

## MINOT PARK DISTRICT ADULT VOLLEYBALL RULES

Players are eligible to play on only one team per division (men's, women's, coed). There are no "subs" allowed from another team.

All players must be added to a team's roster through the Recreation Office before they play.

According to High School Activities Association rules, no player participating in high school volleyball may at the same time participate in recreation leagues.

Each team must have a minimum of 4 players present to start the match (Coed - 2 men and 2 women). Game time is forfeit time for the first set of the match. You will then get 15 more minutes to get enough players to play the last 2 sets, otherwise the whole match is a forfeit.

There will be only one 30 second time out per game.

All leagues will play all games by the Rally-Point Method of scoring (point scored on every served ball). All 3 games will be played to 21 points. There will be a 23 point cap on all 3 games.

The ball will be called dead when the ball enters a non-playable area. Play will also be called dead if a player enters an adjacent court in an attempt to save the ball.

Let serves (a ball touching the net, but still going over) will be played.

Teams must rotate on the serve. (Server will rotate out on a sideout, after he/she has already served). You must rotate before the first serve of each game.

No Libero is allowed.

### COED RULES

Each team must have a minimum of 4 players present to start the game, 2 men and 2 women - no exceptions! (3 men and 2 women, or 3 women and 2 men is allowed). No more than 3 men or 3 women will be allowed to play at one time.

The serving order and positions on the court at service shall be an alternation of male and female, or vice versa.

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.

### PLAYING THE BALL

The ball may touch any part of the body, providing such contact is simultaneous and that the ball rebounds immediately and cleanly after such contact.

The ball must be hit, not caught or thrown.

When the ball visibly comes to a rest momentarily in the hands or arms of a player, it is considered as having been held.

If the ball is held simultaneously by two opposing players, it is a double fault and the referee will direct a play-over.

- If a ball is contacted simultaneously by opponents and is not held, play shall continue.
- After simultaneous contact by opponents, the team whose side the ball falls shall have the right to play the ball three times.
- If, after simultaneous contact by opponents the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the force necessary to cause the ball to go out of bounds.

When two players of the same team contact the ball simultaneously, this is considered as one contact and any player may make the next play on the ball, provided that it is not the third team contact.

A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent, such action does not constitute a fault.

No player shall assist a teammate by holding such player while the player is making a play on the ball. It shall be legal for a player to hold a teammate not making a play on the ball in order to prevent a fault.

Blocking is the action close to the net which intercepts the ball coming from the opponent's side by making contact with the ball before it crosses the net, as it crosses the net, or immediately after it crosses the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. A blocked ball is considered to have crossed the net.

Blocking or attacking a serve is prohibited.

Any ball, including a served ball, hitting the net between antennas may be played again.

If a player touches the lower part of the net during play, but that touch is inadvertent and does not affect play, no fault will be called. No player may touch the top white tape during play. If opponents contact the top part of the net simultaneously, it shall constitute a double fault and the referee shall direct a replay.

Contacting the opponent's playing area with any part of the body except the feet or hands is a fault. Touching the opponent's area is not a fault providing that some part of the encroaching foot/feet or hand(s) remain on or above the center line.

A ball becomes dead when:

- a. The ball touches the antenna or the net outside the antenna.
- b. The ball does not cross the net completely between antennas.
- c. The ball strikes the floor, floor obstructions, or the wall.
- d. A player commits a fault.
- e. The referee blows a whistle, even though inadvertently.

If the ball hits the ceiling and comes down on the attacking side play will continue. If the ball goes over the net, side out will be called.

**DO NOT ARGUE WITH THE OFFICIALS.** Disqualification from a game results in a player being ineligible to play the next match, 2<sup>nd</sup> time - two matches, 3<sup>rd</sup> time - season. Referee calls are final!