

# ADULT CO-ED VOLLEYBALL LEAGUE RULES

## GENERAL RULES & ROSTER

1. All participants must be 16 years of age or older.
2. Players may play on one team from each division (recreational & competitive) but cannot play on multiple teams from the same division.
  - a. A recreational team is allowed only 1 player from a competitive team.
  - b. If a team is short players and wants to use a player from another team in the same division, the team captain from the opposing team must approve before the game. The game official will give the captain notice in this case and the captain's decision is final.
  - c. Team rosters will be filled out and signed on the first night of play.
  - d. All teams will be merged into one division if both the recreational and competitive divisions do not have enough to participate.
3. Teams who are short players can play with either 4 or 5 players (proper ratios apply - 1 up in recreational and 2 up in competitive). Teams playing with less than 6 players will have a side out in the empty positions (unless both teams are short and playing with the same amount). A game cannot end on a side out due to a team being short players.
4. Teams may consist of the following for each division (all female teams are allowed):
  - a. Recreational - 3 guys and 3 girls
    - i. If a team is short players, they may play with only 1 extra guy (1 up) to girl ratio (3 guys and 2 girls would be acceptable, but 4 guys and 1 girl would not be allowed).
  - b. Competitive - 4 guys and 2 girls (if desired)
    - i. If a team is short players, they may play with only 2 extra guys (2 up) to girl ratio.
5. During game play, rule objections or questions may be addressed with the referee by the team captain only. Any questions or clarifications may be addressed with the site supervisor after the game or by email, as to not disrupt scheduled games.
6. Any player or coach who verbally or physically threatens a referee, uses obscene language, repeatedly arguing with referee, etc. will be ejected from the match and is subject to suspension from the volleyball program.



## GAME PLAY

1. USA Volleyball Rules apply.
2. Matches will be best 2 out of 3 games. First two games will be rally scored to 25 win by 2 (no cap) and the third game, if needed will be rally scored to 15 win by 2 (no cap).
3. Attacking or blocking a serve is not permitted.
4. The ball may touch any part of the body. The ball must not be caught and/or thrown.
5. Net violation. Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing.
6. In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the attack hit.
7. The instant that contact happens on the serve, all players must be within their own position on the court. After the ball is contacted, the players may move to other positions.
8. Open substitution is allowed but may be made only in the back left position. Substitution is allowed any time play is dead.
9. **PLAYABLE OVERHEAD OBSTRUCTIONS:** A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
  - a. If a ball contacts the ceiling or obstruction above the team's playing area and crosses the plane of the net into the opponent's court, the ball is "out".
10. **HAVE FUN!**

\*This rule book is designed to highlight the most common questions of the adult volleyball program. Our official rules follow the USA rule book unless otherwise noted. The Recreation Supervisor reserves the right to make changes to any rules throughout the season to ensure success of the program.

