



DC PRIDE VOLLEYBALL LEAGUE

DC PRIDE VOLLEYBALL LEAGUE Policies, Rules & Procedures Manual RULES OF LEAGUE PLAY

I. GENERAL GUIDELINES

A. PURPOSE

The enjoyment of the sport of volleyball in a safe environment for all participants should be the goal and intent for all league play regulations.

B. JURISDICTION

Although DC Pride Volleyball League play generally follows USA Volleyball rules, amendments or exemptions contained in these guidelines are applicable to all league sanctioned competition.

C. DISTRIBUTION AND COMPLIANCE

1. The DC Pride Volleyball League Board of Directors shall coordinate the distribution of the complete RULES OF LEAGUE PLAY Policies and Procedure Manual to all participants. This requirement may be satisfied by posting these policies on the DC Pride Volleyball League website and informing team captains of how to find them.
2. All participants must sign a Member Liability Waiver Form accepting the terms and conditions contained in, and adherence to all guidelines stated in this RULES OF LEAGUE PLAY Policies and Procedure Manual before engaging in any sanctioned league play. This requirement may be satisfied by a member completing an online Member Liability Waiver Form via the DC Pride Volleyball League online registration system.
3. The DC Pride Volleyball League Grievance Committee may conduct a special meeting to address league policy violations and issue determinations, including the disqualification of a member for actions that violate the policies established in these guidelines (See Article XI of the DCPVL By-Laws for more details on the grievance process).

II. PARTICIPANTS

A. TEAM MEMBERS

1. All participants must be at least eighteen (18) years of age and sign a Member Liability Waiver Form accepting complete responsibility for their own physical conditioning and preparedness to participate in sport competition and waive any liability whatever, resulting from, or in any manner arising out of participation in league sanctioned play.
2. Members may play on only one DC Pride Volleyball League team per season.
3. The Board will have final approval of all team members chosen to participate.
4. Team members may resign from the League by giving notice, in writing (email is acceptable), to either their team captain or a member of the Board of Directors. The Grievance Committee will review any request for refund of season fees and determine



DC PRIDE VOLLEYBALL LEAGUE

appropriate reimbursement, based on guidelines set by the Board of Directors. Generally, as noted below, partial season refunds are not granted absent exceptional circumstances. All recommendations by the Grievance Committee regarding refund requests are subject to review and may be amended by the Board of Directors. Unlike the procedure outlined for a formal grievance, the Grievance Committee does not need to hold a hearing regarding a refund request and can conduct their discussion and votes over e-mail.

5. Team members who do not play for two consecutive scheduled matches without notifying their team captain or a Board member will be deemed inactive. Inactive players are not entitled to season fee refund. When a member becomes inactive, their team captain may choose to keep them on his/her roster or declare the spot vacant. If a team captain keeps an inactive member on the roster, the captain must get approval from the Division Representative before the inactive player may be returned to active status. The Division Representative must approve unless the inactive player is in bad standing, is suspended from play for any reason, has a matter pending before the Grievance Committee or Board of Directors, or the Board has authorized the Division Representative to disapprove the member returning to active status.
6. Any team member that resigns, is injured, is disqualified by the Board, or is declared inactive will not be eligible to play for another team in any division during the current season.
7. Any participant that has not paid the previous season fee in full is not a member in good standing and will not be eligible to try out for any division and will not be allowed to attend League sanctioned events, including, but not limited to, DC Pride Volleyball League-sponsored tournaments.
8. All team members must be paid in full for the current season by the beginning of the member's first match or the team member will be considered a member in bad standing.
9. If a member's check is returned by the bank where issued, he/she will be responsible for all bank fees in addition to the outstanding fees. Within 24 hours after being notified that a check has been returned, if a member with a returned check does not pay the outstanding dues and all bank fees, the member will no longer be in good standing until payment is made.

B. TEAM CAPTAINS

1. CHOOSING TEAM MEMBERS

- a) Each team captain is required to select seven (7) team members in addition to him/herself (for a total of 8 players per team) at the beginning of each season.



DC PRIDE VOLLEYBALL LEAGUE

- b) Once a player has been drafted, that member is not eligible to play on any other team or any other division during that season.
- c) A team that plays league-sanctioned games with a player not chosen as stipulated in these guidelines will forfeit any and all games played during the violation. Violations are subject to review and further sanction by the Board of Directors or Grievance Committee.

C. FILLING A VACANCY

1. A Vacancy is created when a team member becomes inactive, resigns, becomes injured, or is in default/bad standing for more than two consecutive matches and the team captain deems the position vacant.
2. The Division Representative will monitor the filling of vacancies within the Division.
3. A team captain may choose to fill a vacancy whenever his/her team has fewer than the total number of members selected by the team captain during the draft plus the team captain.
4. A team captain must fill vacancies if the team has fewer than six (6) team members including him/her.
5. The team captain filling a vacancy may choose any player(s) not currently playing in the League by following these procedures:
 - a) Team captain should contact the Division Representative with the request, including name and contact information of the player
 - b) Division Representative will contact the prospective player to conduct an initial skills assessment
 - c) Dues structure will be pro-rated based on time of entry in the season
 - d) Dues must be paid in full prior to the first match in which the member plays
 - e) No team can pick a player after the 5th week of play unless they have fewer than five (5) players left due to injury or an inactive player whose spot on the team has been declared a vacancy
 - f) Only the team captain can make a request to fill a vacancy
6. If the vacancy created is the captain position, the remaining team members must vote and elect a new team captain, and the new team captain may select a player to fill the vacancy



DC PRIDE VOLLEYBALL LEAGUE

pursuant to these Rules.

D. COLLECTION & DISTRIBUTION OF MATERIALS

1. Each team captain will be responsible for the distribution of league materials, a copy of the DC Pride Volleyball League By-Laws, a copy of the RULES OF LEAGUE PLAY Policies and Procedures Manual, a copy of the Sportsmanship and Anti-Violence Policy, a copy of the season schedule, and Season League Shirt and Team Jersey to each of the members of his/her team. A team captain can fulfill this responsibility by informing his/her teammates of the location of these documents on the DC Pride Volleyball League website.
2. No one will be allowed to play without a completed and signed Member Liability Waiver Form or acknowledging the online equivalent thereof.

E. TEAM ADMINISTRATION

1. Team captains shall encourage team members to review postings for information related to league and division issues and sign up for the DC Pride Volleyball League announcements e-mail distribution list.
2. Team captains must communicate to their teams the DC Pride Volleyball League announcements and directives as instructed by the Division Representative.
3. Captains are responsible for their team's observance of all rules and regulations during league sanctioned team competition and officiating team assignments. Captains will also accept any penalties or sanctions imposed on the team as a result of any misconduct or violation by their team's member(s) including forfeiture of game(s) and match(es).
4. Captain should appoint another team member as an alternate captain should the team captain not be able to attend a regularly scheduled event.
5. Team captains may also perform related tasks to enhance the Division's operation and administration and report all team member issues, concerns, and/or feedback to the Division Representative so that the Representative may report the issues, concerns, and/or feedback, if appropriate, to the Board of Directors.
6. Team captains should organize at least two social trips to patronize their team sponsor. Captains should notify the DCPVL Social and Sponsorship Director with details (date, time) and whether the social is open to other teams. If the social is open to other teams it will be added to the DCPVL Calendar and included in the weekly League round-up email.

III. RULES OF THE SPORT



DC PRIDE VOLLEYBALL LEAGUE

A. DC PRIDE VOLLEYBALL LEAGUE SANCTIONED PLAY FOLLOWS THESE RULES:

1. **GENERALLY:** All DC Pride Volleyball League sanctioned play follows USAV rules, except as otherwise specified.
2. **SERVICE:** Only one toss or release of the ball for service allowing eight (8) seconds to complete the service. The serving player is exempt from the positional order and may be at the left of the players on position 5 or 6. All other players must be in correct order inside the court. A player is allowed one step into the court to complete the service motion where free zone space is limited and/or where the court must be shortened for space.
3. **DEFENSIVE LEGAL CONTACT:** The ball may touch any part of the body including the feet, regardless if the touch is done in an "active" or in a "passive" way but service must be done as in the past: with one hand or with any other part of the arm below the elbow. The ball must be hit, not caught or thrown. Balls judged up to now as "hold balls" are still to be considered as a fault, with the exception of balls played in all kinds of defense action. At the first hit of a team the ball may touch various parts of the body consecutively, provided that it occurs during one action and all multiple contacts are allowed on first team hit. Any third team hit by the opponents may be blocked at any time after the contact.
4. **CONTACT WITH NET:** A player is not permitted to make any contact with the net. Any contact with the antenna above the plane of the net or top approximately 15 cm/6 inches of the net while playing or attempting to play the ball is considered interference and a fault. Incidental contact away from the play is not considered a net violation as determined by a judgment call of the referee.
5. **CONTACT WITH OPPONENT'S COURT:** A player is permitted to penetrate under the net into the opponent's court with any part of the body above the feet, provided it does not interfere with the opponent's play. Therefore, a center line fault is called when either (1) a player's foot completely penetrates into the opponent's court past the center line or (2) a player interferes with opponent's play while penetrating into the opponent's court.
6. **BALL CONTACT WITH GYM CEILING AND WALLS**
 - a) A team may play the ball off the ceiling within its own court only. If ball breaks the plane of the net after hitting ceiling, it's considered "out" off last contact.
 - b) Ball contact with hanging backboards can be considered interference within Referee discretion and may be played over.
 - c) Ball contact with hanging sideboards and walls are considered "out" off last contact.



DC PRIDE VOLLEYBALL LEAGUE

7. **CONTACT WITH AN ADJACENT COURT:** A player is not permitted to make contact with an adjacent court either before, during or after contacting the ball. If a player should contact an adjacent court then the play should be whistled dead with the referee signaling the ball is out.
8. **INTERFERENCE FROM AN ADJACENT COURT BALL:** If a ball from an adjacent court enters the playing court during a play, the up ref shall whistle the play dead and signal for a replay. The up ref or line judges may signal the entry of the ball on the court.

B. RULES FOR LEAGUE PLAY

1. COMPETING TEAMS REQUIREMENTS

- a) Each team must have At least five (5) players present at the sound of the opening whistle to play.
 1. In the case where a team plays with only five players, they shall play with a ghost player in the rotation. When the ghost player rotates to the serving position the team will automatically lose that point and the serve will move to the opposing team.
- b) Failure by the teams scheduled to play to comply with the five-player requirement for scheduled match will result in an automatic forfeit of the first set at ten minutes past the scheduled match start time. Failure by the team to provide at least five (5) players fifteen minutes after the scheduled match start time will result in an automatic forfeit of the match.
- c) Teams are allowed up to two (2) substitute players, from another team within their division, in order to have at least five (5) players.

2. INJURY

- a) Any injury after play has started cannot force forfeiture unless a team would then have fewer than five (5) players.
- b) Under no circumstances will a team be allowed to play with fewer than five (5) players.

3. TIMED GAMES

a) GAME CLOCK

1. The referee will set, control and observe game clock during timed games.



DC PRIDE VOLLEYBALL LEAGUE

2. Clock stops for any injury, when game ball exits the gym or, at the discretion of the referee, any serious distraction.
3. In the event of an injury where a player needs emergency medical attention, if an injured player feels that he/she will exacerbate the injury by moving off the court, the player should not be moved until medical attention arrives. An injured player may be moved off the court at any time when he/she consents to be moved or if the injury does not affect the player's mobility (i.e. a finger injury).
4. Matches are 55 minutes consisting of a five minute warm-up and 50 minutes for match play. A three minute warning will be given at minute forty-seven of match play.
5. Match play cannot extend into the time of the next scheduled match.

b) TIMEOUTS

1. Only the team captain may signal the referee for a timeout.
2. Each team is allowed one 30-second timeout during each set
3. No timeouts are allowed after notification of the three-minute warning.
4. No timeouts are allowed during an overtime period.

c) OFFICIATING

1. REFEREE RESPONSIBILITIES

- i. Each team will be responsible for supplying one up referee, one down referee, two line judges and one scorekeeper for all assigned matches. Referees should be at the assigned gym ten (10) minutes before their scheduled match to secure game ball and necessary materials (whistles, stopwatch, red/yellow cards), unless playing in the match immediately preceding their assigned match.
- ii. Referees are expected to be familiar with these Rules of League Play and the DC Pride Volleyball League Sportsmanship and Anti-Violence Policy.
- iii. Referees should call team captains five (5) minutes before play to determine serve and side.
- iv. Referees should notify the DC Pride Volleyball League Board member on duty in instances forcing a game forfeiture and ensure appropriate scoring



DC PRIDE VOLLEYBALL LEAGUE

of forfeited games. Referees should also promptly notify a DC Pride Volleyball League Board member on duty in the event of a violation of DC Pride Volleyball League's sportsmanship policy or an act of violence.

- v. Jewelry, hats, and other equipment are prohibited. Piercings that cannot be removed must be covered with athletic tape.
- vi. Players must be wearing athletic shoes with non-marking soles. Players will no longer be allowed to wear toe shoes.
- vii. The referee will fill out a League-approved score sheet.
 - a. At the beginning of the match the referee should confirm the correct teams are playing and check-in the players for both teams, recording the names and teams of any substitute players.
 - b. At the end of the match the referee should:
 - Confirm the final score and winner of each set
 - Obtain the initials of both team captains
 - Vote for match MVP's as described under IV.J.1-3
 - Record any incidents of misconduct as described under III.G.1. and/or the League Sportsmanship and Anti-Violence Policy, the nature and circumstances behind any protest of a set or match by any team, and any other pertinent information.
- viii. At the conclusion of the last scheduled match, the referee is responsible for returning the game ball and secured materials in the designated storage bags to the Board member performing gym-closing duties.
- ix. Officiating team members are expected to be considerate and to stay focused on officiating the game and can be replaced at the request of the referee. The Board member on duty may issue the officiating team a forfeit of the first game of their next scheduled match in instances of extreme inappropriate or non-attentive conduct during officiating duties.
 - a. In the event of such a forfeit, the team must still continue to perform its other assigned officiating duties. Failure to do so shall be considered a Sportsmanship Violation and subject to the review of the Commissioner and the Grievance Committee, if appropriate.
- x. A team scheduled to officiate the first scheduled match must also perform opening duties and must have all equipment in place five (5) minutes before the scheduled match. If the team fails to do so, and the failure to set up equipment results in a delay of the first match, the team assigned to



DC PRIDE VOLLEYBALL LEAGUE

perform officiating duties for the first match shall be issued a forfeit of the first game of their next scheduled match. In the event of such a forfeit, the team must still continue to perform its other assigned officiating duties. Failure to do so shall be considered bad sportsmanship and subject to the review of the Commissioner and the Grievance Committee, if appropriate.

- xi. A team scheduled to officiate the last scheduled match must also perform closing duties which include the take down and appropriate storage of all equipment (including all balls, scoreboard, and official stand).
- xii. Failure by the officiating team to comply with regulations will result in a sanction of the forfeiture of the first game of their next scheduled match. If a team repeatedly fails to comply with these regulations, it shall be considered bad sportsmanship and subject to the review of the Commissioner and the Grievance Committee, if appropriate.

2. SEQUENCE OF REFEREE SIGNALS

- i. After a referee blows the whistle to end a rally, the referee will indicate the following with hand signals:
 - a. the team that will serve next; then
 - b. the nature of the fault that ended the rally; then
 - c. the player at fault, if necessary.

d) CONDUCT OF THE GAME

1. MISCONDUCT

- i. Categories
 - a. Offensive conduct: defamatory or insulting words or gestures.
 - b. Aggression: physical attack or intended aggression.
- ii. Penalties
 - a. When a team member's behavior reaches the level of "offensive conduct" sanctions will be applied by the referee. Oral and/or hand signal warnings by the referee may be used to advise the team member that his/her behavior is approaching this level.
 - b. If a penalty is assessed, the signal will be a Yellow card.
 - c. In the case of repetitive instances of offensive conduct, regardless of whether or not a Red card is issued, the team member(s) shall be reported to the Commissioner for referral to the Grievance Committee, if appropriate.



DC PRIDE VOLLEYBALL LEAGUE

- d. A Red card signal penalty is assessed for repeated offensive conduct or the first instance of aggression. Incidents of this nature should be documented and will always be subject to review and sanction by the DC Pride Volleyball League Grievance Committee.
- e. In addition to the sanctions mentioned here, the member may be referred to the Grievance Committee pursuant to the procedure set forth in the DC Pride Volleyball League Sportsmanship and Anti-Violence Policy.

2. DISPUTES

- i. Only the team captain is permitted to address the referee if there is a disputed play. The team captain should approach the referee after the play is blown dead, not before. The team captain should address the referee with respect and with appropriate behavior. The referee should address the concern with respect and with appropriate behavior.
- ii. A team captain may file a protest at the point that he/she feels the explanation from the referee is not satisfactory. The team captain shall declare the official protest to the referee, who will halt play and summon the Board member on duty to immediately resolve the protest. As a reminder judgement calls are not subject to protest. As an example a net violation call is a judgement call and not subject to protest.
- iii. A protest filed by a team captain should be documented by all involved participants and submitted for review to the Board which will issue a determination of appeal by the beginning of the following week's scheduled match.

IV. RULES OF COMPETITION

A. DIVISIONS

- 1. The sanctioning of all teams comprising each Division and the number of teams assigned to each Division will be determined and published by the Board.
- 2. The Board will determine and publish the name and ranking of all Divisions within the league.
- 3. League competition will be conducted between teams within a Division.
- 4. Team captains within the Division will determine the members of the team.

B. SKILLS ASSESSMENT



DC PRIDE VOLLEYBALL LEAGUE

1. The Board will administer Skills Assessment session(s) at the beginning of each season.
2. The Skills Development Director will conduct the Skills Assessment session(s).
3. Only new players or returning players wishing to change divisions must participate in the Skills Assessment Session(s). Returning players from the season immediately prior to the current season are exempt from the skills assessment. Exceptions (subject to approval by the Board) may be made for players who have participated in that division or a more advanced level division within the past three seasons.
4. Numbers will be used to identify players and a list of registered players will be provided to captains in attendance. It is encouraged that captains be in attendance. Captains can use the rosters to record their evaluations of players. These evaluations can then be used during the drafting process. After each skills assessment clinic is complete, the Skills Development Committee, led by the Director, will provide feedback and make recommendations to the full Board regarding those players who do not meet the minimum requirements to play in the Intermediate Division.

C. PLAYER DRAFT

1. DETERMINING DIVISIONAL ROSTERS:

The goal of the league is to provide fair and balanced competition for all players. Prior to the draft selection, the Board will review the results from the skills assessment sessions and make a determination on all players' eligibility for their registered division. Any player registered for the Intermediate division but who clearly exceeds the skill set level, will be notified and placed in the Advanced division draft. This placement is at the recommendation of the Skill Development Committee and decided upon by the Full Board. Once the final divisional registrations have been determined, updated lists will be provided to Captains in order to begin the draft selection.

2. ORDER OF DRAFT:

The Advanced Division captains will draft first. Then those players who choose to be eligible for either division, who are not drafted into the Advanced Division, will be placed in the draft for the Intermediate Division. At the conclusion of the draft, any players not chosen for a team will be issued a full refund and placed in the supplemental draft list.

3. SNAKE DRAFT:

The Snake Draft gets its name from the way the draft process moves along. For example, when there are 8 captains in a snake draft the 1st round of picks goes in order starting from 1-8. Once the 8th player is selected, the order reverses to go from 8-1. The captain who picks 8th, will then pick 9th and the draft will go back down towards the captain who



DC PRIDE VOLLEYBALL LEAGUE

had the 1st overall pick. The selection then goes back up from 1-8 again and so on, until all the players have been drafted. The key is that the order reverses each round in a snake-like fashion. For example: In the first four rounds of drafts, the captain who started off the draft will select 1st, 16th, 17th and 25th. The reason for this is so the captain who gets the 1st overall pick, does not get that advantage in EVERY round, thus making the pool unfair.

To determine first round order, numbers will be drawn out of a hat. Below is an example using an 8-team per division format:

8 Team division

- Round 1 (picks 1-8): captain 1 to captain 8
- Round 2 (picks 9-16): captain 8 back to captain 1
- Round 3 (picks 17-24): captain 1 to captain 8
- Round 4 (picks 25-32): captain 8 back to captain 1
- Round 5 (picks 33-40): captain 1 to captain 8
- Round 6 (picks 41-48): captain 8 back to captain 1
- Round 7 (picks 49-56): captain 1 to captain 8
- Round 8 (picks 57-64): captain 8 back to captain 1
- Round 9 (picks 65-72): captain 1 to captain 8

4. TIME ALLOTMENT:

Each team captain shall have 90 seconds to make his/her draft pick in each round. If a captain fails to select within the allotted time, he/she will be skipped and the next captain in that round will make a selection. Once the next captain makes a selection, the skipped captain will go next in order. Then the sequential order will be resumed. For example: If Captain 3 does not make a selection within 90 seconds, Captain 4 will go next. After Captain 4 makes a selection, then it goes back to Captain 3. If Captain 3 makes a selection within 90 seconds, then Captain 5 will be next in order of selection.

5. RULES OF THE ROAD:

Passing (opting not to draft a round) is not allowed. This is to ensure that after each round, all teams have the same amount of players on their roster. There will be no trading allowed during the draft selection. After the draft is complete, captains will have 15 minutes to "trade" players should they choose to do so. This is not required, nor mandatory. It is left to the discretion of the captains. Once the 15 minutes are up, there is no trading allowed. Drafts are final. Only Captains and Board Members will be present for the draft.

6. SUPPLEMENTAL DRAFT:



DC PRIDE VOLLEYBALL LEAGUE

After Week 3, a supplemental draft may be held for those captains/teams that may lose a player or two during the first three weeks. A captain/team is not required to pick up a player(s) during the supplemental draft. The supplemental drafting order is determined by wins/losses record during the first three weeks. The team ranked first will draft last and the team ranked last will draft first. There will be no trading allowed during or after the supplemental draft. All supplemental draft selections are final.

D. SEASONS

1. The Board will determine and publish the number and name of each sanctioned competitive season.
2. The DC Pride Volleyball League season will provide all Divisions with scheduled matches that, to the best of the League's ability, respect the observance of major calendar holidays.
3. The number of matches, the schedule of team competition and officiating team assignments for the season will be determined and published by the Board by the date of the Skills Assessment Sessions.

E. MATCHES

1. Matches shall consist of three sets, with a five minute warm-up period and up to a two-minute break between sets.
2. The scheduled start time for each match is the time when the referee should begin the above-mentioned five minute warm up period.
3. The team that wins two of the three sets will be awarded the match.

F. SETS

1. Each set shall start at a score of 4-4 and play to 25, rally point scoring period, win by 2, and cap at 27.

G. SCORING

1. SCORING SYSTEM
 - a) Scoring system will be rally scoring.
2. SCORING SANCTIONED GAMES
 - a) Points will be awarded by the referee.



DC PRIDE VOLLEYBALL LEAGUE

- b) Scoreboard will reflect status of score during the games.
- c) Final score of games will be recorded in score sheet by the referee.
- d) Team captains (from both teams) and the referee for the match must initial score sheet at end of match to verify recorded scores.
- e) Failure to initial score sheet may prevent addressing disputes or correction of scores and scores as recorded on score sheet will be recorded in the Division standings as written.

3. SCORING FORFEITED GAMES

- a) A forfeited game will still be played and the score of the game will be kept unless one of the teams has less than five (5) team members present to play.
- b) If a forfeited game is not played at all, the score will be recorded in the standings as a final score of 6-1, with the forfeiting team losing.
- c) If the forfeited game is played, in whole or in part, the score will be recorded in the standings with a final score of 6-1, with the forfeiting team losing, or the actual game score, whichever is least favorable to the forfeiting team. Under no circumstances may the forfeited team be credited with anything more favorable than a 5-point game loss.
- d) Double forfeit games will be recorded in the standings as 1-1, regardless of the actual score, and both teams will be recorded in the standings as having lost the game. If an entire match is double forfeited, then both teams will receive a match loss.
- e) If a single game is double forfeited, and the teams split the remaining two (2) games of the match, the match will be awarded based on the point differential of the two non-forfeited games. If the teams have no point differential, the Board shall determine how to record the match of the standings by the beginning of the next scheduled match. The Board may, but is not required to, count that match in the standings as a tie.

H. SEASON STANDINGS AND STATISTICS

1. All teams will be identified within a Division by a series of numbers starting with 1.
2. The team standings for each division will be determined by order of (1) sets won-lost record, (2) points differential earned (3) coin toss.
3. Current season standings shall be posted online.

I. SEASON PLAYOFFS

1. At the end of the regular season, all teams will be seeded into a single elimination bracket.



DC PRIDE VOLLEYBALL LEAGUE

2. Playoff matches are best of 3 sets with first 2 sets starting at 0-0, play to 25, rally score, win by 2, and a cap at 27. The third and deciding set starts at 0-0, play to 15, rally score, switch sides at 8, win by 2, no cap.
- J. Team MVP's
1. After each match (regular season and playoffs), the refing team must select a player from each team as MVP
 2. MVP's will be selected based on the following criteria:
 - a) The player who exemplified sportsmanship and the spirit of the sport, upheld the league mission, and embodied league values
 - b) The player who stood out as an exceptional player on the court
 3. Once all regular season games and playoff games are completed, the MVP votes will be tallied. The top three players from each division with the most votes will be reported to the Board. The Board will vote on the final awardee for the season, based on their knowledge of the player and the criteria set above.