



ADULT VOLLEYBALL RULES GENERAL RULES FOR ALL LEAGUES

I. TEAM PLAYERS:

1. A team may have a maximum of fourteen (14) players on its roster.
2. All players must be 16 years of age or older.
3. No player may play on more than one (1) team in his/her division and must be listed on the roster and all players must be listed by the 3rd week of games.
4. All teams must have a team roster with a signature of all players on their team. If a player is not on the roster the official will not allow him/her to play. If the team chooses to play with a player not on the roster, games will be forfeited.
5. All players must be added by the 3rd league game. Changes must be made with the Community Center Manager at the front desk. All rosters will be kept at the front desk and must be turned in by the first week of play. Any player who is on the court must have signed the roster before play.

II. SUBSTITUTIONS:

1. An established serving order must be set before the game begins.
2. Substitutions can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
3. No free substitution will be permitted, except when a team is short starting player(s), when the player(s) shows up they may enter after a side out

III. PLAY:

1. A lift will be called if a player obviously throws, catches, or slings the ball.
2. A foot fault will be called if the player's entire foot is beyond the center line.
3. All line shots are considered good.
4. Players may not touch the net during play, with the exception of the USVBA blocking rule.
5. Hair contact is allowed. If the ball knocks net into the player, it is allowed.
6. Balls may be played out of the net.
7. It is legal for a player to hit the ball with any part of their body.
8. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plane of the net.
9. Attack blocking the set is not permitted.
10. Blocks do not count as a hit.
11. Only front row players may block
12. On the third hit over, players can completely place his/her hand over the net for a block as long as the third ball striker touches it first.
13. All leagues must rotate on all side outs (includes first serve).
14. Multiple contact is allowed on any first ball (no double hit can be called) over the net provided the ball is not lifted.

15. Sets and Double Calls – We allow an official judgment call on spins if the setter is making an “athletic attempt” at the ball.
16. game maximum of 25 points. Thus, if score is tied 24 all, the next team to score wins.
17. Each team will be permitted one (2) 30-second time out per game.
18. A match will be 3 games to 25 points, with rally scoring being used. If the first two games of the match last 40 minutes or more, the third game will be up to 15 points with rally scoring being used.
19. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.
20. The serving team will be determined by the official, which is the second team listed on the schedule.
21. The team not serving first for the first game will serve first the second game. Teams will subsequently alternate.
22. Players must be in their starting positions during the serve then they may move about the court.

V. SERVICE

1. Officials will allow adequate time for teams to set up defensively before blowing the service whistle.
2. Let serves (serves touching the net) are legal.
3. It is illegal to serve out of order or before the whistle is blown.
4. The server must contact the ball within 8 seconds after the referee whistles for serve.
5. If the server steps on the line or into the court before hitting the ball, they lose the serve. If the ball is thrown as part of the serve, lands without being touched, it is considered a service tossing error, the referee authorizes service again and the server must execute it within 5 seconds. One service tossing error is permitted per rotation.
6. No blocking or spiking the serve will be allowed.

VII. CODE OF CONDUCT

1. Unsportsmanlike Conduct: Any player, team, coach, or spectator who displays any form of unsportsmanlike conduct such as vulgar language, disrespect or deceit, shall be penalized in the following manner:
 - a. An immediate point/side-out shall be awarded to the opposing team
 - b. In the event of a second unsportsmanlike conduct, the official may eject player/spectator. When a player is ejected, they will be suspended a minimum of one match.
 - c. Any person ejected shall leave the facility immediately. Failure to leave the facility will result in forfeiture of match by team.

VII: PLACEMENT/STANDINGS

1. Women's Recreational Volleyball-

There is an equal number of matches played in the 10-week period. The winners of the League will be determined by:

- a. Least amount of match losses. (3 games are played each week and equal a match)**
- b. If tied with same amount of match losses, head-to-head matches won.**
- c. If each team wins a head-to-head match, the highest number of games (there are 3 games each week) that were won receive the higher place.**

2. Women's Power Volleyball-

There are an equal number of matches played in the first 7 weeks. There is no way to determine the winner with the uneven number of matches in the 10-week period. There will be a tournament in the last 3 weeks of the league.

Seeding for the tournament will be based on:

- a. Least amount of match losses. (3 games are played each week and equal a match)**
- b. If tied with same amount of match losses, head-to-head matches won.**
- c. If each team wins a head-to-head match, the highest number of sets that were won receives the higher place.**