

Rainbow League Volleyball Rules
BB/A, B, and C Divisions
Winter 2025

TEAM ROSTERS

- Each team is allowed a maximum of 12 players on their roster.
 - The expectation is to field the team from its submitted 12-person roster.
 - **Should you not be able to field a team of six using your roster, the following options are available to get your team to six players:**
 - C League
 - You can pull **one** B league player to play with your team. This player is **not allowed to block or jump attack**. This player is not allowed to play during playoffs.
 - You can pull a player from another team's roster to sub as long as permission is granted by the opponent team's captain. Captains should inform the up referee of this request/agreement in advance of the start of play.
 - B League
 - You can pull C league players up to play with your team
 - You can pull a player from another team's roster to sub as long as permission is granted by the opponent team's captain. Captains should inform the up referee of this request/agreement in advance of the start of play.
 - BB League
 - You can pull B (or C)-league players up to play with your team
 - You can pull a player from another team's roster to sub as long as permission is granted by the opponent team's captain. Captains should inform the up referee of this request/agreement in advance of the start of play.
 - As a point of clarification, you **cannot** pull a random, un-rostered BB player to play on your team
 - Teams that are found to violate the aforementioned rules will risk forfeiting the set/match.
- In the BB/A division, you may have multiple A-level players on your roster, however, A players must be spread evenly across BB teams, and **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).
- All players participating in playoffs **MUST** have played at least one match during the regular season.
- Rosters are considered final at the start of week 3. Only exception to this rule will be if player(s) are permanently injured (for the season)...in this instance, the player can be replaced on the roster. 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. If a player is listed on more than one roster, they will be communicated to via email to validate which team they are truly a member of.

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 (max of 1 per team). Email 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 to begin this process.

Rating Examples

| Scenario | Rating |
|---|--|
| You’ve played BB in Rainbow League within the past 6 seasons and are rated B in NAGVA. | You are BB for Rainbow League. |
| You’ve never played Rainbow League and are rated BB in NAGVA. | You are BB for Rainbow League. |
| 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 |
| 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. |
| 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. |

MATCH PLAY

Regular Season ONLY

- Each match consists of 1 hour of court time
 - 5 minute warmup begins at the start of match time
 - 55 minutes of play starts at 5 past the hour

- o 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.
- o 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 begin play at the end of warm-up, the opposing team will be awarded one point.

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.
- 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.
 - o 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 and walls (or protrusions from walls) out of bounds.
- If a ball hits the serving line backboard, it will be considered a replay if the team has at least one more legal touch left and a player was there to make a reasonable play on the ball.

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.