

HYP Indoor Volleyball Rules

REGISTRATION

All players register to play at <https://hyp.org/sports/>. If an athlete has trouble registering online, they must contact sports@hyp.org prior to registration closing to join a team. Communication must be received no later than 11:59 p.m. on the date of registration closing to be considered. Players may not be added to a team after registration closes for any reason. Any team found to be playing with unregistered players will be subject to the forfeit of matches in which the unregistered athlete played.

**Conflicts with late registration and illness/injury additions may be considered depending on approval of the Sports & Fitness Committee.*

DIVISION STRUCTURE

Elite – The Elite Division is for higher-skilled players with prior game experience looking for a more competitive game environment. Lots of players in this league have played in college or high school. All teams will compete in a single-elimination tournament. The winner will receive a \$100 gift card to the league sponsor bar and a trophy.

Casual – The Casual Division provides casual players with a recreational game experience, focusing on camaraderie and enjoyment more than winning or losing. No playoffs as all teams will play an extra game after the regular season against a similarly ranked team for a Bowl Game.

Teams are STRONGLY urged to participate in the division that most appropriately matches their athleticism and competitiveness. This helps create fair, competitive matchups and contributes to the overall enjoyment of the league. The playoff setup is subject to change if there was a need to do so.

TEAM ROSTERS

- There is no maximum number of players, but teams must have at least 8 players on a roster. ● Teams must have 4-6 players on the court during each game.
 - If a team is playing with (6) players, no more than (4) players can be male.
 - If a team is playing with (4) or (5) players, no more than (3) players can be male.
 - A team that has fewer than (1) female player must forfeit the game.
- Roster additions can be made after the close of registration in the event of a player's injury, illness, or other unexpected reasons. The affected player must contact the Director of Sports and Fitness to make the necessary accommodations. The player being replaced must be replaced with the same gender. The player being replaced will be removed from the team roster and will be considered an ineligible player.
- Injury substitutions are permitted.
- Any unregistered player found by a pre-game roster check will not be allowed to play.
- A team captain may request a roster check at any time throughout the game, but not after the game.
- Any ineligible player found by an in-game roster check will result in a forfeit by the team for whom he or she is playing, and scored 0-3. The team's captain is suspended for 1 game. **Any person who has not registered, signed the waiver, and paid the fee to play in the league is not considered a team member. This is a liability for the organization, as it is an unfair opportunity for other players in the league.**

- **First offense:** The team forfeits the game, and the team captain is suspended for (1) week.
- **Second offense:** The team forfeits the game, and the whole team is suspended for (1) week, which results in being ineligible for the Postseason.

SUBSTITUTE PLAYERS

- If a team has fewer than the minimum roster requirements, they may pick up a maximum of (2) players from another HYP Indoor Volleyball team to reach a maximum of 6 players on the court. You do not need the other captain's approval but do need to let them know before the game.
- Teams may only have substitute players from their own division or lower (for example, a Casual Division team may not add a substitute player from the Elite Division, unless the player is registered in both divisions).
- A rostered player who arrives late must immediately replace any substitute players. Substitute players cannot be used in playoff games but can be used in bowl games for the Casual Division.
- Teams may use substitute players from another league (for example, a Thursday League team may add a substitute player from a Tuesday League team).

TEAM CAPTAINS

Team captains are expected to take an active role in managing their teams. If a team captain is not present for a match, one player will be designated by the team for that game to be Co-Captain.

Captains are responsible for:

- *Requesting roster checks by court supervisors before or during the game (cannot be completed after the game). When a roster check is requested, players will need to present photo identification (driver's license or an ID with their name and picture) to ensure they match up with the players listed on the roster. If a check is requested and a player does not have an ID (a picture of their photo ID on a phone is fine if it's clear), they will not be permitted to play. Printed copies of the rosters will be available on-site, and captains will also be sent copies of the rosters.*
- Making sure all team members are familiar with the rules and applicable league policies.
- Informing the opposing team captains and court supervisors of any use of substitute players.
- Reporting incorrect scores to the Sports & Fitness Committee within 48 hours of their posting (After 48 hours, the game score is final).
- Attending the required captain's meeting prior to the start of the season. The captain's team will forfeit each of their matches until this requirement is met. The captain's meeting is also where you will receive your team shirts. If a captain is unable to make the meeting, another member of the team is asked to attend or have accommodations made to receive team shirts and other information at another time.

EQUIPMENT AND CLOTHING

All players are required to wear their current HYP Indoor Volleyball jersey during gameplay following the 2nd week of the season. Following the 2nd week of the season, for every player who does not have their jersey, (1) point will be given to the opposing team to start each match. If a player's jersey is lost or destroyed, he or she must contact HYP at sports@hyp.org or call the office at 717-257-0406 to purchase a replacement. Our sponsors pay a large amount of money to help make our leagues affordable, and we would like to honor this commitment by wearing current shirts during games.

HYP will provide volleyballs for teams to use during games and to practice before games. Players can bring their own volleyballs to play with, pending approval from the opponent.

START TIME

Every effort will be made to ensure that games begin promptly at their scheduled times. Teams that do not have the minimum (4) players at the start of the game are permitted a (10)-minute grace period. After (5) minutes, their opponent is awarded (2) points for every game. A team that still does not have the minimum number of players after the (10)-minute grace period forfeits the game 0-3. Teams playing have practice time before their scheduled game.

GAMEPLAY RULES

- A total of (3) games will be played within a 45-minute time frame. Games one and two will be played to (21 – win by two up until 25) and the third game to (15 - straight) or end of time allotment (final set).
 - Warm-up time is encouraged to happen off the court or on the court if the prior match has finished.
 - The Court Supervisor will inform teams when there are 5 minutes left of gameplay and cease the match at the 45-minute time allotment.
 - In an effort to keep games moving and not back up later games, we ask teams to do their best to start games on time so they aren't running over.
- Rally scoring system will be used.
- A max of (3) consecutive contacts per side
- Serve/Service Order/Play after Service
 - The player in the back right-hand corner of the rotation will be designated to serve until the service is lost.
 - After the serve, front-line players may switch positions at the net.
 - The next designated server will be the next player after (1) clockwise rotation on the court.
 - All players must participate in the rotation, as teams may not skip players who are waiting to return to play.
 - A player cannot block or attack a serve from on or inside the 10-foot line.
 - If a serve hits the net and lands on the receiving team's side, it is in play.
 - **A back row player may attack the ball as long as they are behind the 10-foot line. They are allowed to land within that 10-foot line, as long as the ball is hit before crossing.**
 - **Players cannot contact the ball when it's on the other team's side of the net, but may, in the course of the follow-through, reach over (but not touch).**
- A player may not contact the ball twice in succession (**a block is not considered a contact**).
- The ball may be played off the net during a volley or on a serve.
- A ball hitting a boundary line is in.
- It is okay to contact the ball with any part of a player's body.
- It is not okay to catch, hold or throw the ball.
- Net Violations:
 - **All Divisions: No Net Contact Allowed**
- Game Rotations:
 - **All Divisions: 6 players on the court at any one time (3 in the front row and 3 in the back**

row); a back row player cannot jump and “hit” a ball at the net.

- o **Teams with more than the minimum amount must rotate a player onto the court at each side out if another player rotates off the court however, players may not be skipped** (Must follow rotation rules above).

REPORTING SCORES

- **The winning Team Captain of the game MUST record the game score on the clipboards located on the fold-out table in the gym.**
- Scores must be recorded as one of the following: **(PLEASE CIRCLE THE WINNING TEAM)** o 3-0 or 2-1
 - o **If no score is recorded, the game will be recorded as tied 1-1 (*a team will have up to 24 hours to report the score*).**

RULE CHANGES

Should circumstances justify a change to any rules or policies that will improve the game experience for all players, the Sports & Fitness Committee reserves the authority to affect rule changes up until the start of the second half of the season. Proposed rule changes will be disseminated to team captains for comment, and if agreed upon, implemented by the following week.

General Rules Violations, Unsportsmanlike Conduct, and Forfeiture Policy:

This policy applies to all league sports, including Flag Football, Pickleball, Kickball, Volleyball, Dodgeball, and any other sanctioned league activities.

1. Rules Violations

- o Any participant, team, coach, captain, or spectator found violating league rules may be subject to penalties as determined by the officiating staff.
- o Minor violations may result in warnings, loss of possession, loss of points, penalties, player removal, or other sport-specific sanctions.

2. Unsportsmanlike Conduct

- o Unsportsmanlike conduct includes, but is not limited to, abusive language, harassment, threats, fighting, intentional rule violations, disrespect toward officials, or actions deemed detrimental to the integrity of the league.
- o Officials may issue warnings, penalties, ejections, suspensions, or recommend further disciplinary action.

3. Cheating and Fraudulent Activity

- o Any act of cheating, including the use of ineligible players, falsification of scores, intentional rule manipulation, or any attempt to gain an unfair competitive advantage, will be reviewed by league administration.
- o Upon receiving a report or observing a potential violation, the matter may be placed under investigation by the Head Official and/or HYP Committee.

4. Investigations

- o The Head Official and/or HYP Committee reserves the right to investigate any alleged rules violation, misconduct, or cheating incident.
- o During an investigation, game results may be considered unofficial until a final ruling is

made.

- The committee's decision shall be final.

5. Forfeitures

- If a violation, misconduct, or act of cheating is confirmed, the Head Official and/or HYP Committee may declare a forfeit of a set, match, game, or event.
- Additional penalties may include player ejection, team disqualification, suspension, loss of standings points, or removal from league competition.

6. Authority

- The Head Official and HYP Committee maintain full authority to interpret league rules and impose disciplinary actions necessary to preserve fair play, sportsmanship, and the integrity of competition.

RULE ENFORCEMENT AND CONDUCT

- Players are responsible for understanding and abiding by the rules of the game.
- Unsportsmanlike behavior, such as taunting, antagonizing opponents, and using foul or abusive language, will not be tolerated. Players who engage in such behavior will be subject to disciplinary action according to the guidelines set forth in the HYP Sportsmanship Policy.
- HYP staff members/court supervisors are authorized to remove any disruptive player or guest from the premises.
- **Harrisburg Young Professionals is committed to providing a safe environment for all sports participants, including players, guests, staff, and game officials. All participants are encouraged to report unacceptable conduct (including but not limited to verbal abuse, harassment on social media, and threatening language) to HYP's Board of Directors. Players who engage in such behavior may be suspended for the remainder of the season or longer, where appropriate as determined by the Board.**

PLAYOFFS

ELITE DIVISION: All teams will compete in a single-elimination tournament in their respective division, and the winners for each will receive a trophy. The winner of the Elite Division will also receive a \$100 team gift card to the league sponsor.

CASUAL DIVISION: No playoffs as all teams will play an extra game after the Regular Season against a similarly ranked team for a Bowl Game.

Playoff formats are subject to change if there is a need to do so. This could be dictated by the number of teams in a division and/or how teams place in the standings. Any changes would be passed along to captains.

STANDINGS

- Scores and standings will be updated on League Lobster within a day after games are completed. ● Captains have 48 hours after scores are posted to report an incorrect score. After 48 hours, all scores and standings are final.
- Team standings are determined by the following, in order:
 1. Overall winning percentage
 2. Head-to-Head record

3. Lowest total points allowed
4. Most points scored
5. Coin Toss

- In the case of a 3- or more-team tie for elite and intermediate, standings will be determined by: Percentage, Point Differential, Points Against, Points For. Standings will not be changed to account for the 3-or-more-team ties for the casual division.

CANCELLATIONS AND MAKE-UP GAMES

Games will be canceled if the weather is severe or if the Y is closed due to weather. Please be prepared to play every game until an announcement has been made! Once a game begins, it is up to the HYP Executive Board to decide when a game should be called. HYP will communicate to captains via email to inform them about future makeup games. Games in progress may be canceled due to unsafe weather conditions. Otherwise, the make-up game will be replayed from the beginning.

COURT SUPERVISING

Any registered players who are interested in volunteering to help take volleyballs to games or after games and to be court supervisors should contact sports@hyp.org or call the office at 717-257-0406.

FACILITIES AND PARKING

- **Free Street Parking:**
 - **Weekdays (after 5 PM):** Street parking is free after 5 PM, Monday through Saturday.
 - **Sundays:** Street parking is free all day.

Please be sure to check posted signage for any restrictions.

- **Y's Parking Lot:** If you prefer, you can park in the East Shore Y's parking lot for just \$1.

WAIVER OF LIABILITY & SPORTSMANSHIP POLICY

All participants must complete an HYP Sports League Waiver of Liability form and Sportsmanship Policy. All participants in the league assume the risk of injury. HYP, its volunteers, and employees shall not be liable for injury to a person, loss or damage to personal property arising from, or in any way resulting from, participation in the league. *(Harrisburg Young Professionals is not responsible for any lost or stolen equipment, bottles, clothing, etc.)*

HYP SPORTS ALCOHOL POLICY

Harrisburg Young Professionals strives to provide players and guests with a safe, alcohol-free game experience that is family-friendly, social, and competitive. HYP partners with sponsoring bars to provide a social environment for participants and guests to enjoy alcohol responsibly **after the game**. It is HYP's policy that all players and guests must comply with all applicable laws and ordinances regarding the possession and consumption of alcohol. Harrisburg City Department of Recreation prohibits the possession and consumption of alcohol on its premises. Failure to adhere to these policies jeopardizes HYP's access to those facilities, and anyone found to be in violation of this policy will be asked to leave the premises. Players and guests who appear to be under the influence of alcohol or other controlled substances will similarly be asked to leave. Players who violate the HYP Sports Alcohol Policy may be referred to HYP's Board of Directors for additional sanction.