

# Rainbow Volleyball League Rules

BB/A, B, and C Divisions

## Fall 2021

### TEAM ROSTERS

- Rosters have no maximum limit.
- Rosters are considered final at the start of week 3. Only exception to this rule will be if player(s) are permanently injured and the number of healthy and able-bodied players on a team drops below 6 players. Healthy players on vacation are still part of the team. They can not be counted as absent for regular season or tournament play.
- Rosters must consist of players First Name, Last Name and a valid email address. Every player listed on a roster will receive an email stating the division/team they are on a roster on.
- If a player is listed on more than one roster, they will be communicated to via email to validate of which team they are truly a member.
- Only players listed on a team's roster are eligible to play on that team. A team may not pick up a member from the gym for play that is not on their roster. Note: **This will be strictly enforced in all divisions due to COVID-19 contract tracing requirements.**

### PLAYER RATING

- NAGVA & Rainbow League ratings count towards a player's individual rating
- A player's rating is the division they:
  - Are rated in for NAGVA or
  - They have played in for rainbow league in the last SIX seasons

#### **WHICHEVER IS HIGHER**

- A player's rating is what they are rated at the end of the registration period for that season. If a player gets uprated (in NAGVA) during the rainbow league season, their previous rating will remain in effect through the end of the season.
- Unrated players "rating" will be determined by [vote of the captains of lower-level league they are trying to play within](#). A-level players must spread equally across all BB teams. Email [RainbowLeagueMN@gmail.com](mailto:RainbowLeagueMN@gmail.com) to begin this process.
- Players in a higher division can petition to be re-rated in the (lower) division they want to play in. This 're-rate' will be determined by [vote of the captains of lower-level league they are trying to play within](#). Email [RainbowLeagueMN@gmail.com](mailto:RainbowLeagueMN@gmail.com) to begin this process.

### Rating Examples

- *Example 1:* You've played BB in Rainbow League within the past 6 seasons and are rated B in NAGVA.
  - You are BB for Rainbow League.

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- *Example 2:* You've never played Rainbow League and are rated BB in NAGVA.
  - You are BB for Rainbow League.
- *Example 3:* You've never played Rainbow League and are rated B in NAGVA. You get uprated to BB before the end of the registration period for the upcoming season.
  - You are BB for Rainbow League.
- *Example 4:* You've never played Rainbow League and are rated B in NAGVA. You get uprated to BB after the end of the registration period for the upcoming season.
  - You are B for Rainbow League.
- *Example 5:* You are un-rated in NAGVA and have never played in Rainbow League:
  - You are considered unrated and may play in whichever division you choose. However if you are deemed to be playing in a league too low for your skill level by a vote of the division's captains you are playing in, you will be required to move up.

### TEAM FORMAT

- **In the B and C divisions, players must be rated at their respective division level to play in that league division.** This will be strictly enforced.
- In the BB/A division, you may have multiple A-level players on your roster, however, **only one A level player may play in a single match.** (Note: A match consists of 3 sets in regular season play and 2-3 sets in tournament play).

### MATCH PLAY

#### Regular Season ONLY

- Each match consists of 1 hour of court time
  - 5 minute warmup begins at the top of the hour
  - 55 minutes of play starts at 5 past the hour
  - Each match is comprised of 3 sets, start at 0 play to 25 (cap 27). If time runs out before the last set ends, score is when last play ends. If there is a tie, play one more point.
  - Each team has 1 time out per set. No timeouts allowed the last two minutes of play.
- It is the responsibility of the refereeing team to keep teams on time. For every minute that teams are not ready to being play at the end of warm-up, the opposing team will be awarded one point.
- League director will announce two minute warning for end of play period.

#### Regular Season & Playoffs

- Teams must have at least 4 players on the court during a set. If each team has only 3 players the set will be played and sets are counted in the standings.
- Substitutions are unlimited.

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- Forfeit Rules: 1st set, 20 minutes after start of match warm-up, 2nd set 30 minutes from start of match warm-up and 3rd set, 35 minutes from start of match warm-up.

### Tournament Format

- All rules from the Regular Season are in effect unless otherwise stated here.
- During tournament play, at least FOUR players on the team must have played in at least four matches during the regular season. All other players on the team must have played in at least one match during the regular season.
- During tournament play, no players can be added during a set.

### SERVING

- A, BB, & B Rec division, the volleyball must be tossed or released.
  - USAV 12.4 EXECUTION OF THE SERVICE.
    - 12.4.1 The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).

### COURT BOUNDARIES

- The league has always played the air vents out of bounds. USAV Rule 8.4.d "A ball is out of play if it contacts the ceiling or overhead objects, regardless of height, over non-playing areas."
- Backboard replay USAV Rule 8.4.c "A ball, other than a served ball, is out of play and a replay directed if it contacts overhead objects(s) or the supports (e.g. basketball backboard) less than 4.6 m (15') above the playing area and would have remained playable if the object had not been present."

**Remember to have fun!!!!!!!!!!!!!!!!!!!!**

Rainbow Volleyball League welcomes everyone regardless of age, race, gender, sexual orientation, job function, education level, work experience, appearance, abilities, religion, ethnicity, or marital status.