



## 2024 Adult Volleyball Rules and Regulations

*Applies to all divisions of play unless otherwise noted. Current rules established by the National Federation of State High School Associations (NFSHA) and adaptations adopted by the Wisconsin Interscholastic Athletic Association (WIAA) will apply in conjunction with the following City and South East Park and Recreation Council (SEPRC) rule / policy modifications. The NFSHA rule book will serve as a basis for final determination of rules and / or protests which cannot be clearly defined in City / SEPRC modifications.*

### **A. SERVICE**

- a. The service is initiated from any area located behind the baseline.
- b. If a player serves before the referee's whistle, the service is cancelled and a re-service will be directed. A re-service will occur once per rotation, per player.
- c. The server shall initiate the serve by hitting the ball with hand or arm.
- d. The serve shall not unnecessarily delay the serve before the referee indicates.
- e. Approximately 8 seconds is allowed, after the whistle blows, to serve.
- f. A player shall not serve out of turn. If this is verified while the team is serving, all points made on this service shall be cancelled and a side out declared. If the opposing team serves before the error is discovered, there is no loss of points, but players shall return to their proper positions.

### **B. REFEREE**

- a. The referee has the power to warn, declare side out or points, or to disqualify from the game or match any player, substitute, coach or manager who in the referee's opinion commits gross violations of sportsmanship. This could include persistently addressing or making derogatory remarks about or to officials and their decisions, or committing derogatory remarks to and about opponents. (Refer to the Adult Sports Policies).

### **C. LEGAL NUMBER / ROTATION OF PLAYERS**

- a. In all league play (with the exception of Co-Rec (see section Q)), teams are required to have at least 4 players to legally start a match / game.
- b. A team may legally complete a match with no less than 4 registered players if legitimate injuries have occurred to starting players (injuries which forced their removal from any further play for the remainder of the evening). If said injuries had occurred in the first match of a scheduled doubleheader, a team may start the second match with 4 players. In all league play, a team which cannot complete a match with at least 4 registered players will forfeit the game at hand and any other games/matches scheduled to follow for that date.
- c. The first back player of the serving team shall be the first server of the game. Thereafter, the player rotating from right forward to the right back shall be the server.

#### **D. FORFEITS**

- a. In volleyball league play, the first game of the match will be declared a forfeit after five minutes have expired beyond scheduled game time. The second of the match shall be declared forfeit after a ten minute period has expired (when 15 minutes have expired beyond scheduled game time, all three games of the match will be forfeited).

#### **E. SCREENING**

- a. Any player on the serving team whose hands are clearly above the height of the head, extends arms sideward, moves the arms, jumps or moves sideways to distract the opponents while the serve is being effected is guilty of making an individual screen.
- b. A team makes a group screen when the server is hidden behind a group of two or more teammates and the ball is served over the member(s) of the group.

#### **F. OVERLAPPING**

- a. At the time the ball is contacted for the service the placement on court according to the service order:
  - i. In the front line, the center forward may not be as near the right sideline as the right forward, nor as near the left sideline as the left forward. In the backline, the center back may not be as near the left sideline as the left back. No backline player may be as near the net as the corresponding frontline player. After the ball is contacted for the serve, players may move from the respective positions.

#### **G. BALL CONTACT**

- a. A player who contacts the ball or is contacted by the ball shall be considered as having played the ball. The ball may be hit by any part of the body. Kicking is allowed.
- b. The ball can contact any number of parts of the body, providing the contacts are simultaneous and that the ball is not held.
- c. Successive contacts on the first play of the ball: Players may have successive contacts of the ball during blocking and during a single attempt to play the ball when receiving a served ball or an attack hit, providing there is no finger action during the effort.
- d. The ball must be clearly hit. When in opinion of the official, the ball visibly comes to rest at contact, the player shall have committed a foul. If the ball is lifted, held, or pushed in any manner, it is not clearly hit.
- e. A player shall not play the ball twice in succession. When two players of the same team contact the ball simultaneously, this is considered one hit. The players participating in the play may participate in the next play.
- f. Any served ball may only be contacted with the following options:
  - i. Underhand pass (hands together)
  - ii. Overhead pass (hands together)
  - iii. Underhand dig (one arm)
  - iv. Set

*NOTE: Any other method of return will be ruled illegal, dead ball, and a point will be awarded to the service team. If one chooses to overhand pass, the ball must not have prolonged contact, roll off the hands backwards, or be carried behind the head.*

## **H. BLOCKING**

- a. If the ball is touched by the blocker it will not count as a hit. The team will have three hits. Any player participating in the block shall have the right to make the next contact with the ball and shall be considered the first hit.
- b. Blocking is permitted by any or all players of the front line only. Any player is considered as having intention to block if any part of the body is placed above the height of the net in a position at the net. A block has to be contacted to be counted as a block.
- c. **BLOCKING OR ATTACKING A SERVE IS PROHIBITED!**

## **I. BACK LINE PLAYER**

- a. A back line player forward of the 10 foot line, returning the ball across the net, must contact the ball from below the level of the top of the net. A backline player may spike from the back court and land on or in the front of the attack line, provided one's take-off was from clearly behind the 10 foot attack line.

## **J. CENTER LINE**

- a. During play, a player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand/hands remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal. While across the center line extension outside the court, a player may play a ball that has not completely passed beyond the plane of the net extended.

## **K. NET FOUL**

- a. No part of the body (exception - hair) shall contact the net while the ball is in play. Result: Point for non-offending team.

## **L. COURT LINES**

- a. Any part of the ball that contacts the lines or ropes that are the borders of the volleyball court shall be legal and are called "in".

## **M. LIVE BALL BECOMES DEAD**

- a. The ball does not cross the net completely between markers.
- b. The ball strikes the floor.
- c. A player(s) commits a fault.
- d. A player hits a designated obstruction (i.e. a basketball backboard, net or rim) in the judgment of the official if a player (on the receiving team) was in position to play the ball, but because of the obstruction the ball became unplayable, the official can call for a replay. Unless the ball is played play will continue as is.

## **N. SUBSTITUTIONS**

- a. Substitutions may occur in two ways:
  - i. A continuous substitution occurring in the center back position after their team's service has been made.
  - ii. Any substitute shall take the position in the serving order of the player one is replacing. A player re-entering the game shall take the original position in the serving order in relation to their teammates. A player may not enter the same game more than three times. Starting the game constitutes as one entry in the game. No limit to the number of substitutions per game.

## **O. CEILING RULE (INDOOR PLAY ONLY)**

- a. The ball will remain "live" as long as it stays within your own (team) side of the net without violation of legal number of hits. Otherwise, ball is dead, appropriate service point awarded.

**P. GAME / MATCH TIME**

- a. All leagues matches shall consist of 3 games to 25 points winning by two points with a cap of 27 points.
  - i. Time Limits: There is a 55 minute time limit to complete scheduled match. \*EXCEPTION: If the 55 minute time limit expires prior to completion of the third match, the team ahead in score will be declared the winner (win by two points will not apply). If the game score is tied, a ONE POINT sudden death tiebreaker will be played. Team in control of serve when time limit had expired will begin the serve in "tie-breaker" situation.
- b. Each team is awarded one 30 second time out per game. Time outs utilized in the first and second games of a match will not stop the game clock. Time-outs utilized in the third game will stop the clock for 30 seconds each. If the team calling the time out chooses not to use the entire 30 seconds, play must resume when the team is ready. Reminder: The maximum number of time outs a team may utilize is ONE per game. No additional time outs will be given in tie game situations. Unused time outs will not "carry over" into successive game(s).
- c. Each individual game played will count in the standings.
- d. Due to time availability limits of facilities, managers are encouraged to keep play at a steady pace. Game official is responsible for keeping delays at a minimum.

**Q. CO-REC SPECIFIC RULES**

- a. Serving order and position on court shall alternate men and women or vice-versa.
- b. When ball is played by more than one player on a team, one must be a woman.
- c. Net height is approximately 8 feet.
- d. One male back row player may also block when there is only one male player in a front line position.
- e. A team may start and continue play in a "player combination" that consists of one of the following combinations:
  - i. **With 4 Players:** Equal number of Women to Men, OR more Women than Men.
  - ii. **With 5 Players:** 3 Women and 2 Men, OR 3 Men and 2 Women, OR more Women than Men.
  - iii. **With 6 Players:** Equal number of Women to Men, OR more Women than Men. **NO EXCEPTIONS!**

**R. RALLY SCORING**

- a. Each serve counts for one point, no matter which teams wins the point.
- b. Serves hitting the net when crossing over the net are in play.
- c. Fouls on serves are points for the non-offending team.
- d. Games will be played to 25 points win by 2 to a cap of 27.

**S. CANCELLATION INFORMATION AND MAKE-UPS**

*When conditions may warrant cancellation of scheduled activity due to inclement weather:*

- a. CALL THE PARK & RECREATION DEPARTMENT 24-HOUR INFORMATION LINE (297-9008) FOR CURRENT CANCELLATION INFORMATION OR GO TO [www.greenfieldwi.us/parksrec](http://www.greenfieldwi.us/parksrec) **PLEASE DO NOT DIRECT INQUIRIES TO THE DEPARTMENT'S GENERAL OFFICE TELEPHONE NUMBER.** THE STATUS OF GAMES IS ONLY ANNOUNCED IF CANCELLED. (IF NO MENTION IS MADE OF GAMES IN QUESTION...YOU CAN ASSUME GAMES ARE PRESENTLY "ON" AT THE TIME OF THE CALL).
- b. Once at a program site, decisions concerning the cancellations or discontinuation of the activity will be in the judgment of the official.
- c. All cancelled games will be rescheduled for play at the end of the regular season. In extreme cases, it may be necessary to arrange special make-up dates on days other than your regular play night. **If No makeup is scheduled** credit will be issued for games that are not played. Communications will be sent to managers concerning any make-up games (see Adult Team sports Policies for important specific notification procedures related to make-up games).

**T. INSURANCE / LIABILITY**

- a. The City of Greenfield does not provide hospital/medical insurance coverage for people participating in sponsored activities and cannot assume responsibility for injury to any participants in its recreation programs. Participants are encouraged to obtain their own insurance coverage prior to the start of the program and to consult with a physician before participating in any strenuous activity.