

ADULT Coed Volleyball Rulebook



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For All Adult Sports Leagues – team registration is online only on www.Teamsideline.com/Cosumnes. Team rosters, sports specific rules, roster requirements and roster deadlines; and Team and Managers Guidebook; as well as payment of team fees are processed with Teamsideline.

CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be at least 18 years old and must ***enroll on the*** team roster using their Team Sideline Account.
- CSD reserves the right to ask any player at any point in the game to show proper photo identification to continue play. If a player is determined to be ineligible or unable to provide proper photo identification, game can continue with restrictions (see sport specific rules for details) or can be forfeited (at the CSD discretion).
- Rosters: Rosters are online on team sideline. To do this you must log onto your team sideline account, where it will then say manage rosters on the homepage. Your Roster Status is **Open**. Follow these steps to add team members and change your Roster Status from **Open** to **Submitted**.
Step 1: Click the Add to Roster button to add team members. You can also click the Copy Roster button to add all team members from a previous Team Roster.
Step 2: When you add a team member, an invitation is emailed to the team member to prompt them to enroll to be on your team.
Step 3: A check mark displays in the Enrolled column for each team member that has completed enrollment.
Step 4: When the minimum number of team members have enrolled, click the Submit button to change your Roster Status to Submitted.
- Players may be added up through the fourth week of play and (holidays or rain outs do not count in the four weeks).
- Participants are not allowed to wear jewelry (with the exception of medical bracelets, wedding rings, and stud earrings that must be fully covered), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.
- Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are properly covered, and all blood and blood stained clothing is removed. Failure to comply with this policy may result in ejection from the game.
- Game time is forfeit time (please refer to sport specific rules for late policy). A team may start the game with the minimum number of players (listed below per sport).
- Teams must have a manager, assistant manager, or team representative at all games and must circle which player that will be at each game on the line up card provided to the field/gym supervisor.
- Any team that forfeits two games during any given league will be ineligible for any post-season play including post-season play that would make up the seven game minimum per team. (See Team and Manager Guidebook for forfeit fee information)

Minimum/Maximum number of players allowed on the Team Roster:

6-14 Players

Playoffs:

- Playoffs are not guaranteed. Teams are guaranteed minimum number of (7) games. If CSD staff cancels any regular season games, post-season games may be rescheduled so all teams have a minimum number of regular season games as set forth prior to the season. If your league has a playoff system, it is the manager's responsibility to know when his/her team is playing. CSD will not reschedule any games for teams assuming they are a different seed than what they are or for any verbal miscommunication.
- For players to be eligible to play in Playoffs. Players must play in 2 games/matches (not sets) in our league to be eligible to play in playoffs.

Playoff Seeding/Tie Breaking Policy*:

1. Winning Percentage
2. Head-To-Head (among teams that are tied)
3. Lowest Number of Games Forfeited
4. Record against common opponents
5. Coin toss

CSD ADULT VOLLEYBALL SPORT SPECIFIC RULES

Games

1. Game time is 50 minutes. If time expires while the last set is being played, the team with the highest combined score for all three (3) sets will be considered the winner of the match and the set being played.
2. Rosters may have a max of 14 players registered to the team, and players may not play on two different teams in the same division.
3. Minimum numbers of players to start a game are 4 players (at least 2 females on the court). When more team players arrive they can add up to 6 players at any time if they are playing shorthanded.
4. Lineups are due 10 minutes prior to game time or during warm-ups.
5. A Game will consist of (3) sets. All sets will be played to 21 points (rally scoring). The winning team must win by at least two (2) points for the set to be considered final or be the first team to score 23 points.
6. Each team will be allowed 1-30 second timeout per set.

7. No more than four (4) males on the court at a time. There is no limit on the amount of females that may be on the court but there must be at least (2) females on the court at all times.

Game Rules

1. Serves

- The serve order will alternate Home-Away-Home. Away team may choose which side of the court they would like to play on.
- A live serve is any serve that crosses over the net and is either touched by the other team or lands in bounds. Any part of the ball that lands on the line considered in bounds.
- A serve that hits the net and continues over the net is a live serve.
- The server may not cross the end line, but may stand as far back as he or she wants behind the end line to serve.
- Serves may be underhand or overhand. Jump serves are permitted.

2. Receiving

- Serves may not be blocked. The ball must cross over the net and fall below the net before contact is allowed.
- Serves may be returned in any manner as long as the receiver doesn't: carry, lift, or double touch the ball.
- Teams will determine if any illegal lifts, carries, or obvious doubles occur. If teams cannot come to an agreement, the score keeper has the final say in regards to making judgment calls, and also determining if the point will be replayed.

3. Rotations

- On every point/side-out teams must rotate one position clockwise.
- Substitutions may occur at any time while the game is stopped, but the player entering the game come in on serve.
- Teams are allowed an unlimited amount of substitutions.

4. Substitutions

- Teams have an unlimited number of substitutions. Players must substitute inside the 10 foot line but off the court, and may only sub in when play is stopped.

5. Net/Center Line

- Nets will be a standard men's height of 7 feet 11 inches.
- Contact with net is not allowed and will result in a point and serve for the opposing team.
- If a player were to touch or cross the center line it would be considered a violation and the opposing team will be awarded the serve and point.

6. Hitting

- A team must get the ball over the net in 3 touches. (blocks do not count as a touch)

- No player may contact the ball 2 times in a row.
- Carries, lifts, doubles, etc. are not allowed and will result in a point/side out.
- A ball that is hit, does not make contact with the other team, and lands out of bounds results in a point for the other team.
- If a ball hits the ceiling and carries over to the opposing side, it is a side-out to the opposing team.

7. Kicks

- A ball may not be played if contact with a non-planted foot is made, however if the foot is planted on the ground the ball may be played.

8. Spikes/Back Row Attacks

- Spikes are permitted but may not occur against a serve.
- Back row players may spike the ball as long as they jump from behind the 10 foot line. Touching the line before jumping will result in a foot fault and point/side out for the opposing team.

9. Blocking

- Blocking is allowed except on serves.
- Blocks do not count as a touch and blockers may play the ball again immediately after a block.
- Players may jump and extend their hands over the center line to attempt a block at any time.
- Blocking a set is not allowed and the opposing team will be awarded the point and serve.

10. Sets

- Sets may not be doubled or carried, slight spinning or rotation on the ball is ok.

11. Boundaries

- All lines are considered in bounds. If players are in doubt a ball is out of bounds the ref will have the final say if the ball was in or out.
- If a ball hits an antenna attached to a net at any time, that ball will be considered out of bounds.
- If the ball travels from outside of the antennas into the court then that is considered a violation and the opposing team is awarded the point& serve.
- If the ball touches the wall, the opposing team that didn't touch the ball before the wall will be awarded a point and serve.
- The volleyball can touch the ceiling/objects in the ceiling as long as the ball comes back onto your side and is still playable with touches. But if the ball touches the ceiling and goes over to the opponent's side the opponent's team will be rewarded with a point and serve.

This is an adult player officiated league where each team is responsible for calling their own lines and penalty calls. In the event of a team call dispute, CSD staff will have final say in terms of rules and judgement calls. Please be courteous to CSD staff and refer to this rule packet for any questions and concerns in regards to league play. Any additional questions may be referred to the league coordinator stephenmenebroker@cosumnescsd.gov.

12. CSD Score Keeper will be responsible for:

- Starting Matches
- Keeping Time
- Recording Wins and Losses
- Enforcing honor system
- Turning in final score
- General rule knowledge
- Making final decisions on calls

13. Teams will be responsible for

- Honor System
- Calling lines
- All calls/penalties on the court (ie lifts, doubles, carries, etc.)

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