

WEST DES MOINES PARKS AND RECREATION DEPARTMENT

222-3444

POWER VOLLEYBALL LEAGUE RULES

I. THE GAME

- A. All Volleyball games will be played in accordance with 2024-25 United States Volleyball Official Rules with the exception of any rule changes specifically stated in these rules or on the team schedules as pertaining to local situations.
- B. Home team will serve 1st for the first game. Teams will then alternate serving 1st for the second and third games of the match.
- C. Teams will play all 3 games of the match. There will be a 50 minute time limit on each match.
- D. **Rally Scoring System – Point scored on every serve. No side-out required to score a point.**
 - 1. Rally Scoring used in first 2 games of match.
 - a. A game is won by the team which first scores 25 points with a minimum lead of (2) two points.
 - b. In the case of a 24-24 tie, play is continued until a two-point lead is achieved. **First team to 27 will determine the winner.**
 - 2. Rally Scoring used in 3rd game of match.
 - a. A deciding game is won by the team which first scores 15 points with a minimum lead of (2) two points.
 - b. In the case of a 14-14 tie, play is continued until a two-point lead is achieved. **First team to 17 will determine the winner.**
 - c. Teams change sides when one team has scored (8) eight points.
 - 3. Rally Scoring used in the last 5 minutes of time allotment.
 - a. If a team has a 1 point advantage when time is called, that team will be declared a winner.
 - b. If the match is not yet in the 2nd or 3rd game when the time allotment is gone, the first team to 5 will determine game winner(s).
- E. At the end of each game, the teams will change courts.
- F. A game will be forfeited when a team has fewer than 4 players (any male/female combination) 5 minutes after the scheduled match time. The match will be forfeited when a team has fewer than 4 players (any male/female combination) 10 minutes after the scheduled match time.
- G. If an entire team "no shows" without notifying the Recreation Office and/or the opposing team before the match, the team is automatically out of the league with no refund. If your team forfeits a match without notifying the Recreation Office and/or the opposing team before game time you will need to pay \$20 before you will be allowed to play in the next match. The second forfeit will cost \$40. **All forfeit fees collected will be donated to WDM Human Services.** More than two forfeits in one season will result in immediate release from the league with no refund of any fees.
- H. The height of the net will be 7' 11" for Coed & 7' 4" for Womens Leagues.
- I. Both teams must help the referee tear down and store nets & poles after last match.

II. THE PLAYERS

- A. Uniforms are not required.
- B. Ball caps are not allowed.

- C. Appropriate playing shoes must be worn. Shoes leaving marks on gym floor will not be permitted.
- D. No player is allowed to play on more than 1 team within the same league in West Des Moines during the same season. Violation will result in individual suspension and/or game or match forfeiture.
- E. To be eligible to play in any game a players name and signature must be on the Official Team Roster or an Add-a-player form before game time. If the player does not reside within the City of West Des Moines, a \$6 non-resident fee must also be paid with the Add-a-player form. Add-a-player forms (with exact change) must be turned in to Referee before the match begins or the Parks & Recreation Office (4200 Mills Civic Pkwy.) before this new player is eligible to play.
- F. Teams are allowed to make up to five (5) roster changes up until the specified deadline (on schedules) when rosters are frozen.
- G. A legal picture I.D. is required of all players at all matches.

III. THE TEAM

- A. Teams will consist of 6 players and may start and play a match with a minimum of 4 players. Coed teams must have a minimum of 1 and a maximum of 3 players of each gender (any male/female combination). A minimum of 8 players must be rostered (4 men and 4 women for Coed) and must be 18 years old and out of high school.
- B. If a teams fifth and/or sixth players arrive after the start of the match they may enter the game.
- C. If a team drops to fewer than 4 eligible players after the start of a match, it shall continue play.
- D. If a team starts with 6 players, and due to injury loses a player they may continue play.
- E. The Manager or a playing captain shall be designated by each team and this is the only player who may communicate to the official.
- F. Position of players in order of rotation shall be: 1.Right Back, 2.Center Back, 3.Left Back, 4.Left Front, 5.Center Front, 6.Right Front.

IV. THE SERVE

- A. After being clearly released from the hand(s) of the server, the ball shall be cleanly hit for service. The ball must be contacted within 8 seconds after the referee's signal to serve.
- B. The server may move freely within the service zone. At the moment of the service hit or takeoff for a jump service, the server must be completely in the service zone and not touching the court (end line included) nor the playing surface outside the zone. After the service, the player may step or land outside the zone including the court.
- C. Substitutions must rotate into the serving position (1.Right Back) and rotate out after the (6.Right Front) position.
- D. The first server for each team is the (1.Right Back) player. Thereafter, when receiving team wins rally, the (6.Right Front) player rotates to the serving area. EXCEPTION: Substitution Rule IV., C.
- E. When the serve is awarded to a team, that team will rotate clockwise one position.
- F. Net serves are legal and must be played.

V. DEAD BALL

- A. The ball is "out" and becomes dead when it:

1. contacts a wall, object mounted flush with a wall, a person out of play or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball;
2. contacts the floor completely outside the court's boundary;
3. contacts an antenna, rope, cable, post or the net itself outside an antenna or side band;
4. touches the net antennas or does not pass over the net entirely between the net antennas;
5. touches or breaks the plane of a nonplayable area such as adjacent courts scheduled to play, bleachers, benches, etc.;
6. touches any part of a backboard which is hanging in a vertical position, over a playable area if, in the judgement of the official, the ball would not have remained in play if the backboard hadn't been there.

VI. DURING PLAY

- A. A contact is any touch of the ball by a player.
- B. A hit is a contact/touch of the ball which is counted as one of the team's 3 allowable plays before the ball is returned to the opponent.
- C. A team must not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the team's first contact is an action to block, the next contact is considered the team's first hit.
- D. (Coed Only) When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.

VI. DURING PLAY (Cont.)

- E. Team hits include not only intentional hits by the player but also unintentional contacts with the ball. A player may not contact the ball with two separate and consecutive motions. EXCEPTION: When two or more players may touch the ball at the same moment. This is counted as one contact.
- F. The ball may touch any part of the body. The ball must be hit, not caught or thrown. It can rebound in any direction. Receiving a served ball with an overhead pass using open hands is not necessarily a fault. The ball may touch various parts of the body, provided that the contacts take place simultaneously. EXCEPTIONS: During blocking, consecutive contacts may occur by one or more blockers provided the contacts occur during one action. During the first hit of the team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
- G. **PLAYING FAULTS**
 1. Four Hits: A team contacts the ball four times before returning it to the opponents.
 2. Assisted Hit: A player takes support from a teammate or any structure/object in order to reach the ball.
 3. Held Ball: A player does not contact the ball cleanly.
 4. Double Contact: A player contacts the ball twice in succession, or the ball contacts various parts of the body successively.
 5. Illegal Hit: A player, in non-playing area, plays a ball.

- H. A ball sent to the opponent's playing area must pass over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited at the sides, by each antenna and its imaginary extension, and above, by the ceiling. A ball penetrating the opponent's side outside of the crossing space may be played back to a teammate, provided it has not completely crossed the vertical plane of the net at the moment of contact. The ball is out when it completely crosses the space under the net.
- I. A ball shall remain in play if it contacts the ceiling or other overhead objects above the playing area. The ball is out of play if it makes contact above the opponent's playing area or above the team's playing area and then crosses the plane of the net into the opponent's court.
- J. In blocking, a blocker may contact the ball beyond the plane of the net inside the antennas, provided the blocker does not interfere with the opponent's play. A player making an attack-hit is permitted to pass hand(s) beyond the net after the attack-hit, provided the ball is contacted within his/her own playing space or within the plane of the net. A player is permitted to pass hand(s) beyond the net inside the antennas and contact the ball over the opponent's court on his or her team's first or second hit, provided the ball has not completely crossed the vertical plane of the net and is directed back into the player's own playing space.
- K. A player may reach or penetrate into the opponent's court and/or space under the net, provided this does not interfere with the opponent's play. Penetration into the opponent's court, beyond the center line to touch the opponent's court with a foot or feet is permitted, provided some part of the penetrating foot/feet remains either in contact with or directly above the center line. Contact the opponents court with any other part of the body (except hair) is a fault.
- L. It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball. A player may touch a post, rope or any other object outside the total length of the net provided this contact does not interfere with play. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
- M. A replay is the act of putting the ball in play without awarding a point or side-out and without rotation of the serve. A replay shall be declared when:
 1. an official's inadvertent whistle interrupts play;
 2. a player unintentionally serves the ball prior to the referee's signal to serve;
 3. the ball stays lodged in Court Dividing Curtain;
 4. there are conflicting calls which the referee cannot resolve.
 5. Ball becomes lodged in ceiling above teams playing area.

VII. TIME-OUTS

- A. Each team is limited to 2 time-outs per game (non-accumulative).
- B. Charged time-outs will not exceed 60 seconds.
- C. An additional time-out will be permitted only when each team has scored 14 points.

VIII. ROSTER PROTEST

- A. If a team has a question about a players eligibility, the following procedures must be followed:
 1. Must be protested officially before the game ends.
 2. Notify the official and opposing team manager of protest.
 3. Player in question must produce a legal picture I.D. to the Official and must sign and print his or her name on score sheet.
 4. No I.D. ---- No Play.
 5. If I.D. is valid and signature matches I.D. signature, the match will resume.

6. Score sheet will be turned in to Recreation Office. If name does not appear on roster, if they use another name or if signatures do not match, the team will forfeit the match.

IX. LEAGUE TOURNAMENT

1. A League Tournament will be held only for leagues who did not receive 10 league games due to low or high registration in their specific league. Not every League will have a League Tournament. A large majority of money budgeted for awards will go toward League 1st and 2nd place finishers and a small plaque will go to League Tourney winners. Please do not over emphasize the importance of League Tourneys. Scheduling some leagues with Tourneys allows the Department flexibility to accept the proper levels of teams in the appropriate leagues without being handcuffed to a certain # of teams in each league.

X. CONDUCT

- A. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect or vulgarity.
- B. No player, manager or spectator shall act in an unsportsmanlike manner while on or near the court before, during or after a match.
- C. Unsportsmanlike conduct by a player or manager includes:
 1. use of disconcerting acts or words when an opponent is about to play the ball;
 2. derogatory remarks to officials or opponents;
 3. questioning or trying to influence officials' decisions;
 4. showing disrespect of officials' decisions;
 5. using insulting language or gestures or baiting acts which engender ill will;
 6. making any contact with an opponent which is deemed unnecessary which incites roughness.
- D. Any manager or player removed from a match will receive an automatic 1 match suspension to be served in the next consecutive match. A longer suspension may be given by the Department depending on the severity of the offense.

XI. WEATHER

- A. In the event of adverse weather conditions managers and players should call **222-3500** for a recording. If the recording is not updated, games will be held as scheduled. Please do not call until after 5:00 pm on weekdays or until after 11:00 am on weekends. The Department will not call managers.

XII. AWARDS

- A. League Champions t-shirts will be awarded to every rostered player on League Championship teams.

XIII TIE - BREAKER

- A. The following system will be used to determine league standings.
 1. Game standings - %.
 2. Head-to-head game standings - %.
 3. Head-to-head point differential.
 4. Total league point differential.