



Adult Volleyball By-Laws

1. It is absolutely mandatory that any child brought to the adult volleyball program is under adult supervision at all times. Please cooperate!!
2. There will be absolutely NO FOOD, TOBACCO PRODUCTS or the DRINKING of ANY BEVERAGE, (EXCEPT WATER) in the gym during this program. Disciplinary action will be taken if this is not followed.
3. All players must wear gym shoes. No bare feet, stocking feet, rubber or leather-soled shoes shall be allowed on the gym floor. Gym Balconies, Mats, Chairs and All Other Equipment are OFF LIMITS.
4. Stretch headbands and/or eyeglass holders are the only head gear permitted. (No Hats, Visors)
5. This Department and the facility we utilize are in no way responsible for lost or stolen valuables.
6. The gym will open 10 minutes prior to the first scheduled matches. There shall be no admittance before this time.
7. ROSTER ADDITIONS OR DELETIONS must be made by the pre-set date on the schedule.
8. FORFEITS: A team will forfeit the first set of a match at the scheduled set time if less than 4 players are present. A team will then have 10 minutes to put 4 players on the court to start the second set of the match. If the team does not have enough players after these 10 minutes the match will be forfeited. A team must start and finish a match with a minimum of 4 players. A team with less than 4 players shall forfeit.
9. SIX PLAYERS, 3-front/3-back row at the time the serve is contacted constitutes a regulation team. If 6 players are present, 6 must play. If only 5 players are present 3 must be front row at the serve. If only 4 players are present 2 must play front-row and 2 back-row at time of serve. ONLY front row players may block or spike. If a 5th and/or 6th player arrives that player must enter in the center back position on the first dead ball. Other players must rotate in as described below.
- 10a. ROTATION: Teams must rotate all players present into the set in the same order each time. Rotation is made in the center back position (or the position immediately after the server) each time a team gains the serve. b. SUBSTITUTION: May be used in lieu of rotation. Teams must so inform the opponent prior to the MATCH and must use this method the entire match. A player may enter a set 3 times with start counting as 1 entry. A substitution can be made when the ball is dead with the incoming player replacing the player leaving the set. A re-entering player must assume a position in the same position in relation to teammates as the original entry.
11. ALL LEAGUE TEAMS are responsible for calling your own violations. Be fair & be consistent. Decide together what is going to be called prior to the match. DISAGREEMENTS SHALL BE REPLAYED.

12. RALLY SCORING: A match is won by the team that wins the best of three sets. The first 2 sets of a match are scored with rally scoring. First team to 25 points and must have a 2 point advantage. The deciding set (set 3) is rally scoring to 15 and must have a 2-point advantage. Teams change sides when one team has scored 13 points in sets 1 and 2 and 8 points in set 3. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve. Each team is responsible for keeping the score and should decide which side the scoreboard stays on. The server shall announce the score prior to each serve attempt. The team listed first on the schedule serves first in the 1st and 3rd (if needed) sets of the match. The team listed second selects which side of the court to begin play. Teams shall begin the next set of the match on the same side that they finished the previous set.

13. Two 30 second time-outs are permitted each team during each set.

14. A ball landing on any boundary line is good. DISAGREEMENTS SHALL BE REPLAYED.

15. A ball hitting the ceiling or other obstruction above the offending team's court may be played by the offending team. A ball that hits a ceiling obstruction before crossing the net is out of bounds and a point/side out is awarded.

16. ADJACENT COURTS: If a player enters an adjacent court being used before/during/after playing the ball, the ball is dead and a point/side out is awarded.

17. A PLAYER MAY NOT: A. Block a serve B. Contact the ball twice in succession (except if 1st contact is a block or a double hit when the ball 1st crosses the net or during the 1st hit the ball may contact various parts of the body consecutively, provided that the contacts occur during one action/motion.) C. Contact the net or cross under the net, while ball is in play. (Foot must completely cross the line.) D. Hold or catch the ball E. Serve out of regular turn F. If a back row player: move into the front row to block or spike. (Exception in co-ed, see Rule 19 below) G. Contact the ball until the ball has broken the plain of the net EXCEPT when following through a hit made on player's own side, attempting a hit, faking a hit, blocking or attempting to block a ball if the opponent has had the opportunity to complete their attack (block = arms length from net)

18. A team may not contact the ball more than three times before returning it. EXCEPTION - a block does not constitute a hit and the blocker may participate in the subsequent hit and a block is not one of a team's 3 hits.

19. CO-REC VOLLEYBALL RULES - all other rules are in effect – in addition: A. Serving order and position on the floor shall alternate male/female. (Unless only 5 players present) B. When the ball is played more than once by a team, one of the hits must be made by a female. C. One back row player may block, but not spike, when there is only one male player in the front row. This player must raise his hand prior to each serve. D. Sets may be played with 5 players; at least 2 must be female. E. Sets may be played with 4 players; 2 females and 2 males OR 3 females and 1 male. F. Teams can only play short-handed if the missing positions cannot be filled by other rostered players who are present.

20. Teams are permitted a MAXIMUM OF 5 MINUTES to warm-up, if time permits. No warm-up if behind schedule!!

21. Winning teams must record scores and sign on SUPERVISOR REPORT FORM immediately after winning your match. This form can be found at a designated location in the gym. Failure to report your results by the following week's matches could result in a loss for both teams.

22. LEAGUE CHAMPIONSHIPS will be based on overall won/loss records. If there is a tie, the tie will be broken by the following:

- (A) Win-Loss record in head-to-head matches between tied teams, if the tie still remains then;
- (B) Point differential in the regular season set between the tied teams in head-to-head competition, if the tie remains then;
- (C) Plus/minus points for the entire season;
- (D) Coin toss.

23. DEFINITIONS

A. LEGAL HIT-contact with the ball by a player's body above and including the foot, which does not allow the ball to visibly come to rest even momentarily. B. BLOCK - a play approximately an arm's length from the net in which a player(s) whose hand(s) are raised above the head attempts to: (1) Prevent the ball from crossing the net; (2) return the ball immediately; (3) deflect the downward motion of the ball C. LEGAL BLOCK - Blocking a ball, which is entirely on the opponent's side of the net, is permitted ONLY after the opponent's team has had an opportunity to complete its attack. The attack is considered complete when: (1) The attacking team has completed its 3 allowable hits; (2) the attacking team has had the opportunity to spike the ball or, legally and intentionally directs the ball into the opponent's court; (3) the ball is falling near the net and no member of attacking team could reasonably make a play on the ball D. "BALL" - When a player from either team calls out "Ball," play must stop immediately for safety. A person must call "Ball" immediately every time that a ball from another court enters your court. Be consistent! E. NET BALL – A ball that hits the top of the net during a rally or at the serve and drops in-bounds on the other side of the net, scores a point for the team that hit/served the ball.