



CSA ADULT LEAGUE RULES

Integrity of the Game

- CSA's self-officiated leagues place the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play.
- All players are responsible for knowing, administering, and adhering to the rules. The game depends on each player's responsibility to uphold the integrity of the game, and this responsibility should remain paramount.
- It is assumed that no player will intentionally violate the rules. Players are bound to abide by the rules and not gain advantage by knowingly committing an infraction, or calling one where none exists.
- If a player intentionally or flagrantly violates the rules, the captains of each team should discuss the incident and determine an appropriate outcome, and are not bound by any outcome dictated by these rules.
- For behavior warranting an ejection, team captains may remove players on their team from the game. Captains should be consulted prior to removal of a player.
- Players should be mindful of the fact that they are acting as officials in any arbitration between teams. Players must:
 - know and abide by the rules;
 - make calls only where an infraction is significant enough to make a difference to the outcome of the play or where a player's safety is at risk;
 - be fair-minded, truthful and objective;
 - explain their viewpoint clearly and concisely and allow opponents a chance to speak;
 - treat your opponents with respect;
 - resolve disputes efficiently;
 - make calls in a consistent manner throughout the game and from player to player; and

[[Players are required to “explain their viewpoint clearly and concisely” and “resolve disputes as quickly as possible.” As such, most discussions should not exceed thirty seconds before either reaching a resolution. If both players have had an opportunity to state their viewpoint and it is clear that an agreement will not be reached, players have an obligation to accept that the call is contested and resolve it as such.]]

- The following actions are clear violations of the integrity of the Game and must be avoided by all participants:

- reckless play or dangerously aggressive behavior;
- Abusive foul language
- taunting opposing players;
- celebration that is targeted towards an opponent in a negative or aggressive manner;
- making calls in retaliation to an opponent's calls or other actions;
- allowing preconceived expectations, biases (e.g., microaggressions), or previous interactions or encounters with a player or team to affect how game situations are reacted to and judged;
- Teams are guardians of the integrity of the Game, and must:
 - take responsibility for teaching their players the rules and good sportsmanship;
 - discipline team members who display poor sportsmanship;
- In the case where a novice player commits an infraction out of ignorance of the rules, experienced players are obliged to explain the infraction and clarify what should happen.
- Rules should be interpreted by the players directly involved in the play, or by players who had the best perspective on the play. Players may seek the perspective of sideline players to clarify the rules, and to assist in making the appropriate call. Sideline players should not interject unless their input is requested. *[[It is acceptable for sideline players to state that they have input, but they should avoid interjecting unless requested.]]*
- If after discussion players cannot agree, or it is unclear:
 - One player shoots for the ball or teams agree to replay the point..

CSA Adult Volleyball Rules



Overview

- Matches will consist of best 2 of 3 games to 25 with Rally Scoring (a point is awarded on every play). The third game will be to 15. Teams must win by 2 points unless the 9:00pm time limit is reached. (eg. If time is reached and the score is 11-12, the game is over.)
- Games are 6v6. Teams must have a minimum of 4 players to play the game. If a team does not have the required 4 players, that team forfeits, and teams can mix up players to play for fun.
 - For co-ed, there must be at least 2 female players on the court at all times.
 - When a team plays the ball with two or more contacts, at least one contact must be made by a female. Blocks do not count as a contact.
- All players must have matching or similar jerseys/shirts. Liberos must be easily distinguishable from other players with a different colored jersey.
- Captains will play rock-paper-scissors, or flip a coin, to determine who will serve first. The losing team will serve first the second game. IF a third game is needed, captains will play rock-paper-scissors, or flip a coin to determine who will serve first. The loser of the toss can choose their side. Teams will always switch sides after the first game.
- Club Sports Alaska will provide the official scorekeeper who will keep track of the time limit, score and timeouts.
 - Each team will be allowed one (1) sixty-second timeout per game (3 per match). Timeouts cannot be called within two minutes of the time limit.
- Each team should provide a line judge for the game.
- The act of playing a non-eligible (NON-REGISTERED) player is against the rules and may result in the player and captain being suspended for one year from the day of the game. It is the responsibility of each player to sign in at the score keeper's table before the game.
- Remember, this is a recreational league, HAVE FUN. The scorekeepers are there to help you. If they do not have the correct score, players should let them know in a respectful manner and the opposing captain should be consulted to make sure the correct score is on the scoreboard. Games are self-officiated.
- No street shoes are allowed on the courts, please use gym shoes. Keep the gym clean by picking up trash in the area around your bench when the game is over.
- All games will be played by USAV rules and regulations, unless otherwise stated in this document.
- The net height will be 7'6" for co-ed games (In-between the standard men's and women's height) and 7'4" for women's games.
- Players who have been ejected, will sit the remainder of the game and the next scheduled league game. If that individual is ejected from a second game, they will be disqualified from all CSA games.