



Adult Volleyball League Rules

MATCHES: Rally scoring will be used for all three games. The first two games will be played to 25 points and must be won by 2 points. The third game is played to 15 and must be won by 2 points.

PLAYERS: Four or five people may play with an open spot rotating as if the players were present. If you have 3 male and 2 female players, then the ghost rule is in effect and when the open spot rotates to the serving position it is a side out. You may NOT play with more than three males on the court at one time. If you do not have at least 4 players, it will be considered a forfeit.

BACK ROW PLAYERS: A back row player may move up, however, the player's feet may not leave the ground once they have crossed the white line. A back row player may spike from the back row as long as they do not cross over the white line. When playing with four players, the server is the only player who must remain a back row player.

SERVICE: Home team will serve first. Visiting team will serve first the second game and a coin toss or a heated game of rock/paper/scissors will determine the serving team for the third game. You can serve from anywhere on the back court as long as you are within the boundaries of the court. Foot faults will be called.

PLAYING THE SERVE: Players may set a serve. Players may NOT spike or block the serve.

NET CALLS: Do not touch the net during play. Feet must remain on your side of the net and center line.

DOUBLE HITS: A double hit is only allowed if a player blocks the ball and then hits it a second time on their side of the net. Obvious throws, catches and lifts will be called as violations.

HITTING RULES: If the ball is hit on one side twice by male players, a female must have the third hit if the ball doesn't go over after two hits.

BLOCKING: Only front-line players may block.

FORFEIT TIME: Teams are required to be on the court at game time. If your team is late, at five minutes the first game is a forfeit. After 10 minutes, second game is a forfeit, and third game will not be necessary.

SUBSTITUTION: Substitution may be made by rotation in at the serve or the spot approved prior to start of the game by the referee. Whichever method you start the game with is how you must continue the game.

LATE PLAYERS: If one of your team members arrives late and you are not playing with six players, he/she may rotate in when the open spot returns to the serving position.

PROTESTS: Appeal of a call is made through the manager of the team to the referee after the ball is dead. A manager has the right to ask for an explanation and an explanation must be given. Only the manager may ask for an explanation from the official, other players may not. Protests will consist of eligibility protests only. Judgement calls may not be protested.

TIME OUTS: Each team is allowed one time out per game. There will be a maximum of two minutes between games.

CEILING BALLS: You may play the ball on your own side if your own team accidentally hits the ceiling, but if you hit the ball over the net towards the opposing team and the ball makes contact with the ceiling, it will be ruled a dead ball and a point will be given to the opposing team. Balls may not be played off of walls, basketball goals or other equipment surrounding court.

Player eligibility Requirements:

- 1. All players must be at least 18 years of age.**
- 2. All players must sign the roster with their own name and in their own handwriting. To be eligible to play in playoff games, a player must have played in at least one regular season game and must already be on the roster. No new names will be added to the roster after the last night of regular season games.**
- 3. Players may only play on one team.**
- 4. Suspension: A player, coach or team follower ejected from a game will be suspended only for that game. Poor behavior, such as loud and abusive language, fighting or alcohol related misconduct will result in forfeiture or ejection from the game and possibly from the league at the discretion of the referee or site supervisor.**