



Adult Volleyball Rules and Regulations

USAVB Rules

- The league will play under the rules of the current United States Volleyball Indoor Rules with the listed exceptions. The following rules are additions and supersede the USAVB rulebook. NOR has the right to revise any rule as deemed necessary at any time.
- Games will be held at Riverlakes Ranch Community Center gym. All divisions play on men's height net (7' – 11 5/8").

Forms

- Completed roster forms must be filled out and submitted to NOR staff or officials prior to the first game. There is no limit to the number of players that can be placed on the roster. You will be allowed to add players throughout the season.
- **All rosters must be filled out and signed by each player in its entirety.**

Player Eligibility

- **All players must be at least 18 years old and out of high school.**
- Players must be able to provide a valid picture ID upon request.
- If it is discovered that an ineligible player is in the game, he/she will be removed immediately.
- Players may not play on multiple teams in the same division, including substitute players.
- Only the players listed on the team roster may enter the court and play in a match
- Players can be added to the team roster throughout the regular season games.
 - Players who did not participate in any of the season games, are unable to participate in the Championship tournament
- It is the responsibility of the team manager to ensure that all players have completed the roster prior to participating.
- Player eligibility may be protested. Rosters are available at each site.
 - A player's eligibility protest must be made before the end of the game played and must be by the team manager only.
- **Any game involving ineligible players will result in a forfeit.**
- **All officials' decisions are final.**

Protests

- NOR does not provide a formal protest procedure. Officials' decisions are final and cannot be protested.
- A player's eligibility protest must be solely made by the team manager before the end of the game being played.

Divisions

- Adult Volleyball has three divisions based on skill level: Division A (formerly Upper B) is for advanced players, Division B (formerly Lower B) is for intermediate players, and Division C is for beginners still developing basic skills.
 - DIVISION A – Gameplay Expectations:
 - High volleyball IQ and consistent execution
 - Extended, fast-paced rallies
 - Combination plays and quick sets permitted
 - Strong hitting accuracy and court vision expected
 - Well-formed blocks and block coverage
 - DIVISION B - Gameplay Expectations:
 - Players with prior intermediate league experience
 - Longer rallies
 - Consistent passing and setting
 - Teams demonstrate basic offensive and defensive strategy
 - Spiking allowed (controlled power)
 - DIVISION C – Game Play Expectations:
 - Fewer extended rallies
 - Basic understanding of rotation encouraged
 - Teams may play with uneven skill levels
 - No aggressive spiking (power & velocity)
 - No jump serves
- NOR reserves the right to move teams to a different division at any time, even after the initial division placements have been made. This decision may be based on changes in team performance, player skill levels, or other criteria deemed necessary by NOR.
- NOR retains the authority to evaluate the skill level of players at any point during the season or competition. Based on these evaluations, players may be reassigned to different divisions or removed from a team to ensure fair competition and alignment with their current level of play.

Forfeits/Delayed Matches

- Teams must notify NOR and the opposing team immediately. Teams may call 392-2000 before 5pm or email nlopez@norrecreation.org. Opposing team managers contact information is available on Team Sideline.
- For a team to be “ready to play” they must have a minimum of two players and at least one must be a female. Once agreed upon, the match is deemed an official one.
- If one team is not “ready to play” at the 6:30 or the 8:00 pm match times, the team present will start earning one point for each minute. Once the late team is “ready to play” the game will start at the adjusted point score (i.e. if Team A is 5 minutes late then the first game will start at 5 to 0 in Favor of Team B. If the late team is not “ready to play” when the awarded points reach 25 then the late team will not only lose the game but also forfeit the entire match.
- If the matches are behind schedule, any team that has not played a match will have a maximum of three (3) minutes to warm up.

Additional Regulations

- All matches are best 2 out of 3.
 - The first two (2) games of a match will be rally scoring to 25 points, win by 1, rally point.

- If a third game is needed, game 3 will be rally scoring to “15” win by 2.
- The match begins with a toss of the coin, the winner choosing the court side, serve or receive. Teams change the court side between the 1st and 2nd game of the match. For the 2nd game of the match, the LOSING team will serve first. If the 3rd game of the match is required there will be a new coin toss with the winner choosing the court side, serve or receiving.
- Two (2) 30 second time outs per match will be allowed for each team.
- At least 50% of the players must be female
 - If a team has only five (5) players, they can then play with a minimum of 2 female players.
 - The opposing manager has the discretion to waive the 50% female minimum rule and must be agreed upon before the start of the match.
- If two (2) or more players touch the ball at the same time, it is considered one hit and either player may hit it again.
- The ball may be played with any part of the body, including the feet.
- If the ball contacts the ceiling and rebounds on the same side, the ball is playable. If the ball contacts ceiling or fixtures and goes over net, it will be side out or point. If the ball visibly comes to rest on inbounds backboards, the official will signal replay.
 - Balls hitting backboards or fixtures that are out of court boundaries are not playable.
 - Entering the adjacent court to play an out-of-bounds ball is not allowed.
- **DIVISION C ONLY**
 - Any attempt at aggressive spiking will result in officials signaling a replay.

GAME BALL:

- **DIVISION A ONLY**
 - Teams are allowed to play with their own game ball if both managers agree to it prior to the game.
 - Game ball cannot be switched during play, unless there is an equipment failure.
- **DIVISION B & C**
 - Teams must play with the game ball provided by NOR, unless there is an equipment failure.

WOMEN MUST HIT RULE:

- When the ball is hit by two males in succession on the same team, a female must contact the ball before it can be returned over the net. Two men on the same team may not contact the ball then return it to the opponent's court. If this does occur, a point will be awarded to the opponents. This rule exists to encourage a team effort and discourage exclusive male dominate play. This rule is always in force.

ROTATION/ROTATING IN

- The right back player is the first server at the start of the game.
- Rotation is clockwise around the court.
- **When a substitution occurs, the player must always enter the game at the back-center position**
- **Late Arriving Players:** May rotate in immediately at next dead ball, if team is playing with less than 6 players the late arrival must rotate in at the center back position. If a team is already playing with 6 players, the late arriving player must wait until the next rotation by their team before entering the game.

SERVING

- Net serves are played.
- The ball should be clearly hit, not caught and/or thrown.
- The team receiving the serve may set the ball on the first hit
- Players may not block or attack a served ball.
- If the ball is served before the official whistles, the serve is canceled and a re-serve directed.

Playoffs

- At the conclusion of regular season play, a single elimination tournament will be played to determine the league champion. All teams are eligible.
- Regular season rules will be enforced throughout the tournament.
- In the event of a tie for seeding position, the following tiebreakers will be used:
 - Head-To-Head
 - Head-To-Head Differential
 - Total Points Differential
 - Coin Toss
- The winning team will be awarded a set of 10 championship plaques.

Disciplinary Procedures

Physical Attack

No spectator, coach or player shall be guilty of a physical attack as an aggressor upon any player, coach, official, spectator or District staff before, after or during a game, practice, or meeting.

Minimum Penalty: Suspension for the remainder of the season and placed on probation for one year.

Maximum Penalty: Suspension for one year from all District Sports Leagues.

Abusive Verbal Attack

No spectator, coach or player shall be guilty of an abusive verbal attack upon any player, coach, official, spectator or District staff before, after or during a game, practice, or meeting.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season and placed on probation for one year.

Unsportsmanlike Behavior

No spectator, coach or player shall be guilty of unsportsmanlike behavior towards a player, coach, official, spectator or District staff before, after or during a game, practice, or meeting. Unsportsmanlike behavior includes but is not limited to, taunting, or bating an opponent, arguing with an official, spitting on a hand during handshakes or making unnecessary gestures.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season.

Rough Tactics

No coach shall be guilty of allowing and no player shall be guilty of using unnecessarily rough tactics in the play of the game against an opposing player.

Minimum Penalty: Both the player and the coach shall be suspended for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension from league play for the remainder of the season.

Intoxication

No spectator, coach or player shall be guilty of appearing upon District facilities at any time in an intoxicated condition or consume any alcoholic beverages on District facilities.

(Parking lots are considered District Facilities.)

Individuals violating any of the above guidelines will be ejected from the game and required to immediately leave the facility.