 hours in advance of missing a game to report its forfeit. Teams who forfeit multiple times during a season may not be allowed to participate in the end-of-season tournament or may be removed from the league altogether.

C) Substitutions

- 1) Substitutions are allowed during the regular season. It is the responsibility of the team captain to explain the rules to subs before games begin. Teams may borrow players from other league teams as substitutes only during the regular season. When borrowing players from another team, a maximum number of subs allowed is the amount needed to have a full team on the field plus one. Teams must play their normal roster players ahead of substitutes who were borrowed from another team.

D) Playoffs Eligibility

- 1) In order to be eligible to participate in the end-of-season playoffs a player must have played at least one regular season game with the team. Teams may be ruled ineligible by TSSC for rule or sportsmanship infractions and will be notified if their eligibility has been removed.

E) Standings / Seeding

- 1) Throughout the season, league standings will be updated and displayed on the league webpage. The order shown on the page is not necessarily the order of seeding that will exist for the end-of-season tournament. In the case of multiple teams having the same regular season record, tie-breakers will be listed in the sport specific portion of the rules.

F) Sportsmanship

- 1) The Toledo Sport and Social Club exists to provide adults with the ability to continue to compete in lifelong recreational play. We realize there will be intense moments during

games, in particular towards the end of games or when a player makes a mistake in judgement, but we hope the TSSC Spirit of Play will always remain.

- 2) The TSSC encourages players to play with a "Fun First, Win Second" attitude. Our leagues are about getting out and having a good time with old friends and new! The TSSC believes that encouraging good sports behavior is why players join and will remain in our leagues. Playing with TSSC Spirit provides a non-threatening, fun environment for all levels of players. Good sporting behavior: behavioral tendencies of a person who can take loss or defeat without complaint, and victory without gloating, and who treats all opponents with fairness, generosity, courtesy and respect. This is the attitude we encourage all players to display on and off the playing field!

G) League Cancellation / Rainout

- 1) TSSC uses two methods to inform teams when a rainout or game cancellation has taken place. The voice mail message for the phone line 419-302-5135 will be updated with information regarding the status of league play. Additionally, TSSC will update the status of its profile, ToledoSportand Social Club on Facebook.
- 2) Due to the nature of weather, TSSC won't always be able to update these messages prior to the start of league play for a particular evening. If neither of these methods has been updated, please show up to the game location and seek information there about the status of games for the evening.
- 3) In the case of a rainout or game cancellation, TSSC will attempt to reschedule the games. However, not all games are guaranteed and TSSC reserves the right to shorten the league schedule, without issuing a refund, if necessary.

H) Website

- 1) Toledo Sport and Social Club's websites, www.ToledoSSC.com and www.ToledoSportandSocialClub.com are the source for all information regarding all team and league information. Please utilize the websites functions for all scheduling and registration functions. Other features that may be found on the website are: Free Agent postings, League Rules, Social Events, and in-season announcements.

I) Sponsors / Post Game Socials

- 1) Prior to the beginning of each league TSSC will establish as "Sponsor Bar" to serve as a social gathering place for all TSSC teams and fans after league nights. The sponsor establishments and deals are specific to TSSC members and are prearranged. These will be listed on the league page throughout the season. Please socialize and enjoy yourselves at all times but keep in mind that you are representing TSSC when attending post game socials.

J) Rule Changes

- 1) TSSC reserves the right to change league rules at any time. Team managers will be made aware of rule changes and it then becomes their responsibility to communicate changes to their teams. Rules for each sport will be listed under each sport's page.