

Adult League Volleyball Rules

El Dorado Recreation

Winter 2015

1. **Net Height** Women's 7'4 1/8" Coed 7'11 5/8"

2. **League Play**

Rally scoring will be used. A game is won when a team scores 21 points and has at least a two-point advantage over the opponent. Net serve is allowed. A match consists of three games played within a 45-minute time limit. When the time limit is reached during the third game, the team winning by two (2) points will be declared the winner of that game.

Tournament Play

Rally scoring will be used. Best 2 out of 3 games will determine match winner. No time limit. All games up to the semi-finals will have a 25-point cap; a team does not need to win by two.

3. **Positions** - Maximum of six (6) players per team on the court: three (3) back line players and three (3) front line players. The back line players may not be as near the net as their corresponding front line players (Ex: Left back cannot be as near the net as left front) prior to the ball being contacted by the server. The center player of either line may not be as near the sideline as the right or left player of each respective line. Once the ball is contacted, players may move from their respective positions. Penalty = side out.

4. Teams may play with four (4) players - no less. Coed must have an equal or greater number of women on the court at all times. Serving order and position must be an alternate of male and female in coed volleyball (*EXCEPTION*: combination of 3 and 2 does not allow this continually; therefore, the first two serves must be alternated. Also, there may only be two players (maximum) of the same sex adjacent to each other in the serving order.

5. **Substitution** – Throughout the game, substitutes must stay in their original position in the serving order in relation to other teammates. Players showing up late may be added to the serving order. Each team should write their serving order on the score sheet before each match. Officials should be notified of any changes in serving order in the games following.

6. **League Play** - Toss of coin will determine service and team area in the 1st and 3rd games of each match. Visiting team will call all tosses. First team listed on schedule is designated as home team. The team winning the toss may choose service or playing court. If team "A" chooses service, then team "B" has choice of playing areas (sides). The team that served first in Game 1 shall receive first in Game 2 and shall serve first in Game 3. Teams will change sides after each game.

Tournament Play - Toss of the coin will determine service and team area for the 1st and 2nd games. If the match goes 3 games, coin toss will determine serve and side.

7. Play begins and ends on the referee's whistle.

8. Teams are allowed a maximum of two (2) 1-minute time outs per game. The referee may stop play if an injury occurs.

9. **Service** - The act of putting the ball in play. The ball may be hit with the hand open or closed, overhand, sidearm, or underhand. The server must serve from the service area located behind the end line in the right corner of the court. The server is allowed five (5) seconds to serve the ball after the referee's ready-to-serve whistle. If, after being thrown or released from the hand, the ball falls to the floor (ground) or is caught again without being hit, the service shall be taken over, as long as it is within the five (5) seconds allowed to serve.

Serving Faults - resulting in a Side Out

- 1) Ball touches the net, passes under the net, passes outside the sidelines, touches a player from the serving team or any object before entering opponent's playing area, or lands outside the limits of the opponent's playing area.
 - 2) Server serves the ball from outside the service area.
 - 3) Ball is hit illegally.
 - 4) Ball is hit before the referee has signaled to begin serve.
 - 5) Server steps on back line at the moment the ball is hit.
 - 6) Screening the opposition by members of the serving team. Members of the serving group may not wave their arms, jump, or form groups of two or more for the purpose of screening.
 - 7) Player serves with two hands.
 - 8) (**New in 2014) Jump serves are NOT allowed in Women's Intermediate League.
10. Each team has a maximum of three (3) contacts in order to return the ball (a block does not count as one of the three contacts). The ball may be contacted with any part of the body above and including the waist. The ball may contact more than one part of the body as long as contact is simultaneous and the ball is not held.
- A. Held Ball - The ball comes to rest momentarily in the hands or arms of a player. Scooping, lifting, pushing, and carrying are all considered holding.
 - B. Double Contact - Player contacts the ball more than once with any part of the body, without any other player having touched it between these contacts.
11. **Block** - Action at the net by a player(s) in an attempt to intercept the ball coming from the opponent's side. One or a group of opposing front line players can block any ball directed towards the opponent's area. The block does not count as a contact (hit).
EXCEPTION: Front line players(s) may not block or attack any served ball.
12. **Net Violation** - Any contact of the net by the body or uniform, inadvertent or not, is a violation.
EXCEPTIONS:
- A. If the ball is driven into the net with such force as to force the net to contact a member of the opponent's team, such contact shall not be considered a violation.
 - B. If a player has accidental contact with any object beyond the ends of the net (Ex: post, cables, etc.) this should not be counted as a violation, providing that such contact has no effect in the sequence of play. Deliberate contact to prevent a net or centerline violation is penalized as a net violation.
13. **Centerline Violation** - Contact with any part of a player's body with the opponent's side of the court during play constitutes a violation. Touching the opponent's playing area with a foot or feet is not a violation, providing that some part of the encroaching foot or feet remains on or above the centerline at the time of such contact. It is not a violation to enter the opponent's side of the court after the ball is dead as determined by the referee.
14. If two opponents contact the net simultaneously, it shall constitute a double violation and will be replayed. A ball held simultaneously by two opposing players over the net at the same time shall count as one team contact and either of them may play the ball again.
15. A player is not allowed to spike the ball on the opposite side of the net. However, a spiker may follow through over the net.
16. A back line player, on or in front of the spiking line (ten-foot line), may not return a ball which is higher than the top of the net.
17. **Ceiling Obstruction** - Other than the serve, a hit ball may be played off the ceiling providing it does not hit the ceiling above the opponent's area or fall into the opponent's playing area after hitting the ceiling.

18. Special Women's Intermediate Rules (NEW for 2014**)**

- A. **NO Jump Serves** are allowed in Women's Intermediate League Play. Overhand serves and side-arm serves are still okay, but NO jump serves are allowed.
- B. **SPIKING**: A running, jumping approach to the ball at the net is no longer allowed in the Intermediate division. *PENALTY* = "Side Out"

19. Special Coed Rules - Intermediate and Competitive.

- A. When the ball is played more than once by a team, one of these contacts must be by a female player.
- B. Men are not allowed to contact the ball above the net inside the spiking line (ten-foot line) except to block and dink. *EXCEPTION*: Competitive League.
- C. **Special Competitive Coed Rule** - When a team's alignment is such that there is only one (1) male player on the front row (normally this would be center front position unless team is playing short), a male player from the back row can come up and help block at the net. This player can only block; he cannot attack the ball in any manner.

19. The following acts are subject to penalty:

- A. Persistent addressing of officials concerning their decisions.
- B. Making derogatory remarks to officials.
- C. Committing actions tending to influence decisions of officials.
- D. Making derogatory or personal remarks to the opponents.
- E. Deliberate or disrupting coaching from anyone outside the court (Ex. Continual jumping up, pacing in the bench area, loud or abusive language, abusive comments to opposing team, throwing objects or displaying disgust in any overt manner).
- F. Clapping hands, shouting, or taking any action conducive to distracting the referee in judgment concerning the handling of the ball.

20. Penalties -

- A. Minor offenses, such as talking to opponents, shouting or intentional delay of game will constitute a warning. If the offense is repeated, the offending player receives a personal penalty recorded on the score sheet and his/her team loses the service, or the opponents are awarded a point.
- B. Serious offenses: A penalty is recorded, and the offending player's team automatically loses services or the opponents are awarded a point. In case of personal repetition of the offense, the referee may disqualify the player from the rest of the game or match. The referee may disqualify without previous warning any player making derogatory remarks to officials, opponents, or spectators.
- C. The referee may not issue a warning to the same player twice in the same game. On the second occasion the player is to be penalized. A warning once given is considered to be in effect for the rest of the game.

21. DECISIONS OF THE REFEREE ARE FINAL.

22. No jewelry, including watches, may be worn during the match. Wedding rings may be worn.

23. **Team Rosters** – Team rosters are **limited to twelve (12)** participants for league and tournament play. Players may be added to the roster through the team's 4th match. Players may only play for one team and one league (Intermediate or Competitive).

24. **Eligibility** – Individuals who are high school age and older are eligible to play. A player who is not on the roster is ineligible and any game(s) in which he/she plays will be forfeited.

Any person who played competitive High School or College volleyball within the last year will ONLY be allowed to play in the Competitive Leagues. This includes Red- Shirts.

25. **Protests** - There will be no protest concerning on-court calls made by the referee. The only protest allowed will be concerning player eligibility. In this case, there will be a \$25 cash protest fee which will be returned if the protest committee rules in favor of the protesting team. The protest must be filed within ten minutes of the completion of the game in question.

26. **Game time is forfeit time.** The first game will begin no later than 5 minutes after the preceding match has ended if the match has run long. If the first game is forfeited, the second and third games will be forfeited no later than 10 minutes after the first game is forfeited.

Forfeits -- any team forfeiting two (2) consecutive matches without notifying the El Dorado Recreation Department in advance shall be suspended from the league for the remainder of the season and payment will not be returned.

27. **Unsportsmanlike conduct is not tolerated at any level of organized play and will not be tolerated in the El Dorado Recreation Department Leagues.**

28. Any player displaying physical/verbal threats to the well-being (such as intentionally throwing the ball, pushing, fighting, etc.) of an official or an opposing player shall be suspended from all El Dorado Recreation Department activities for a period of no less than one year, up to a maximum of three (3) years. The penalty will depend on the severity of the act committed. The Recreation Director, Assistant Director, and/or the Advisory Board will determine length of penalty.

Please Remember: The purpose of this league is to have fun and to get a little exercise.

29. **Ties in League Standings** - In case of a tie in the final regular season standings, the following will be used to determine tournament seeding and/or league champion:
- a) "Head to Head" competition results
 - b) If still tied, a coin toss will determine seeding or league champion
30. Current **National Federation High School Rules** will govern issues not covered by the preceding league rules.