



## **Adult Co-Ed Indoor Volleyball Rules**

### I. League Description

This league is a recreational adult league designed for teams with an interest in enjoying fun competition amongst like minded adults.

### II. Player Eligibility / Age Rules

1. All participants must be 18 years of age or older to participate.
2. All participants must complete an OPD Sports waiver before playing.
3. All players should have a picture ID with them at matches.
4. A picture ID must be presented to a referee or park district representative if a player's eligibility is questioned. Failure to do so will result in the player not being allowed to participate in that match. An eligibility check may be requested at any time prior to the end of the match. However, we encourage teams to make eligibility checks prior to the start of the game if an ineligible player is suspected. If a player is determined to be ineligible they will not be allowed to play in that match.

### III. Teams / Rosters

1. Completed rosters must be submitted to the Park District by the date determined by the OPD Athletics Staff.
2. All rosters must be signed by the participants before they can play in any games.
3. Teams may have up to 15 players on their roster.
4. New rosters must be submitted for each season. Rosters may not be carried over.
5. Players must participate in at least three regular league matches to be eligible to play in the post season tournament.

### IV. Schedules

1. Game schedule will be created and maintained by the OPD staff.

2. All scheduling changes or adjustments must be made in cooperation with the OPD staff. You are not allowed to reschedule games on your own. If you would like a game rescheduled due to any circumstance this must be done in conjunction with the OPD staff.

#### V. Game / Match format

1. All matches will consist of 3 games.
2. The first two games will be to 25 points (win by two) with a 27 point cap using rally scoring.
3. The third game of the match will be played to 15 points with a cap of 17.
4. A coin flip, rock paper scissors, or odd/even by the referee will determine which team serves the first game of the match. The serve will then alternate for the following games. Teams will switch sides after each game.
5. Forfeit times are as follows:
  - 5 minutes past game time for first game forfeit
  - 10 minutes past game time for the second game forfeit
  - 15 minutes past game time for the third game forfeit

Ex. 7:00 pm Game time – 7:05 pm first game forfeit, 7:10 pm second game forfeit, 7:15 pm third game forfeit.

If the forfeiting team's captain or representative is aware that his team will not have the minimum number of players for the entire match, please notify the referee and all 3 games shall be declared a forfeit at that time.

6. If a match is a forfeit, teams may play "for fun" until 10 minutes prior to the next scheduled match.
7. Any forfeited game shall be recorded as 0 – 15. Double forfeits will be recorded as a loss for both teams.
8. Teams notified of their opponent's forfeit in advance may use the court for practice up until 10 minutes prior to the next scheduled match.
9. A team that forfeits more than twice in a one season may be dropped from the league as the discretion of the Park District.

#### VI. Playing Rules

1. General Playing Rules
  - A. All players must sign in on the match report before match.
  - B. Teams may take the court 5 minutes before the scheduled start time (or when the previous match is done) for a 5 minute warm-up period. If Team A fails to field the minimal required players by 5 minutes after the starting time, they will forfeit to Team B. However, Team B must be able to field the minimal required players by 5 minutes after the starting time also; otherwise it will be a double forfeit.

- C. A team may have no more than 6 players and no less than 4 players on the court at a time. If a team has 5 or 6 players, at least 2 of the players on the court must be male and at least 2 of the players must be female. If a team has only 4 players they must have at least 1 player of each gender on the court. If a team falls below 4 players for any reason they must forfeit all games not completed with 4 players.
- D. Teams playing with less than a full team may enter additional players as soon as they arrive. Players must enter in either of the two available substitution positions.
- E. There will be no penalty for playing with less than a full team, but teams must have a minimum of four players (This can be any combination as long as there is at least one player of each gender. 3 male and 1 female, 2 male and 2 female, or 1 male and 3 female).
- F. Teams playing with five players are considered to have two back row players and three front row players. When playing with four players, teams are considered to have one back row player (the server) and three front row players.
- G. The ball may be played by any part of the body.
- H. Any contact with the net is a fault.
- I. All players must be in the relative rotational positions at the instant the ball is served.
- J. A team is allowed two 30 second time-outs per game.
- K. No time outs will be permitted 50 minutes after the start of a match.
- L. There shall be a two minute rest period between games.
- M. A ball which comes in contact with the ceiling, lights, or any other obstruction above the court and comes down on the hitting team's side is in play. If the ball crosses the net after contact with any of these it is a side out.
- N. The boundary lines are in bounds.
- O. Judgment of all ball handling errors and conditions of the rules are made only by the referee. Good sportsmanship must be displayed at all times. Only the floor captain is allowed to discuss any circumstance or play or rule decision.
- P. If there is a question on a play or situation not covered in the rules, a decision will be made by the referee based on USAV rules.

## 2. Serving

- A. All players, except the server, must be completely within the court as the ball is being served
- B. A server may serve with an open or closed hand. The server may not enter the playing court until after the ball is contacted.
- C. Only one hand may be used to strike the ball for a serve.

- D. The ball may touch the net while crossing it, as long as it does not make contact with the antennae or other external objects.
- E. A serve which hits any ceiling, lights, supports or other obstruction is a loss of serve.
- F. Rotation occurs after a team gains the right to serve. The team shall rotate players one position clockwise and the right back position is the server.
- G. A server is allowed one errant toss per serve. An errant toss must drop cleanly to the floor for a second service attempt to be allowed.
- H. All other rules follow USAV rules.

### 3. Passing / Receiving

- A. A one-handed underhand hit must be made with a closed fist or the heel of the hand. If two hands are used, the hands must be interlocked as one unit. Open hands may not be used in any underhand hit.
- B. The ball may be legally hit by more than one part of the body on the first contact, providing multiple contacts are made simultaneous and the ball rebounds immediately and clearly after contact (exception: a player making successive contacts with the ball during blocking or during the first team hit on a ball coming directly from the opponent's side.) A ball rolling up the arm can be considered a held ball.
- C. Simultaneously hitting of the ball by members of the same team (not in the act of blocking) counts as one hit and either of the two players may make the next play on the ball.)

### 4. Setting

- A. A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and thumbs of hands. Improper handling of the ball includes not hitting the ball simultaneously with both hands, contacting the ball with the palms in a slapping action or catching the ball.

### 5. Attacking

- A. All contacts directing the ball into the opponent's court with the exception of a serve and block are considered attack hits.
- B. The ball should be hit with the striking action of an open or closed hand.
- C. The player is permitted to pass his or her hand beyond the net after an attack hit provided that the contact has been made within his or her playing space.
- D. A player may not make an attack-hit on a serve as long as the ball is completely above the top of the net.

### 6. Blocking

- A. The blocking of an attack hit is permitted with contact of the ball first being made on the opponent's side of the net, providing it does not interfere with the other teams 3 hits.

- B. A player touching the ball while blocking may make the next play on the ball if it remains on his/her side of the net.
- C. No player can block a serve.
- D. Only players who are in the front row at the time of service may legally accomplish blocking.
- E. The team which deflected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's area.

#### 7. Substitutions

- A. Player substitutions may be made at one or both of two positions in the rotation order. These positions are Server or right-back and left-front position. Having two substitution positions allows up to two players to be rotating into the game at a time, thereby increasing playing time for all participants. If a player is substituted in they must remain in the game for one full rotation on the floor. Players that are subbed out are not required to sit out for any specific duration of play.
- B. Substitutions are not required to be of the same gender, so long as the minimum number of players per gender is still on the court.
- C. Once a player has substituted in or out at one position on the court, that is the only position they are allowed to sub into or out of for the remainder of that game. Unlimited substitutions are allowed.

#### VII. Equipment

- 1. The Park District will supply the game ball and set up the nets. Teams must provide their own practice balls; the game ball is not to be used for practice.
- 2. The height of the net for Co-ed league is set according to USAV Rules. The height shall be 7' 11 5/8".
- 3. Soft-soled, non-marking gym shoes are required.
- 4. Cast, braces, and supports containing any hard material and worn on a finger, hand, wrist, or forearm are illegal, even if padded, and cannot be used.

#### VIII. Officiating / Referees

- 1. Referees will be assigned and provided by the Park District. All rulings made by the referee in regards to game play will be final. Any disputes or questions regarding decisions of the referee should be directed to the OPD Athletics Staff.
- 2. If an assigned referee is not available the game may be played as an unofficiated game providing both captains agree. If a game is unofficiated, both teams are asked to call their own violations and faults. If the opposing team believes a fault occurred, only the team captain will be allowed to ask if a fault has occurred. If there is a disagreement over the call, replay the point. Call the faults for your own team, AFTER the rally, request a replay if you perceive the other teams fault. Please show good sportsmanship and integrity at all times.

#### IX. Standings / Tournament / Playoffs

1. League standings will be determined by the following order:
    - A. Game record, followed by head-to-head games.
    - B. Match record, followed by head-to-head matches.
    - C. Point differential, followed by point differential in head-to-head competition.
  2. In the case of any tie break situation, if any team has had a forfeit loss, they are eliminated from the tie breaker.
  3. A single elimination tournament will follow the regular season with pairings determined by the regular season standings.
  4. Tournament matches are played, first team to two games. The first two games of the match are played to 25 points, win by two, with a 27 point cap. If a third deciding game is needed, this match is played to 15 points, win by two, with no cap. A coin toss will determine service of the deciding game. Teams will switch halves of the court after one team reaches 8 points.
- X. Player Conduct / Sportsmanship
1. Any team exhibiting unsportsmanlike acts towards members of another team, any referee, or any Park District representative, risks forfeiture of their game. The Park District reserves the right to forfeit any game following complaints by the referee or Park District representatives or other team captains. Any team which we feel does not display the high degree of sportsmanship we expect in our leagues may be asked to no longer participate in our program.
  2. Any conduct determined to be unsportsmanlike or unruly by either the referee or OPD staff will result in one warning.
  3. The second instance of misconduct shall result in an ejection. Any player ejected from a game for any reason may not participate in that team's next schedule match. The Park District staff reserves the right to extend the suspension period if the reason for ejection in their opinion is severe enough. Failure of any ejected player to give their name to the Park District representative will result in the game being declared a forfeit immediately.

