

Willamalane Adult Volleyball League Rules and Regulations

The volleyball leagues will abide by all 2023-2024 USA Volleyball rules and/or the following regulations Rules Book unless stated otherwise in this document. Willamalane's Adult Rec Sports staff reserves the right to modify these rules and regulations in the best interest of the program.

Purpose Statement

The purpose of the Willamalane Adult Rec Sports leagues is to offer our adult community the opportunity to pursue, through athletics, the physical, mental, and emotional benefits of team and individual recreational sports. We believe in all adults having access to both casual and competitive outlets and expect that all participants conduct themselves within the Willamalane Adult Rec Sports Code of Conduct, and adhere to all additional District facility and program rules and regulations.

Code of Conduct and Player Agreement

- I understand that my participation in Willamalane Rec Sports, and my presence on Willamalane property, is governed by [Ordinance 100](#). I agree to adhere to all aspects of Ord. 100 throughout my participation, and understand that, should my decisions break Ord. 100, I will be subject to disciplinary action from the District, up to and including being excluded from all Willamalane programs and facilities.
- I will demonstrate good sportsmanship at all times, to all players, officials, program staff, and spectators.
- I understand that I am allowed to participate on only one team at a time per sport offered, and as such, may only identify myself under one consistent name during registration.
- I will uphold all District rules, regulations, and ordinances, and understand that I am liable for any violations of these agreements.
- I will remember that these are recreational sports leagues, and that I am here to have fun and compete in a positive, public environment.
- I will treat all players, officials, program staff, and spectators with respect regardless of race, gender, sexuality, creed, or ability.
- I will remember that my participation in Willamalane Rec Sports is an opportunity and privilege, not a right, and will conduct myself appropriately at all times.
- I have reviewed and understand all league rules and regulations related to the program for which I am registered.
- I understand that there may be consequences for my actions while participating in Willamalane Rec Sports, and have read and understand the following:
- Any player receiving a disciplinary foul (technical foul, yellow card, or similar) for inappropriate conduct will be disqualified from play for the remainder of the current duration of play. Example: a soccer player receives a yellow card in the 35:00 minute of play for inappropriate conduct; they will be required to sit out the remainder of that half of play.
- Any player receiving two cumulative disciplinary warnings in the same contest will be disqualified from play for the remainder of that contest, as well as the next scheduled contest in the same season.
- After any player's third disciplinary warning, regardless of the timeline, the player will be excluded from league play for the remainder of the current season as well as a minimum of two full Willamalane Rec Sports seasons. Exclusion must be fulfilled before that player will be allowed to participate in any Willamalane Rec Sports again. In cases of exclusions, an in-person meeting with league administrators will be required.

- The general management of all players, spectators and teams involved in each of Willamalane's Rec Sports leagues shall be the responsibility of league administrators. Final authority on any matter pertaining to the program will be determined by the Adult Athletics staff.

Good Teammate Golden Rules

- Don't assume the skill level and ability of your teammates AND treat them with respect no matter their skill level and ability.
- Always ask before coaching or providing feedback/advice to a teammate. If they don't want feedback, don't take it personally.
- Make sure all players on the roster have an opportunity to play, and when in the game, are involved in game action (i.e. pass everyone the ball).
- Creating an atmosphere where your teammates feel respected, valued and empowered to contribute will always be more important than how well you play.

League Placement and Rosters

Teams who register for any skill level may be moved to a different skill level on the same night if league enrollment dictates the need. The Athletics staff has full authority to move teams between divisions in the attempt to create a balance among all the leagues.

Fees and Refunds

- Individual players and free agents will only be refunded if the request is made at least one week (7 days) prior to the league's registration closing date.
- Once a team captain registers a team, players on the team will not be issued refunds if their withdrawal results in their team not having enough players to participate in the program, regardless of when the request is submitted.
- If a team captain would like to request an individual withdrawal for themselves, they can transfer the team to a new captain by contacting the adult athletics office and telling which registered player will be the new captain.
- No full team refunds will be issued after a team has been registered.
- Teams cannot be registered late. Fees for individual players being added to existing teams will be automatically prorated if they register after the start of the season.

Participation and Eligibility

- Age Requirement: Players must be 18 years by the time of the first game. Current high school or college players are not eligible to participate during their H.S. or college seasons.
- Rosters: All players on a team must be paid and on the roster prior to playing in a game. All games in which an ineligible player participates will be forfeited and the ineligible player will be suspended for the remainder of the season.
- A player can be registered with only one team per sport per season.
- Changing teams: Players cannot change teams during a season.
- Substitutes: If you have been invited by a team to substitute for any of Willamalane's adult sports leagues, you must sign up on Activenet or at the Bob Keefer Center as a single game sub prior to the start of your game. Substitutes must register separately for each game in which they plan to participate. Single-game substitutes can participate on only one team, in only one league at a time per sport offered. Substitutes can not change to a different team/league once they have played for a team

that season. In order to sub for the playoffs, a player must have also played in at least 1 regular season game for the same team.

- Player Identification: All players will be required to provide a photo identification at their first game (even if their first game is after the start of the season). The I.D. should match the name used to register. Team managers or the Athletics staff may inquire about an opposing player's eligibility before or during any game by approaching the official and requesting an I.D. check. All players should be advised to have some form of I.D. present at all games.
- Insurance: All players are responsible for their own insurance. Players also understand that there are inherent risks of recreational sports and they must assume those risks.
- For seasons where only "mens" and/or "womens" leagues are available, we encourage folks that do not identify as either male or female to select the league in which they feel most comfortable participating.

Starting Times, Forfeits, and Time Limits

- A set: must start with at least 4 players and end with at least 4 players. If 5 or 6 players are present, all players must play. If an injury reduces a team to less than 4 players, a 5 minute injury time-out is granted. If after three 5 minutes the player is unable to continue, the set is forfeited. The team then has two 2 minutes to get ready for the next set. If 4 players are not ready at this time, sets two and/or three are forfeited.
- Matches will not be rescheduled under any circumstance when a team forfeits. Team managers knowing in advance they are unable to field a team are responsible for notifying the Adult Sports Office at adultsport@willamalane.net
- If additional player(s) arrive before 20 minutes past the original starting time, only the first set will be forfeited and the second and third sets will be considered "official" sets.
- If teams play a "practice set" during the 20 minute grace period, while waiting for additional players, the practice set will cease upon the arrival of the player(s) necessary to begin the official set 2 of the match.
- A match shall consist of 3 games.
- The official time is the clock in the gym or the official's watch if a clock is not available.
- Playing Time/Score*:
- All sets will be rally scoring to 25. Teams must win by two. OR 55 minutes, with one team ahead by two.
- If 55 minutes elapse during set two, set three will not be played.
- Tied Sets: A set that is tied or a one-point difference at the end of 55 minutes will continue until one team gets a two-point advantage. A set which is at a two (2) point difference at the end of 55 minutes is final.
- Time Outs: Each team is allowed two (2), 30-second time-outs per set.
- No time-outs will be allowed in the last five (5) minutes of the 55-minute regulation time.

General Rules

- Coin Toss: Prior to the match, the home team captain will call the toss of a coin for the choice of service/receive or side. Before the third set, a new toss of the coin occurs and is called by the visiting team captain who has the same choices.
- Service: After the whistle, the server has eight (8) seconds to serve the ball. A served ball can be hit directly from the hand. Any serve that contacts the net and lands inbounds is considered good.

- Ground Rules: A ball, other than the serve, striking an overhead obstruction (including the ceiling) over a playable surface shall be in play by the offending team. No such rebounding may legally strike above the opponent's playing area, nor may it legally fall to the opponent's playing area. A ball striking a side basket is dead and will be ruled either "out" or "replay."
- Adjoining Court: If the adjoining court is in use, a player cannot play a ball or follow through into the adjoining court or the area behind the adjoining court. This rule applies throughout the match regardless if the adjoining court becomes free prior to the conclusion of the match.
- Substitutions: A team may choose either method of substitution:
 - Rotate extra player(s) into the serving position (or any position) in a regular and consistent pattern.
 - Substitute players into positions on the court. Players can only enter three (3) times per set, and only into one specific position (i.e. middle front). Teams must ask the official for a substitution and it must be between points.
- Red Cards: If a player receives two (2) red cards in one match, the player will be disqualified for the remainder of the match plus suspended for a minimum of one additional match. Any player who is disqualified from two matches during the season will automatically be suspended for a minimum of two seasons.
- Match Cancellations: Any scheduled match canceled due to weather or other uncontrollable circumstances will be decided by 4:00 p.m. the day of the match and posted [HERE](#). Cancellations after 4pm will be the referee decision. Games will be rescheduled for the end of the season whenever possible.
- The ball must be cleanly hit and not held, lifted, pushed, carried or thrown. The ball cannot roll or come to rest on any part of the body.
- When playing the ball, players may use any part of their bodies, including feet, as long as the ball is cleanly hit or "pops" off at contact.
- When contacting the ball with one hand the ball must be cleanly hit with the heel or palm of the hand, with straight, locked fingertips, knurled fingers or with the back of the hand from the wrist to the knuckles.
- Players may step under the net onto the opponent's court without penalty unless the player interferes with the volley.
- If two or more players of the same team contact the ball simultaneously, it is considered one hit. Either player involved may participate in the next hit without penalty.
- The ball is out-of-bounds when it touches any surface, object, or ground outside the lines. A ball touching the lines is considered "in".
- If the adjoining court is in use, a player cannot play a ball or follow through into the adjoining court or the area behind the adjoining court. This rule applies throughout the match regardless if the adjoining court becomes free prior to the conclusion of the match.

Additional Coed League Rules

- If 6 players are on the court , no more than 4 can be of the same gender identity.
- If playing with 4-5 players, no more than 3 can be the same gender identity.
- On volleys with more than one touch, all players who touched the ball may not identify as the same gender. A person who identifies as a different gender must make contact with the ball prior to its flight over the net. A single hit volley by a player of any gender identification is legal.

Faults

- Players touching the net with any part of their bodies.
- A team contacts the ball four times before returning it to the opponents.
- Catching or throwing the ball. The ball must be tapped.
- Serve out of turn. (Will also result in loss of points scored by ineligible servers.)
- A player contacts the ball twice in succession unless the first touch is a block, or the ball contacts various parts of the player's body successively.
- When two opposing players commit fouls simultaneously, the point is replayed.

Blocks

- A ball touched by a player, playing close to the net, and attempting to block a shot by an opponent shall not be counted as one of the three taps permitted by his team.
- In blocking, the blocker may place his/her hands and arms beyond the net provided the action does not interfere with the opponent's play. The blocker is not permitted to touch the ball beyond the net until the opponent has made an attack hit.
- If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to the team.

Officials, Feedback and Protests

- All officials' decisions are final. Although we do not retroactively change the calls of a referee, we do value your feedback and encourage you to submit feedback about our program, officials, facilities, etc. [HERE](#). This feedback helps us improve our programs!
- The official has full authority to take any action or remove any player or spectator from the playing area if, in his/her judgment, this action is necessary to maintain proper playing conditions.
- We do not overturn the results of a game unless they were input incorrectly and we can verify the correct information.

Standings

League standings will be determined by number of matches won. In the event of a split match (i.e. both teams have won one set when the 55 minutes expire), it will be considered a tie. In calculating final standings, teams will receive 2 points for a win, and 1 point for a tie.

In the event of a tie (two-, three-, or four-way) in the final standing, places will be decided by:

1. The number of sets won in the matches between teams involved in the tie.
2. The point spread difference of sets between the teams involved in the tie.
3. If a tie remains, the point spread difference will be calculated between each team involved in the tie and the next placed team.

Team Captains

- Team captains are responsible for the conduct of their players and spectators.
- Team captains should be the primary point of contact with the Adult Sports staff and Referees. Players should ask their manager to contact the office or speak to officials on their behalf.

- All players will receive an opportunity to provide written feedback via survey at the end of each season.

Additional Self-officiated Volleyball Rules

- Players shall call their own faults.
- Team Captains may call major faults, either on their own players or on a member of the opposing team if appropriate.
- Disputes should be solved between the Captains. When the dispute cannot be resolved in a timely manner, replay the point.
- The Gym Supervisor shall have the power to declare the point be replayed if teams cannot resolve disputes in a timely manner.
- Good sportsmanship is required of all participants. Team Captains assume full responsibility for the conduct of the team. Players may be suspended or disqualified from play for unsportsmanlike conduct.
- All rules may be modified by MUTUAL Managers consent in order to facilitate a fun volleyball experience.
- A match shall consist of 3 games.
- Rally Scoring shall be used (a point is scored with every serve).
- A game is over when one team scores 25 points. The winning team must have at least a two-point advantage. All three games must be played within the 55 minute time block.
- If 55 minutes elapse during game two, game three will not be played
- A game which is tied or a one point difference at the end of 55 minutes will continue until one team gets a two point advantage. A game which is at a 2 point difference at the end of 55 minutes is final.
- Teams will use “rock,paper, scissors” to decide who gets to serve the first game. The opposite team will serve the 2nd game. Another use of “rock,paper, scissors” will decide who serves for the third game.
- Service takes place anywhere beyond the back line. The server may not step on the service line when serving.
- The server must announce the score out loud before serving the ball with the server's team score announced first.
- The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This includes a player waving arms, jumping up and down, or moving sideways at the time of the serve.
- Blocking or attacking the serve is illegal.
- Only one serve is allowed (If the ball hits the net or goes out of bounds, the other team receives a point and gains possession of the serve.)
- A Let-Serve (a serve that hits the net and goes over) is legal if it lands in bounds.
- On change of serve, all players shall rotate clockwise. The player in the front line right position becomes the next server. Positions of players may be changed only after a completed game.
- Substitutions may be made anytime the ball is dead as long as the substitute occupies the position that player was in. There is no limit on substitutions.
- Teams will be seeded in the playoff according to the league record. Ties will be decided at random by the Adult Sports office.

Additional Sand Volleyball Policies and Procedures

- Teams switch sides after every ten points scored.
- If one team wins the first two games, a third game will still be played.
- Shoes do not have to be worn. Hats may be worn.
- Teams are composed of 4 players.
- If matches are announced to be "on" at 4:00 p.m. and the weather conditions change, teams must report to the court. The official will decide whether the match will be played. If one match is canceled, all subsequent matches on that court are also canceled. Make-up matches will be rescheduled by the Adult Sports staff.
- Any rules not stated here will be governed by the current years USA Volleyball Rulebook

History: Updated for Fall 2023