



**KORET CENTER
FOR HEALTH, FITNESS & SPORT**
Jewish Community Center of San Francisco
3200 California Street, San Francisco, CA 94118
www.jccsf.org

The Jewish Community Center of San Francisco

Adult Volleyball League Rules

(Rules are subject to revision by the JCCSF)

Revised July 14, 2006

Mission Statement & Gymnasium Policies:

The Jewish Community Center of San Francisco is committed to creating a user-friendly atmosphere in all of our programming. This beautiful new facility affords us the opportunity to offer a multitude of program options to all of our members including adult sports leagues.

We, as the JCCSF staff, are here to serve the needs of the *all our members* in a way that is consistent with the philosophy and values of the Center at large. We are also dedicated to keeping this new facility in top condition. With that in mind, we have established the following policies. Your assistance in upholding these policies is expected and greatly appreciated.

- No food or drink is allowed in the gymnasium, except bottled water.
- Only non-marking soled shoes are permitted on the basketball court.
- The gymnasium is only open to members during Open Gym hours specified by the Fitness Center Management or league play.
- The equipment in the gym, including baskets, volleyball stands, curtain, and scoreboards, along with all closets, are to be used by JCCSF STAFF ONLY.

Players are expected to participate in a respectful manner consistent with the core values of the Jewish Community Center of San Francisco. **The use of inappropriate language, violence, or dirty play will not be tolerated. Players exhibiting any of these behaviors, or acting in any way deemed by JCCSF Staff and/or game officials to be contrary to the values of the JCCSF will be instructed to leave the gymnasium by the JCCSF Gym Staff immediately.**

We look forward to providing this wonderful opportunity for all our members to utilize this gorgeous new gymnasium!

We'll see you on the court!

League Schedule

1. All teams will be scheduled a minimum of six league games (regular season).
2. All teams will participate in a playoff tournament to be played at the conclusion of the regular season. Teams will be guaranteed at least I (one) game in this tournament (single elimination).

3. Once the schedule is published it is final. Games **will not** be rescheduled.
4. The JCCSF does **NOT** provide court time for teams to practice.
5. A team must have 3 (three) non-injured players on the floor to begin the game.
 - a. If teams have less than 3 (three) players, The first game of the match can be forfeited and If another player shows the match can resume with one team down a game.
 - b. If both teams have more than 4 (four) players present, the lowest common denominator of players for each team can play on the floor (i.e. 5 on 5, 6 on 6, etc.).
 - c. Game times are exactly after the 10 minutes war-up time has been used.
 - d. After the Match is finished if there is still time remaining on the clock the two teams are allowed to scrimmage.

Playing Rules

1. Games will consist of three matches. The team that wins two games first will determine the winner. All games must be won by two points or more.
2. **The first two matches will be played to 21 points. The third match (if necessary) will be played to 21 points, as well (subject to revision if the games take too long).**
3. Scoring will be **RALLY SCORING**. In rally scoring a point is scored with each serve. Whoever wins the volley gets the point. Teams **DO NOT** need to control the serve to score a point.
4. Teams can substitute after any point.

Additional Points of Interest:

1. Net Height: 7feet 11inches
2. An “underhand serve” is legal if it is clearly being tossed or released.
3. A server has 8 seconds to serve the ball. Servers must serve from behind the end line. After the ball leaves their hand they may cross the end line.
4. There are no “makeup” serves.
5. A “fault” is when:
 - a. A team contacts the ball four or more times before returning the ball to the other team.
 - b. A player takes assistance/support from another player or object to touch the ball.
 - c. A player “catches” or “throws” the ball.
 - d. A player contacts the ball twice in succession.
 - e. A player completely crosses the midline line during a spike or block.
 - f. A player may contact the ball with any part of their body in attempt to save the ball.
 - g. If the ball touches anything above the area of play the ball is still in play.
 - h. Multiple contacts are permitted only when the first ball over the net rebounds from one part of the body to another or more legal parts in attempt to block or any first team hit whether or not the ball is touched during the block.

Rosters & Playing time:

1. All players must sign a JCCSF Adult League waiver. IF A PLAYER PARTICIPATES IN A MATCH WITHOUT HAVING SIGNED A WAIVER, HIS/HER TEAM WILL AUTOMATICALLY FORFEIT THAT CONTEST.
2. Volleyball teams must have a minimum of 4 players. There is no maximum number (the league will only provide up to 7 shirts per team). Every player on a team must submit the following information to the JCCSF: Name, Phone Number, Address, E-mail and Date of Birth.
3. In order to be eligible to participate in the playoffs, players must have participated in at least 3 regular season games & have signed a JCCSF waiver.
4. The JCCSF will NOT manage the playing time of teams or their players, nor will we manage the rotation of the substitution pattern. That having been said it is the expectation (particularly of teams that registered as individuals) of the league that **every player has an opportunity to participate in every game.**

Unsportsmanlike Conduct:

The JCCSF will not tolerate unsportsmanlike conduct. Our expectation is that players, officials and spectators will at all times practice respect and conduct themselves in a positive manner. Any decisions regarding unsportsmanlike conduct are at the discretion of the game official and/or JCCSF Staff.

1. The **decision of officials is final** and cannot be debated. This is true even if the official's call is wrong. Debating an official's call is considered Unsportsmanlike Conduct.
2. For any "flagrant unsportsmanlike conduct" on the part of players or spectators the offending team with out warning can immediately forfeit the game. **Further sanctions (including, but not limited to, Player suspension/expulsion, Team suspension/expulsion) can be enforced at the discretion of the JCCSFABL league director.**
3. If any individual participant receives two technical fouls in one game that individual is disqualified from the remainder of that game AND that teams following game. The individual must leave the facility immediately upon disqualification. Failure to do so will be considered "flagrant unsportsmanlike conduct" and will result in the immediate forfeiture of the game.
4. The JCCSF Staff reserves the right to involve themselves in the monitoring of the issue of "flagrant unsportsmanlike conduct" of players or spectators, even if these actions supersede the role of the game official.