



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. Each team must always have at least 2 females on the court.
3. Each match will consist of 3 games.
4. Each team will have 5 minutes to warm up.
5. Each game is played up to 25 with rally style scoring (a point is scored on each serve).
6. 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.
7. One time-out per team per game is allowed.
8. Teams will switch sides after each game is played.
9. All rosters must be finalized by the second week of the league. LCFC has the right to accept or deny any roster changes.
10. Teams will forfeit 1 point for every 1 minute they are late (Must have at least 4 players to start, and at least 2 females).
11. Rules are as follows:
 - a. **IHSA** Rules
 - b. **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.
 - c. **Block**: a defensive block does not count as one of the allowable hits. A serve may not be blocked or spiked.
 - d. **Hit**: teams have 3 hits in order 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.
 - e. **Illegal**: cannot run into the net 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.
 - f. **Rotations**: players must rotate in a clockwise direction.
 - g. **Substitutions**: a player can only substitute on their side out. A sub must enter the game in the serving position.
 - h. **Referees**: Games will have 1 certified ref at every game along with line judges.
 - i. **Forfeits**: (If you know in advance that you will need to forfeit a game, please email reubenriggs@lawndale.org.)
 - 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.
- j. Any behavior that is deemed unacceptable or unsportsmanlike will result in an ejection or suspension.
- k. Technical will result in a \$10 fine for cursing and anything that isn't sportsmanlike.
- l. 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 league shirt, they can buy one for \$10, if extras are available. If a player doesn't have a league shirt and we have no more available, that team will lose 5 points each game that player plays without an official shirt.