



Adult Volleyball Rules and Regulations

Divisions

- Play will be at **RIVERLAKES RANCH COMMUNITY CENTER GYM**. All divisions play on men's height net (7' – 11 5/8").
- "Women Must Hit" rule in force is in effect in all divisions.
- NOR reserves the right to move teams from one division to another prior to the start of the season to balance out each division.

Eligibility & Roster Requirements

- **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.
- Completed rosters will need to be submitted to NOR Staff or officials prior to the first game. **All rosters must be filled out and signed by each player in its entirety.**
- Throughout the season, players may be added to the team roster. Only the players listed on the team roster may enter the court and play in a match.
- Players may not play on multiple teams in the same division, including substitute players.
- **Any game involving ineligible players will result in a forfeit match.**

Protest

- Player eligibility may be protested. Rosters are available at each site.
 - A player eligibility protest must be made before the end of the match by the team manager only.
- All officials' decisions are final.

Forfeits/Delayed Matches

- **Teams must notify NOR and the opposing team immediately if they need to forfeit a game. Teams may call 392-2000 before 5pm or email nlopez@norrecreation.org.**
 - **Opposing team manager contact information is available on Team Sideline.**
- For a team to be "ready to play" they must have at least 2 players, 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 match time, 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.

RULES OF PLAY

USVBA rules and Code of Conduct govern play, with the following modifications listed:

Number of Players

- A team may play with 2 to 6 players.
- At least 50% of the players must be female, except if a team has only five (5) players, a team may play with a minimum of 2 female players. The opposing manager has the discretion to waive the 50% female minimum rule.

Rotation/Rotating In

- The match begins with a toss of the coin, the winner choosing the court side, serve or receive. Teams change 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 court side, serve or receive.
- Rotation is clockwise around the court.
- The right back player is the first server at the start of the game.
- At the beginning of each new game the players may change positions.
- **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 next rotation by their team before entering the game.

Time Outs

- Two (2) 30 second time outs per match will be allowed for each team.

Out of Bounds

- A ball hitting the line is good.
- 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.
- Balls striking the side walls will be treated the same as balls striking the floor.
- Entering the adjacent court to play an out-of-bounds ball is not allowed.

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.

Playing the Game

- **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, 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.

- 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.
- Time between games of match shall not exceed 30 seconds.
- **DINKS: ARE NOT ALLOWED THAT INVOLVE PROLONGED CONTACT AND/OR DIRECTIONAL CHANGE OF THE BALL.**
- 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. Foot digs are allowed.**

Serving

- Net serves are played.
- The ball should be clearly hit, not caught and/or thrown. It can rebound in any direction. At the first hit of a team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
- The team receiving the serve may set the ball on the first hit and 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

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.