



2025-2026 INDOOR VOLLEYBALL LEAGUE OPERATING GUIDELINES

Stuart Community Center
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USA Volleyball Domestic Competitions Regulations (USAV) shall govern play. These may be found at www.usavolleyball.org. Carlisle Parks and Recreation may modify the rules as deemed appropriate.

General

1. **Eligibility**- All players must be at least 14 years old by the start of the season.
2. **Rosters**-
 - a) Completed rosters and all non-resident league fees are due by **OCTOBER 29, 2025 BY 5:00 PM**. "Completed rosters" must include all players' names, addresses, phone number, how they registered, and resident/non-resident status and be given to Carlisle Parks and Recreation.
 - b) A player is not legal until they register for the league online. The use of illegal players will result in the forfeiture of all games played using the illegal player(s).
 - c) Each team shall maintain a roster of no more than *fifteen* players on the women's rosters and *ten* on the men's rosters.
 - d) Rosters will be closed on December 31 of each season.
3. **Divisions** -
 - a) Subs may play up from a lower division to the higher divisions offered. Players may not sub down a division. A "sub" is defined as a fill in, when short a player in order not to forfeit.
 - b) **Men's A and B**: Players must play in at least two matches or they will not qualify for playoffs.
 - c) **Women's A**: *If you have a sub from another team play for you, they need to play the entirety of all 3 games in the hour. Someone shouldn't just show up for one set.*
4. **Insurance** - Each player must sign the Waiver & Release (which is included in online registration). Carlisle Parks and Recreation is not responsible for injuries incurred while participating in the league. We advise each team and each participant to have accident and liability coverage.
5. **Fees** - All team fees and non-resident fees are due by the deadlines set forth by Carlisle Parks and Recreation. All fees are non-transferable and non-refundable.
 - a) Team fees will be collected in one payment; multiple payments are not allowed. All team fees must be paid **BEFORE** play begins.
 - b) Resident Status: The following are considered to have resident status to Carlisle Parks and Recreation: Residence in the Borough of Carlisle and the Carlisle Barracks.
 - c) Non-resident Fees = \$15/non-resident. Non-Resident fees are due by October 20, 2025. All non-residents must pay **BEFORE** they play to be considered a legal player.
6. **Captains** - Captains are responsible for ensuring that their team understands the league guidelines. If there is a problem with the captain's conduct, another captain must be appointed.
7. **Uniforms** - There is no mandatory uniform for this league. Participants must wear athletic shoes suitable for indoor use. No hard shoes, black or marking soles, metal buckles, or loose jewelry is permitted.
8. **Liberos** are NOT allowed in any league.

9. **Scheduling** - All game times are considered fair play. Carlisle Parks and Recreation will strive to create a fair schedule but cannot guarantee all teams will have an equal amount of games in each time slot. All teams are guaranteed the same amount of games. Requests will not be guaranteed.

LEAGUE RULES AND REGULATIONS

1. A warm-up period preceding the match will be **five minutes**. All warm-ups using a ball must be conducted in the gym.
 - a) USAV 7.1: Before the match, the referee carries out a coin toss. The winner of the toss chooses EITHER: the right to serve or receive the service OR the side of the court. The loser takes the remaining choice. The referee may also choose to have the captain's guess a number, hidden behind them.
2. Three games will be played for each scheduled match (not the best two out of three). Two timeouts of 30 seconds duration may be requested by each team.
3. **Time Restrictions/Points** - In order to allow each team to have their allotted court time, the first match will start **promptly** at the scheduled time (unless prevented by circumstances beyond league control).
 - a) Captains must meet five minutes prior to the start time.
 - b) Rally points are in effect for all leagues.

A. **Men's A and B:**

- 1 The first and second game will be to 25 points with a 27-point cap. The length of the third game will be determined by the start time of the third game.
- 2 If the third game starts before 20 minutes before the hour, the third game will also be to 25 points, with a 27-point cap.
- 3 If the third game does not start until after 20 minutes before the hour, then the third game will be to 15 points, with a 17-point cap.

B. **Women's A and B:**

- 1 The first and second game will be to 25 points with a 27-point cap. The third game will be to **21 points** with a 23-point cap. The 20 minutes before the hour rule will not be used.

****This is why it is important for all teams to show up before game time to get started on time!***

Be courteous to the teams playing after you!

4. Forfeits -

- a) A team must start with at least two players within five minutes of the starting time of the match, or forfeit the first game. If at least two players are not on the court within ten minutes of the match starting time, the second game will be forfeited. The entire match will be forfeited, if at least two players are not on the court within fifteen minutes of the match starting time. Latecomers may join the game in any position.
- b) As a courtesy, please call/text the Recreation Manager and the opposing team's captain, if your team has to forfeit.

5. **Protests** - All protests must be voiced prior to the final match point being scored. Every effort will be made to settle protests at the time they occur. Protests unable to be settled must be presented in written form along with a \$10.00 protest fee to Carlisle Parks and Recreation before 5 p.m. on the following working day. The \$10.00 fee will be returned if the protest is upheld.

6. Playing Rules -

- a) **Women's A:** Service will begin when the referee blows his/her whistle.

- A. A service toss is only legal one time. If dropped on the second attempt=side out.
Women's B, Men's A, Men's B: Service will begin when the serving player calls service.
- b) A player may stand to serve beyond or wider than the marked serving area.
- c) **Ball "IN":** The ball is considered "in" when;
- A. It touches the floor of the playing court, including the boundary lines.
 - B. USAV 8.4.2: A ball shall remain in play if it contacts the ceiling, beams/ducts, low-hanging baskets, lights or other overhead objects 15' or more above the playing area.
 - C. If bleachers, low-hanging baskets or other floor obstructions are less than 6'6 ¾" from the court interfere with the play of the ball and the ball becomes out of play, the referee may call a play over at their discretion.
- d) **Ball "OUT":** The ball is considered "out" when;
- A. It touches an object outside the court, the ceiling, walls or a person out of play.
 - B. Rule 10.1.2 the ball makes contact with the ceiling or obstruction (such as a light or beam) *above the opponents' playing area*.
 - C. **Men's A and B:** If the trajectory of the ball is going out, it is OUT. Otherwise, REPLAY if player is in ready position.
- e) **Rotation:** Rotation occurs after all side-outs.
- USAV 7.7.1: **Rotational Fault** is committed when the SERVICE is not made according to the rotational order. It leads to the following consequences:
 - 7.7.1.1 The team is sanctioned with a loss of rally;
 - 7.7.1.2 The players' rotational order will be rectified. Rotational Fault USAV 7.7.2: Additionally, the scorer should determine the exact moment when the fault was committed and all points scored subsequently by the team at fault must be cancelled. The opponent's points remain valid. If that moment cannot be determined, no point(s) cancellation will take place, and loss of rally is the only sanction (see USAV 7.5 for Positional Fault, which carries the same consequences).
- f) If the ball rests momentarily on the hands or arms, it is a **"Carry"**. The contact must be brief and instantaneous. (Referee's discretion)
- g) A **"Held"** ball above the net by two opponents calls for a replay.
- h) **"Foot Fault"** occurs when the server steps on or over the end line, or when a player has his/her entire foot across the centerline.
- i) **Characteristics of a Hit:**
- A. The ball may touch any part of the body.
 - B. The ball must be hit, not caught or thrown. It can rebound in any direction.
 - C. The ball may touch various parts of the body, if the contacts take place simultaneously. A player cannot hit the ball twice in a row unless there is simultaneous contact by teammates or opponents.
- j) During blocking, consecutive contacts may occur by one or more blockers provided the contacts occur during one action.
- k) **Substitution(s):** A defensive specialist, or DS, is allowed to substitute for any player and take a position in either the front row or back row. However, in theory, a DS enters a game to play a back-row position. The DS usually rotates through all three back-row positions before he/ she is replaced by a front row player.
- Unlimited substitution: Player substitution or rotation is permitted. Rotation should occur at only one position and be consistent throughout the game.

- You may utilize any player from another team (legal/registered player) to sub. This was created for the circumstance your team is short players in order not to forfeit. Players may play on two teams in one evening. **Players ONLY listed on your roster may play on your team in playoffs.**
- l) The let serve rule is in effect for all games. The ball may touch the net on serve.
- m) Open hand receive is in effect for both serving and on attack.
- n) **Men's A and B:** The rotation rule is in effect for serving. After the serve, a player may play any position.
- o) **Penetration Under the Net:** **(Women's B ONLY)** You may go under the net during play as long as it does NOT disrupt play; if it does, the point will be given to the opposite team. See USAV 11.2. Women's A and Men's Quads; if the player's foot goes completely over mid-line, that point will be ruled in favor of the other team. If the foot does not go completely over the line, and play is not interfered with, then two teams will continue play.
- p) **Contact with the Net:** **(Women's B ONLY)** You may touch the net as long as it does NOT interfere with play; if it does, the point will be given to the opposite team. See USAV 11.3. Women's A and Men's Quads; Contact with the net and stepping under the net is NOT permitted.

- **Standings / Playoffs -**

- a) When officials are present, they will turn in completed score sheets.
- b) **If officials are not present, captains should make sure to fill out score sheets entirely.** If score sheets are turned in incomplete one warning will be given to the concerning team's captain, and then any future unfinished score sheets will be recorded as forfeits.
- c) Each game will be one point for a win and one point for a loss. Total points for win and losses determine team standings.
- d) Playoffs will be voted on by captains at the pre-season meeting for each division.
- e) Teams tied for division split and/or playoff position will be resolved in the following order:
 - A. The best win/loss record in previous head to head competition between teams tied. If tie remains then;
 - B. The most total points scored during the whole season. If tie remains then;
 - C. Head to head playoff match. If tie remains then;
 - D. Coin toss conducted and witnessed by Carlisle Parks and Recreation staff

- **Awards –**

- a) **Awards** will be awarded to Women's A, Men's A, & Men's B divisions (Lovebucks 2025-26 season). Awards for Men's A and B - First place in league and playoffs. Women's A - First and Second place in playoffs.

CONDUCT

1. **Referees** will be used for the Women's A Division only, and will do their best to call games fairly. This league is considered recreational in nature; therefore, **verbal abuse toward any official, staff member or player will NOT be tolerated.**
2. **Ejection** - A player who is ejected from the game for unsportsmanlike conduct, will be penalized as follows:
 - a) The first ejection: automatic next game suspension either league or playoff game.
 - b) The second ejection: will result in an automatic three game suspension either league or playoff game.

- c) The third ejection: automatically disqualifies the player from further competition for one full playing season. This includes playoffs and local department sponsored tournaments.
- d) Continued unsportsmanlike conduct after any ejection will justify disqualification from further league play and/or future Carlisle Parks and Recreation programs as seen fit by Carlisle Parks and Recreation.
- e) Should any player or manager strike or attempt to strike an official or another player, or deliberately injure an opponent, he/she shall be suspended from further play for a period time to be determined by Carlisle Parks and Recreation.

SPECTATORS

1. Officials / players may stop the game if children are disruptive to play. Children should be supervised by an adult at all times. Players cannot supervise a child and play at the same time.

The procedure for disruptive children is as follows:

- a) First offense, problem will be addressed. The game will be stopped if necessary.
- b) Second offense, one point given to the opposing team.
- c) Third offense, game forfeiture.

*****Children cannot be on the playing court at any time, especially between games; this time is set for practice/warm ups for players only.**

FACILITY RULES AND REGULATIONS

1. NO sitting on the bleachers while they are closed.
2. We suggest that you do not bring any valuables to the facility. Carlisle Parks and Recreation is not responsible for any lost or stolen personal items.
3. Be courteous and clean up after yourselves.
4. If chairs are pulled off the stage, please make sure they are put back up following your game.

COMMUNICATIONS/CANCELLATIONS

1. Matches will not be rescheduled (except for inclement weather cancellations). As a courtesy, please text the Recreation Manager and the opposing team's captain, if your team must forfeit.
2. **CANCELLATION POLICY:** Cancellations will be made by 4:30 p.m. All captains will receive a text from the Recreation Manager. If you are unsure whether a game is cancelled, check with your captain.
3. Weekly standings will be posted on our bulletin board at the end of each week. Standings will also be emailed to participants of the respective leagues as well.
4. The department strives to improve the league for the residents/non-residents it serves. Suggestions/feedback will be welcomed by captains either in writing or by telephone.
5. Some situations may arise that these stated guidelines do not address. Therefore, information may be added as the season progresses. Each team captain will receive the updates by e-mail or handed to them at the matches.