

# SPOKANE COUNTY 4's & 6's VOLLEYBALL RULES & GUIDELINES

**Note: The success of Spokane County's Indoor Volleyball program is dependent upon use of Non-County, publicly and privately owned athletic facilities. In addition to providing the best possible experience for our clients, the rules and guidelines that follow have been written to incorporate measures that are critical for continued use and access to athletic facilities. Thank you for participating in our programs!**

1. The Captain/Manager of each team is responsible for the team's conduct before, during, and after each game. The Captain/Manager is responsible for his/her players knowing the rules and regulations listed below. Penalties including forfeiture of games and/or suspension from one game to indefinitely may be imposed by the Recreation Program Manager or designee for misconduct of players, coaches, sponsors, or team representatives on or off the playing area and for violating rules and guidelines as outlined herein.
2. **Under no circumstance should any players, captains, sponsors or team representatives arrive or participate in games under the influence of any illegal or other substance known to be prohibited at a specific site.**
  - a. Smoking, Vaping, Drugs and Alcohol are all prohibited on school property. Examples of school sites used to host games include, but are not limited to: Bowdish Middle School, East Valley Middle School, Mountainside Middle School, Northwood Middle School, North Pines Middle School, and Horizon Middle School.
  - b. If a player or players "APPEAR" or are "PERCEIVED" to be under the influence of an illegal or other substance known to be prohibited at a specific site, play should be stopped immediately and the Recreation Program Manager or designee will be notified. County staff may then instruct the player or players that "Appear" or are "Perceived" to be under the influence to leave the premises before resuming play. In the event, specific players are not forthcoming or identifiable, the team or teams that "Appear" or are "Perceived" to have players under the influence may be directed by County staff to forfeit the remainder of the offending teams' games for the night and leave the premises. Following the incident, the Recreation Program Manager or designee may conduct a more thorough review of the incident and additional penalties may be imposed as outlined in the "Athletics Code of Conduct".
3. School Gym's. Children under 12 are allowed in the gym or inside the school building during the Spokane County Volleyball Program ONLY when a responsible adult (not participating / not playing volleyball) is present and supervising the child/children to ensure appropriate behavior that will not disrupt play or violate school rules and guidelines as may be posted or otherwise communicated to program participants and their guests. **In the event a player brings a child and the child is asked to leave for lack of compliance with these guidelines, game play shall not occur for the player and players team until such time the child has been removed from the premises.**
4. Players may be listed as an active substitute for more than one team in a division. Substitute players are only eligible to play with one team per division during tournament

play. When registering, please add all players to your roster and maintain a current roster throughout the season.

- a. During 4's games, each roster must consist of at **least 4 members** but **no more than 8 members** at any point during the season and/or playoffs.
- b. For 6's games, each roster must consist of at **least 6 members** but **no more than 12 members** at any point during the season and/or playoffs. Rosters must be finalized by the 5th week of the season. No changes to the roster will be permitted beyond this point.

All players are required to sign in prior to the start of play. Sign in sheet will be compared with team rosters to verify eligible players. If a team is found to have played with an individual not on the roster, that team will forfeit the applicable game or match.

### **The Game:**

5. Games are to begin promptly. **Forfeit time is 3 minutes after game time, but teams will not be given extra time to finish the match.** If a team is not prepared to begin the first game of a match and takes a forfeit, they shall have ten additional minutes before forfeiting the second game (and the match). All teams should remain in the gym, ready to play, during each night of competition. When a court becomes available, the match in the next time slot on that court should be started as soon as possible to take advantage of available court time. Each team can have one 30-second time-out per game. If the team is not ready to play after 30 seconds, they shall lose service OR the other team shall receive a point.
6. Rock/paper/scissors will determine who can choose side, service, or receive at the start of each match. The team that is awarded the opportunity to serve first shall receive the serve to start the second game. If teams split games 1 & 2 then Rock/Paper/Scissors will determine choice. If a team loses games 1 & 2 they will be awarded choice.
7. Regular season and tournament play, games at all gyms shall consist of Rally Scoring, playing the best 2 out of 3 games within the 45-minute allotted match time. The first two sets are played to 21 points, win by 2, with a cap of 23 points. The 3<sup>rd</sup> set played (if necessary and as time allows) is to 15 points winning by 2, with a cap of 17 points. When the allotted 45-minute match time expires, the team with the most points (any amount) will win the 3<sup>rd</sup> set and match. All league rules will be officiated as normal during the 3<sup>rd</sup> game of a match. There is no "if" game after the championship round. The standings tie-breakers are as follows: 1. Match Win Percentage; 2. Head-to-Head; 3. Least Number of Matches Forfeited; 4. Least Points Scored Against; 5. Most Points Scored For.
8. For 6's games, during regular season AND playoff games, teams must start with a minimum of FOUR players. A team may play with as many females (up to the maximum of 6 players) as they wish but can have a maximum of one more male than females on the court (i.e. a team can play 3 men and 2 females but not 3 males and 1 female). If a team is playing with 3 males and 2 females, they will be charged with a "loss of service" and a point will be awarded to the other team each time the absent female's position comes up to serve in the rotation. There is no penalty if a team is playing more females than males. If playing with 5 players, at least two players must remain in the back row during play, as they would normally be positioned in the rotation.

9. All games are self-officiated.
10. Unlimited substitution if player does not advance in serving order.
11. Net Heights: Co-Ed 7'11"5/8

**Rule Interpretations:** Leagues use a modified version of the rules published by the National Federation of High School Sports (NFHS).

1. During 4's games all players are considered front row the entire match (i.e. a player is still able to hit in the front row even if they just served).
2. Rotations for serving MUST stay in order-failure to do so will result in a side out.
3. Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body. No palming/throwing the ball on a hit, or allowing the ball to roll along a player's arms. (Contacting ball behind head, catching ball in hand, and throwing over the net). Palming/throwing will result in a side out). Kicking the ball to keep it in play IS allowed. This rule also applies to first contact of the ball.
4. A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
5. A back-row player shall not attack a ball which is completely above the height of the net while positioned:
  - a. On or in front of the attack line or its out-of-bounds extension;
  - b. In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
6. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. Every time the ball crosses the net the first contact is allowed to be a double hit. A block is not considered first contact. The attack is considered complete when the:
  - a. Attacking team has completed its three allowable hits;
  - b. Attacking team has had the opportunity to complete the attack or, in the referee's judgment, directs the ball toward the opponent's court;
  - c. Ball is falling near the net and, in the referee's judgment; no legal member of the attacking team could make a play on the ball.
7. In accordance with NFHS rules, contacting the net or net cables during play is a net fault. A copy of these rules is kept on file at the Spokane County Parks, Recreation & Golf department office. Please call to schedule a date to review the NFHS volleyball rulebook.

8. Blocking a served ball is not permitted. **After each loss of serve, including the first side out of a game, the team preparing to serve shall rotate clockwise one position prior to the serve.**
9. Double hit: Player illegally contacts ball twice in succession or ball rebounds from one body part to another on a single attempt to play the ball. Results in side out and a point and for the opposing team.
10. Self-Officiated Divisions must make honor calls on foot faults, hands, under the net and rotation faults. Call out score before each serve. Also, stay on schedule and be sure to record game scores on score sheet after each game, not only after each match. Any unresolved disputes with judgment calls require a replay of the point. Only team captains may discuss the judgment call dispute. Teams who wish to appeal judgment call decisions must contact the Gym Supervisor or Recreation Office.
11. If the ball touches any part of the ceiling, PLAY ON, as long as ball comes down on SAME side of net. Basketball assemblies hanging vertically over a playable area from the ceiling are judgment replays. If a ball contacts a wall, it is considered a dead ball and point for the other team.
12. League standings show games won and matches won, and both used for seeding of the tournament.
13. Rule interpretations and other in-game related questions should be directed to the gym supervisor by ONLY the team captain.