

**LAWRENCE PARKS AND RECREATION**  
**Adult Volleyball By-Laws**

*Revised June 3, 2024*

I. RULES

- A. Games will primarily be played according to the rules and regulations of the current **National Federation of State High School Associations Volleyball Rule Book**, unless superseded by City League Volleyball Rules.

II. GENERAL CITY LEAGUE VOLLEYBALL RULES

- A. During the regular season a match will consist of 3 games capped at 25 with a total time limit of 45 minutes. Matches played during the tournament will consist of best 2 out of 3 games with the first two games capped at 25 and the third game capped at 15. Rally scoring will be the method used, with a point being scored each time a team commits a fault. A match shall include let serve.
- B. All Recreation Leagues, including Women's and Coed Recreation are **NOT** allowed to serve overhead or spike the ball. Underhanded or sidearm serves are legal.
- (1) *Definition of Spike: Any ball that is hit from above the net downward with force*
- C. Teams **MUST** have a minimum of 4 players to start and finish a game.
- D. Players who show up late can be added after game begins by getting name to official on score sheet during dead ball.
- E. Substitutions can take place at the middle back position in regular rotation or player for player. Player for player means that two players can sub in and out for each other and only for each other. Therefore, the use of a Libero is not needed as this can be accomplished by using the player for player substitution method. Whichever method used, it must be used for the entire game (unless there is an injury). The number of times any player can substitute into the game is unlimited for either substitution method. Substitutions in coed leagues must be male for male and female for female.
- F. For regular season matches a coin flip prior to first game will determine serve/receive or playing area. For tournament matches the higher seed will have choice of serve or side.
- G. The team not serving first in the previous game of the match shall serve first in the next game.
- H. No player shall break the plane of a non-playable area such as adjacent courts scheduled for play.
- I. Any ball that comes onto court during play from adjacent court, play will continue and only stopped at the official's discretion.
- J. Ball can be played off basketball goals at ends of volleyball court. Goals on sides of volleyball court are an automatic dead call.
- K. Players may wear jewelry at their own risk.
- L. Please do not bring any unsupervised children to the gym.
- M. Use of alcoholic beverages or drugs is prohibited at all City League sites.
- N. It is permitted to penetrate the opponent's space under the net, provided it does not interfere with the opponent's play (cannot completely cross the center line.)
- O. Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided it does not interfere with the play.

### III. COED VOLLEYBALL RULES

- A. Coed play will follow the USAV rotation rule:
  - i. This format of play allows for six total players on the court at a time, designating “front row” and “back row” positions on the court differentiated by a 3m line (10 ft). All players rotate in a clockwise order through the six positions on the court. The order in which players rotate is called “serving order.”
  - ii. This rotation must alternate genders if playing with a full complement of six players.
- B. When a team has 4-5 players, they must have 1 player from each sex but no more than 3 of the same sex.
  - (1) *Coed Teams, with 5 players (3 men – 2 women) it will be at discretion of the other team.*
  - (2) *5 players: Only 2 of the same sex side by side in serving order.*
  - (3) *4 players: any serving order allowed.*
  - (4) *Teams may play with more women than men.*
- C. Coed Team Play: If one team hits the ball two or more times on their side of the net, a woman must hit the ball at least once before it goes over the net.
- D. Net height will be 7' 11 5/8"
- E. All other rules will be consistent with NFHSAA rules and guidelines.

### IV. LPRD SAND VOLLEYBALL LEAGUE RULES

- A. Minimum of three players to start and finish the game
- B. Sand volleyball leagues will be 6 v 6 and must meet the requirements of rule IV – E, in regard to male/female ratio.
- C. Players must rotate the serve (the serving order should be written on roster so the official can keep track of it)
- D. When a team has 4-5 players they must have 1 player from each sex but no more than 3 of the same sex.
  - (5) *Coed Teams, with 5 players (3 men – 2 women) it will be at discretion of other team.*
  - (6) *5 players: Only 2 of the same sex side by side in serving order.*
  - (7) *4 players: any serving order allowed.*
  - (8) *Teams may play with more women than men.*
- E. If one team hits the ball two or more times on their side of the net, a woman must hit the ball at least once before it goes over the net.

### V. GAME REGULATIONS AND FORFEITURES

- A. Game time is starting time. However, in Game One of a match, if one team does not have (4) players, a 5-minute grace period can be given at the discretion of the others team’s manager; with the understanding that the 45 minute (match time limit) has started.
- B. If both teams are short of having (4) players, both teams will be granted up to 5 minutes to field their fourth player. The game will begin as soon as the team(s) fields their fourth player. Grace period time cannot be used to wait on the sixth player or substitute. Five minutes after initial start time is forfeit time for game one, ten minutes after the official start will be forfeit time for game two and twenty minutes for game three. (Any forfeited games will be scored as follows: 25-0 for Games One and Two, 15-0 for Game Three)

- C. Each match during the regular season is limited to a 45 minute time limit. Games one and two will be played to 25 and be capped and game three will be played to 25 or until the 45 minute match time limit is up. When the time runs out during a rally, if the team that served still retains the serve and is behind, they will continue to serve until there is a side out or until they move ahead. Tournament matches will be played best 2 out of 3 with the first two games being capped at 25 and the third game capped at 15.
- D. If a team forfeits more than 3 matches, the team will be subject to suspension from any further league competition with NO REFUND. If teams are not able to play, we encourage them to contact the Adult Sports Office by no later than noon on the day of the game or noon on Friday for weekend games so that the opposing team's manager can be contacted. If a team forfeits any games without contacting the Adult Sports office within the time mentioned above, that team will not be eligible for league championship awards. The Adult Sports office will not reschedule any games other than those canceled by the league office.