

# City of Sterling

## Adult Volleyball Rules

The City of Sterling Volleyball program follows the rules of NFHS. Any rules within this document supersede any NFHS rules.

Net Height: Women's Leagues: 7'4 1/8" (Standard High School Net) Co-Rec: 7'11 5/8" (Standard Men's Net).

The Coach is the ONLY one that is to discuss decisions with the officials. Coaches are also responsible for their players and spectators, see full set of rules for penalties.

### Player Eligibility:

- 1.) Players must be 16 years of age or older to participate.
- 2.) Women's League only: Current High School Varsity, or College players or within the past 2 seasons (2022-2023) MUST play in the Competitive Division, no exceptions.
- 3.) Players are only eligible to play on ONE Women's team and ONE Co-Rec Team.
- 4.) A player MUST play in 1 of the 1<sup>st</sup>-4 games of the season to be eligible for the double elimination tournament (Seeded by Standings) at the end of the 6-game season, if a player joins for the 5<sup>th</sup> or 6<sup>th</sup> game, they are not eligible for tournament.

### Game Rules:

Game time is the Gym Supervisors cell phone time. No exceptions.

- 1.) For Women's you must have a minimum of 2 players to begin the game, for Co-Rec you must have a minimum of 4 players (See Co-Rec Rules) to begin the game.
- 2.) The Official will start the game with a coin toss to determine who serves first, the losing team will choose side, the team not serving 1<sup>st</sup> set will serve 1<sup>st</sup> the 2<sup>nd</sup> set. If there is a 3<sup>rd</sup> set, there will be another coin toss to determine serve.
- 3.) Games will consist of a best 2 of 3 sets. 1<sup>st</sup>- 2 sets will be played to 25 points, with the 3<sup>rd</sup> set being played to 15 points, must win by two. All sets will be rally scoring.
- 4.) 45mins are allowed for each game. If the time is up during the 2<sup>nd</sup> or 3<sup>rd</sup> set, the team leading in points will be declared the winner, if the game is tied, whomever scores the next point will win.
- 5.) Each team is allowed 1 (1 min.) time-out per set, except for the 3<sup>rd</sup> set. No time outs are allowed.
- 6.) There will be no kicking the ball. If your foot leaves the ground to "reach a ball" it will be considered a kick and the other team will receive a point and the serve.

### Serving/Substitutions Rules:

- 1.) The official will beckon the server with the appropriate hand signal and a whistle, If the serve is before the official is ready, it will be declared a dead ball and a reserve. If the server's foot crosses over the endline a foot-fault will be called and a point/serve will be awarded to the other team. NO Stall tactics will be tolerated and may result in an expulsion from the game.
- 2.) The back right position will be the 1<sup>st</sup> server, when a point/serve is awarded the front right position rotates into the serving position. Rotating Clockwise.
- 3.) All Divisions of play all other players (besides the server) must be within the playing area, at the instant of the serve all players shall be in the correct serving order. After the serve, players may move to their respective positions.
- 4.) Blocking an opponent's serve is illegal in all leagues, and will result in a side out, lost of ball, and a point to the other team.

- 5.) A serve can be made with 1 or both hands, fists or arms. You can toss it in the air or hit it out of your hand. Jump serves are allowed.
- 6.) An out of turn serve may be called by the official or the opponents team captain. If deemed out of rotation, the points ( if any made) will be voided and will lose the serve, and a point awarded to the opponent. The team must return to their original rotation.
- 7.) Substitutions are made in a systematic manner. Teams utilizing substitutions must rotate with each service rotation. The substitutions MUST ENTER MIDDLE BACK POSITION, unless there is an injury or in the Competitive Division (see note A)
  - a. Competitive Division can sub in an out per high school rules, i.e. with a Libero, DS, or front row hitters. See NFHS pg. 37, Rule 10 Sec 2.

#### Boundaries and Dead Balls

- 1.) A Dead ball consists of the following:
  - a. Lands out of the court boundary line.
    - i. Point/Serve will be awarded to the opposing team.
  - b. Contacts the Ceiling or over head obstruction and lands in the opposite court.
    - i. Point/Serve will be awarded to the opposing team.
  - c. Contacts a wall or ceiling obstruction with is over a non-playable surface.
    - i. NJC Gym
      1. If the 2<sup>nd</sup> ball hits the walking path on your court, it is a playable ball.
      2. If the 2<sup>nd</sup> ball hits the back basketball hoop, wall, or netting it is a dead ball, point/serve awarded to your opponent.
    - ii. SMS Gym
      1. If the 2<sup>nd</sup> ball hits the back basketball hoops it is a playable ball.
      2. If the 2<sup>nd</sup> ball hits the back wall, sidewall, or basketball hoop above the up ref stand it is a dead ball, point/serve awarded to your opponent.
  - d. Becomes motionless on an overhead obstruction.
    - i. A replay of the same serve will happen if this is not the 3<sup>rd</sup> ball hit.
  - e. Touches the Floor
  - f. Is whistle dead by an official for any reason.
- 2.) If the ball touches any part of the boundary line it is considered in.
- 3.) The ball must pass over the net between the sideline boundaries on the net.

#### CO-Rec Special Rules:

- 1.) You must have a minimum of 2 men to play. Never to have more men on the court than women. Combinations can be : 3men/3 Women, 4 Women/2 men, 3 Women/2 men, 2 Women/2 men.
- 2.) You do not have to alternate men/women in your line-up. But it is your responsibility to keep track or rotation. Out of rotation will result in loss of ball and a point to the other team.
- 3.) A Female MUST hit the ball if two men hit the ball. If a female dose not have a touch on it, the serve/point will be awarded to the other team.