



ADULT VOLLEYBALL RULE PACKET

New Rule updates are highlighted in yellow.

Rosters

Rosters must be submitted via TeamSideline for the first game. Teams who do not turn in their roster may not be placed on the schedule at the discretion of the Recreation Supervisor; teams may also be subject to forfeit without a legal CARD roster.

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to know the rules and abide by them. It is also every player's responsibility to respect and cooperate with the officials. It is the responsibility of the team manager to ensure proper behavior on the part of his/her team's fans. The team manager is ultimately responsible to the CARD staff for all the above. All infractions will be governed by the Players Code of Conduct.

The objective of CARD Sport's League is to provide the opportunity for participants to benefit from a quality leisure time activity which encourages fitness, healthy competition, fun and fellowship in the form of organized sports. Friendly competition and good-spirited rivalry are expected. However, Officials and Facility Supervisors are CARD employees and will not tolerate verbal abuse or physical threats directed at them or other participants, coaches and/or spectators. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. The Official or Facility Supervisor may forfeit games if either team's participants or supporters act in such a way as to interfere with proper conduct of the game.

GENERAL

Conversations with officials/umpires will be kept to a minimum. Team managers, and only team managers, should address the official. Managers may only address matters of rule interpretation or essential game information and must do so in a courteous manner.

Players should wear appropriate clothing and footwear to participate in CARD volleyball leagues. Players may be asked to remove jewelry, clothing, shoes or any other accessory deemed unsafe by referees.

BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

Schedules, Standings, League information is all available at www.teamsideline.com/chico

RULES

ROSTERS

1. Rosters are due via the team sideline before the start of the first game. The team manager cannot make changes after week 4.
2. Players may only be on one roster (men, women, coed) per league. Players may not play on two teams in the same league. A maximum number of 15 players can be rostered on a team. Additional rosters can be made past week 4 with CARD Admin approval.
 - a. Penalty: If a player is found to be on more than one roster per league will be forfeited and suspension of player and managers can be enforced at discretion of the adult sports supervisor.
3. Players must be a minimum of 16 years of age to play. Players between the ages of 16 and 17 must have a youth participation form signed by a parent /guardian. Must show age verification to a CARD staff member prior to playing in any CARD Adult Sports program.

Game

1. Net Height:
 - a. Women's 7'4
 - b. Coed 7'8
 - c. Men's 8'
2. The maximum number of players on the court is **six**. Teams may play with as few as **four** players for it to constitute a legal game.
3. Each team is allowed five minutes to warm up. The game time is **fifty-five** minutes unless otherwise noted on your schedule. Teams may use the court for the full fifty-five minutes if their match ends early and time permits before the next game.
 - a. Time-out requests: A timeout may be requested while the ball is dead (not in play). Each team is allowed **two** 30 second time-outs per full game, injuries are not counted as a timeout. **Injuries do not stop the game clock.**
4. Transition time is allotted as one minute in between each set.
5. If a team does not have enough players at game time, it will automatically forfeit its first set. A 15-minute timer will start. Once the clock expires, if enough players are on the court, the last two sets can be played. If not, all three sets will be forfeited. Teams may still use the court to scrimmage or practice if they choose; however, there will not be a referee.
6. "Rock, Paper, Scissors" will initially decide if a team serves or receives (choose side). Teams alternate serving to start each new set regardless of who won or lost.
7. Games consist of two sets of 25 points and the third set of 15 points. If time permits and at the discretion of the official, the third game can be played to 25 points. Rally Score is used. Teams must win by two points. All three sets will count in the league standings.
 - a. **If the game scores are tied and there is no time left for the third set, it can be played to 5 points.**



8. Substitutions: When a team rotates, the last server rotates out, and the substitute takes their position in the center back. A substitution can be made when a player is removed due to an injury.

SCORING/SERVING

1. The rally score will be kept. When a team commits a fault, the result is a loss of the rally, and the opponent shall receive a point. If the serving team wins the rally, it scores a point and continues to serve, If the receiving team wins the rally, it scores a point and gains the serve.
2. A served ball that hits the net and goes over is a "Let serve" It is legal to do in Recreational and Competitive Volleyball. The ball has to contact and cross over the net between the antenna poles.
3. The right-back player is the server. A server must serve from anywhere behind the back boundary line and not touch this line until after the ball is hit; otherwise, it is a violation.
4. Replay: the act of putting the ball in play again without awarding a point or side out. A replay can be called on an official's mistakes, a foreign object entering the court, an injured player, double fouls, a trap ball, and any other reason at the official's discretion.

ROTATIONS/ SWITCHING POSITIONS

1. **Every player on the team must serve.** The player in the right back corner is always the server.
2. Each time a team gains serve, it must rotate one position clockwise before serving, regardless of if it is that team's first serve. Failure to rotate, or rotation out of turn, will result in loss of serve. The server must wait for the official's whistle before each serve.
3. When a team rotates, the last server will rotate out and the substitute will take their position in the middle back. A substitution can be made when a player is removed due to injury.
4. Players may switch positions only after the ball is served. After a dead ball, players must return to their original positions, until the ball is served again. Players will rotate in the middle back only (for substitutions).

VIOLATIONS

1. A player may not block or spike/attack the serve.
2. Legal hit ball: The ball must be clearly hit. A legal hit involves contact with the ball by a player's body—including the foot--which does not allow the ball to visibly come to rest or have prolonged contact with the player. Your team may hit the ball up to three times on your side of the net, but the third hit must go over the net to your opponents, including any kicks.
3. A set is defined as an overhand pass that has equal contact with both hands but does not have prolonged contact.



4. Players can have double contact (not two separate attempts) on any first ball over.
5. Out-of-bounds: A ball is out of bounds and becomes dead when it:
 - a. Touches a wall or any objects mounted to the wall, or backboards.
 - b. Touches the ceiling or overhead obstructers beyond the vertical plane of the net and its out-of-bounds extension.
 - c. Touches the floor completely outside the court boundary lines (if any part of the ball hits the boundary line it is considered in)
 - d. Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas.
 - e. Touches the net cables or net not completely inside the antenna.
6. A back row player on or in front of the attack line (10ft. line) cannot contact the ball above the height of the net and complete the attack, if they do this will be considered a back row attack. Back-row players may not participate in a block, this is a back-row attack.
7. During serve: Serve out of turn before the referee's whistle.
8. During net play: Contacting the net, touching, or going under the net is a violation. If a player's foot goes under the net it has to be completely across and not touching any part of the center line to be considered a violation. When the ball is driven into the net causing it to touch an opposing player- no violation has occurred.
9. No player may reach over the net or touch the net.
10. A player shall not contact the ball which is completely on the opponent's side if the net unless the contact is a legal block. See below.
11. Blocking a ball that is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - a. The attacking team has completed its three allowable hits.
 - b. The 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.
12. When a player contacts the ball simultaneously with an opponent, it does not constitute one of his team's three hits.
13. A violation is called when the ball is played more than three times on one side. A block does not count as one of the team's three hits.
14. An illegal hit is called when the ball visibly comes to rest or has prolonged contact with the player.
15. Scooping, throwing, lifting, shoving, or catching the ball, touching or going under the net is a violation.



16. A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team or interfere with games taking place on other courts. While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

COED VOLLEYBALL LEAGUE RULES

1. Teams shall be limited to six players on the court at a time. There cannot be more than three men on the court at any time. The number of male players may equal the number of female players, but not surpass it. More women can play than men when a team is short of players.
2. There must be at least one male player playing to constitute a coed team; otherwise, the game is subject to being forfeited.
3. Tipping: Male players are allowed to tip balls at the net as long as there is no prolonged contact or break of the wrist upon contact. (Ask the referee for clarification as needed).

Recreation Coed League:

1. Serving order on the court needs to alternate between male and female players. Male players must equal the number of female players and cannot surpass, please see rule #1 above.
2. A woman does not have to touch the ball each time it is over the net. Please ask the referee to clarify if you have any questions.
3. Overhand serves may be used by women players only.
 - a. An underhand serve is when a player strikes the ball from below, around waist level, causing the ball to travel in an upward trajectory. Any ball struck above chest level will be considered an overhand serve.
4. Serving order and position on the court is an alternation of men and women. Exception: a shortage of male players.
5. Men can only jump to spike if they are behind the 10-foot line.
 - a. Male players cannot full-swing or follow through on a hit. The ball must be hit with an upward trajectory regardless of position on the court.
6. If a man blocks at the net, his hands may **not** cross the plane of the net to block. No penetration.
 - a. Any forward motion of the hands or arms when contacting the ball will be declared a driven ball and not a blocked ball.

Competitive Coed League:

1. Serving order on the court does not have to alternate male and female. Male players must equal the number of female players and cannot surpass, please see rule one under coed rules for clarification.



2. Men and women may use Overhand and jump serves in the Competitive Coed Leagues.
3. Men can only jump to hit if they are behind the 10-foot line.
4. If a man blocks at the net, his hands may cross the plane of the net to block.

REMINDER

This is a recreational program. Players are not professionals, and while we encourage competition, the win-loss aspect is not a matter of life and death.

Stay under control.

The referees and other officials/staff are not professionals either, and errors may be made. All efforts are made to limit and correct errors but they are not all correctable.