



VOLLEYBALL

Athletics Staff

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Women's and Coed Volleyball Leagues Rules and Regulations

The volleyball leagues will abide by all USA Volleyball rules and/or the following regulations.

I. Objectives of the Program

- A. To provide an opportunity for interested individuals to play volleyball in an organized manner.
- B. To provide wholesome recreational play and not merely to declare a league champion.
- C. To meet the scheduling needs of recreation-oriented teams.

II. Management and Authority

- A. The overall management of the volleyball program and all teams involved in each league shall be the responsibility of the Athletics program and final authority on any matter pertaining to the program resides with the Athletics staff. Any concerns regarding the program should be directed to this area.
- B. If more teams are needed to fill any league, the Athletics staff has full authority to take whatever measures it deems necessary to create a balance among all the leagues in order to involve as many teams as possible in the program.
- C. Upon entering a league, each team and all players agree to abide by the rules and regulations stated in this rulebook supplement.

III. Fees and Refunds

- A. No team fees will be refunded after registration has taken place, unless a replacement team is found.
- B. Money (fees) will not be refunded to any player or team expelled from the league.

IV. Definition of Volleyball Leagues

- A. **Women's A, B and C Leagues:** Three leagues of recreational play. Leagues are offered in the fall, winter and spring.
- B. **Coed A-E Leagues:** Five leagues of various skill levels with strong recreational emphasis. Leagues are offered in fall, winter and spring.
- C. **Summer Sand Leagues:** Coed and women's leagues of various skill levels are offered in the summer.

V. Player Eligibility

- A. **Please note that it is both state and city law that alcohol and tobacco products including e-cigarettes is strictly prohibited on school and park grounds. Teams or players seen with alcohol will automatically forfeit the game and must leave the premises. A second offense by a team will result in forfeiture of the season, with a minimum suspension of one year from the league. If an individual player participates in the consumption of any alcoholic beverage while in the parking lot (before or after the game), that individual will be suspended, not the entire team. B. Visibly intoxicated players will be removed from the field.
- B. **Age Requirement:** Players must be 18 years old. Current high school team players are not eligible to participate during their volleyball season.

Current players on university or junior college teams can play only in the highest available league in the winter, spring and summer programs.

- C. **Rosters:** Team rosters must be completed and submitted to the Athletics office at the time of registration.

A woman player can be registered with only one women's team and one coed team in the LRCS volleyball program. Players in violation of this rule will be placed on suspension for one calendar year. A man can play on only one coed team.

All players must be on the team roster or on a completed add form to be eligible.

Penalty for playing ineligible players: Any set in which an ineligible player participates is subject to forfeit. Players found to be in violation may be placed on suspension for one calendar year.

- D. **Player Identification/Player Protests:** Team managers or the official may protest an opposing player's eligibility before or at any time during the match by approaching the official and requesting proper I.D. as proof (see proper I.D. below). All players should be advised to have I.D. present at all sets. The player(s) in question may not participate until I.D. has been presented to the official. The official will record players' names and report the protest to the Athletics staff.

To protest player eligibility, teams must ask for an I.D. check at the match. Protests will not be accepted after the completion of the match. **NO EXCEPTIONS!!!!**

Proper I.D. = Picture identification showing player's name (i.e., driver's license, Oregon I.D. card, student I.D., passport).

- E. **Add/Drop:** Players may be added and dropped at any time throughout the season. Online Adds can be done before the game or Add forms may be submitted to the Athletics office or handed to the referee/gym supervisor at the gym site.
- F. **Changing Teams:** If a player chooses to change teams, she or he may do so; however, she or he may never play for two different teams during the same week.
- G. **Insurance:** All players are responsible for their own personal insurance. Players also understand that there are inherent risks in volleyball and they must assume those risks.

VI. Uniforms and Equipment

- A. **Uniforms:** Uniforms are optional. Players must wear shirts and shoes; black-soled turf shoes are not allowed.
- B. **Bleeding:** For the safety of all involved, participants will not be allowed to participate following an injury where blood is present until proper bandaging of the injured area, which prevents any and all leakage, and the removal of any tainted clothing articles has occurred.

Participants returning to play should first check in with the official to determine if no further risk to themselves or others is apparent or likely.

- C. **Jewelry:** Jewelry is not permitted. This includes rings, bracelets, earrings (post and hoops), and necklaces. Medical tags and jewelry that cannot be removed must be taped to the body. If play must stop to allow a player to remove jewelry, the team will be charged with a time-out.
- D. **Match Balls:** Match balls are NOT provided. The team listed as "home" is responsible for providing an official size and weight ball unless both teams agree on another size and weight ball or neither team has an official size and weight ball.
- E. Locker rooms and shower facilities are not available.

VII. Starting Times, Forfeits, and Time Limits

- A. Match times are listed on the schedules. A team must have four (4) players present to begin the match. If four (4) players are not present at scheduled match time, the team forfeits the first set.
- B. If four (4) players are not present by 20 minutes after scheduled match time, the team forfeits the second and third sets.
- C. The official time is the clock in the gym or the official's watch if a clock is not available.
- D. **Playing Time/Score*:**

A **league match** consists of:

All sets will be rally scoring to 25. Teams must win by two.

OR

55 minutes, with one team ahead by two.

If 55 minutes elapse during set two, set three will not be played.

- E. **Tied Sets:** A set which is tied or a one-point difference at the end of 55 minutes will continue until one team gets a two-point advantage. A set which is at a two (2) point difference at the end of 55 minutes is final.
- F. **Time Outs:** Each team is allowed two (2), 30-second time-outs per set. No time-outs will be allowed in the last five (5) minutes of the 55-minute regulation time.

VIII. Playing Rules

- A. **A set:** must start with at least four (4) players and end with at least four (4) players. If five (5) or six (6) players are present, all players must play. If an injury reduces a team to less than four (4) players, a special three (3) minute injury time-out is granted. If after three (3) minutes the player is unable to continue, the set is forfeited. The team then has two (2) minutes to get ready for the next set. If four (4) players are not ready in this time, sets two and/or three are forfeited.
- B. **Coin Toss:** Prior to the match, the home team captain will call the toss of a coin for the choice of service/receive or side. Before the third set, a new toss of the coin occurs and is called by the visiting team captain who has the same choices.
- C. **Service:** After the whistle, the server has eight (8) seconds to serve the ball. A served ball can be hit directly from the hand. Any serve that contacts the net and lands inbounds is considered good.
- D. **Ground Rules:** A ball, other than the serve, striking an overhead obstruction (including the ceiling) over a playable surface shall be in play by the offending team. No such rebounding may legally strike above the opponent's playing area, nor may it legally fall to the opponent's playing area. A ball striking a side basket is dead and will be ruled either "out" or "replay."
- E. **Adjoining Court:** If the adjoining court is in use, a player cannot play a ball or follow through into the adjoining court or the area behind the adjoining court. This rule applies throughout the match regardless if the adjoining court becomes free prior to the conclusion of the match.
- F. **Substitutions:** A team may choose either method of substitution:
 1. Rotate extra player(s) into the serving position (or any position) in a regular pattern.

2. Substitute players into positions on the court. Players can only enter three (3) times per set, and only into one (1) position. Teams are responsible for keeping track of this procedure. Teams must ask the official for a substitution time-out when using this method.
- G. **Red Cards:** If a player receives two (2) red cards in one match, she or he will be disqualified for the remainder of the match plus suspended for a minimum of one match. Any player who is disqualified from two matches during the season will automatically be suspended for a minimum of one calendar year. For players who participate in both women's and coed leagues, this rule applies to one disqualification from each league or two disqualifications from the same league.
- H. **Match Cancellations:** Any scheduled match cancelled due to weather or other uncontrollable circumstances will be decided by 4:45 p.m. Participants will receive an email. No news is good news.

Make-up matches will be rescheduled by the Athletics staff. If matches are announced to be "on" at 4:45 p.m. and the weather conditions change, teams must report to the court. The official will decide whether the match will be played. If one match is cancelled, all subsequent matches on that court are also cancelled.

IX. Coed Regulations:

- A. Three (3) men and three (3) women comprise a team (minimum of two of each sex; maximum of three of each sex). Court positions must alternate man-woman-man-woman, etc.
- B. Teams playing with five (5) players must play with a 3-2 combination. Teams playing with four (4) players must play with a 2-2 combination.
- C. If a ball is contacted two (2) or more times on a side, one of those contacts must be made by a woman.
- D. When two women are in the front row, a male back-row player can participate in the block.

X. Additional Sand Volleyball Policies and Procedures (Summer Only):

- A. Teams switch sides after every ten points scored.
- B. If one team wins the first two sets, a third set will still be played.
- C. Shoes do not have to be worn. Hats may be worn.
- D. Players in Sand Volleyball must be at least 14 years of age. Parent/Guardian must sign waiver for children under the age of 18.

XI. Forfeits

- A. Matches will not be rescheduled under any circumstance. Team managers knowing in advance they are unable to field a team are responsible for calling the Athletics staff.
- B. Teams forfeiting one or more matches are not eligible for an award.
- C. Upon mutual managers' request, officials will officiate matches which have been forfeited under the following conditions: all players are rostered in our program.
- D. Teams involved in the forfeit may borrow players from each other or from previous or subsequent matches (as long as the borrowed players are on a rostered team) to meet the minimum player requirement (4 players on each team).

If additional player(s) arrive before 20 minutes past the original starting time, only the first set will be forfeited and the second and third sets will be considered "official" sets.

If teams play a "practice set" during the 20 minute grace period, while waiting for additional players, the practice set will cease upon the arrival of the player(s) necessary to begin the official set 2 of the match.

The length of the match will not exceed 55 minutes past the original scheduled start time.

XII. Protests: Protests may be made in regard to either a rule interpretation or player eligibility.

- A. Rule Interpretation: A situation in protest must be declared as such before the next serve. The managers and the official must attempt to solve the protest on the spot. If a correct ruling cannot be made, the manager must note the time, score, players in the set, and the situation on the score report form. The match will then continue.
- B. Player Eligibility - See page 2, Section V.

Protests must be turned into the Athletics staff within 24 hours of the next working day after the incident. A \$25 fee must accompany the protest. Only teams that have their protest upheld will be refunded their \$25 fee. All protests will be reviewed by the athletics staff.

XIII. Officials

- A. Officials have the final decision during the match. The official has full authority to take any action or remove any player(s) or spectator(s) from the playing area when, in his or her judgment, such action is necessary to maintain proper playing conditions.
- B. The official score will be kept by the official. The winning team manager must initial the official's score sheet.

Player Code of Conduct

1. Team managers are responsible for the conduct of their team's members and spectators.
2. Only team captains shall converse with the official over any rule or interpretation.
3. Any player disqualified from a match will be suspended for a minimum of one additional match.
4. Any player who has been disqualified from the match must not heckle the official. If, after a warning to the team manager or captain, the offender continues to heckle the official, said official shall stop play and award the win to the opposing team.
5. No player shall shove, push, lay a hand upon, or physically attack an official or player before, during, or after the course of the match. The player shall be immediately disqualified from the match and may be suspended for a minimum of one calendar year.
6. No player shall make abusive and vulgar verbal attacks upon any official or player before or during the match. Any player using such language can be immediately disqualified from the match.
7. Players shall not display unsporting behavior toward an official after the match. Such behavior will be reported to the Athletics staff and action equivalent to that resulting from a red card may be taken. After-match abuse toward officials will not be tolerated.
8. Any team or individual whose behavior is unbecoming to the Recreation Division may be expelled from competing for a minimum of one calendar year.
9. No smoking, drinking, or profanity will be allowed anywhere in the school buildings. Suspensions will be levied on any player or team that behaves in such a manner.

**Self-Officiated Volleyball
Rules and Regulations**

General Rules

1. Self-officiated Volleyball players shall call their own faults.
2. Team Captains may call major faults, either on their own players or on a member of the opposing

team if appropriate.

3. Disputes should be solved between the Captains. When the dispute cannot be resolved in a timely manner, replay the point.
 4. The Gym Supervisor shall have the power to declare the point be replayed if teams cannot resolve disputes in a timely manner.
 5. Good sportsmanship is required of all participants. Team Captains assume full responsibility for the conduct of the team. Players may be suspended or disqualified from play for unsportsmanlike conduct.
- * All rules may be modified by **MUTUAL** Managers consent in order to facilitate a fun volleyball experience.

Teams

6. A team consists of 6 players, with a minimum of 2 women and 2 men and a maximum of 3 men and 3 women. A team may play a game with 4 players, 2 women and 2 men.
7. If a team does not have the minimum players required to start a game, they will lose the first game by forfeit. Teams then have 20 minutes to field a team or the remaining two games will be counted as forfeits.

Timing and Scoring Regulations

8. A match shall consist of a 3 games.
9. Rally Scoring shall be used (a point is scored with every serve).
10. A game is over when one team scores 25 points. The winning team must have at least a two-point advantage. All three games must be played within the 55 minute time block.
11. If 55 minutes elapse during game two, game three will not be played
12. A game which is tied or a one point difference at the end of 55 minutes will continue until one team gets a two point advantage. A game which is at a 2 point difference at the end of 55 minutes is final.

Equipment

13. IT IS THE HOME TEAMS RESPONSIBILITY TO PROVIDE AN ADEQUATE GAME BALL FOR YOUR MATCH. An adequate game ball must be official's size and weight unless both teams agree on another size and weight ball and neither team has an official size and weight ball. Teams are encouraged to bring their own balls for warm ups and replacement game balls.

Serving Regulations

14. Teams will use "Paper, rock, scissors" to decide who gets to serve the first game. The opposite team will serve the 2nd game. Another use of "Paper, rock, scissors" will decide who serves for the third game.
15. Service takes place anywhere beyond the back line. The server may not step on the service line when serving.
16. The server **must** announce the score out loud before serving the ball with the server's team score announced first.
17. The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This includes a player waving arms, jumping up and down, or moving sideways at the time of the serve.
18. Blocking or attacking the serve is illegal.
19. Only one serve is allowed (If the ball hits the net or goes out of bounds, the other team receives a point and gains possession of the serve.)
20. A Let-Serve (a serve that hits the net and goes over) is legal if it lands in bounds.

21. On change of serve, all players shall rotate clockwise. The player in the front line right position becomes the next server. Positions of players may be changed only after a completed game.

Game Play

22. The ball must be cleanly hit and not held, lifted, pushed, carried or thrown. The ball cannot roll or come to rest on any part of the body.
23. When playing the ball, players may use any part of their bodies, including feet, as long as the ball is cleanly hit or "pops" off at contact.
24. When contacting the ball with one hand the ball must be cleanly hit with the heel or palm of the hand, with straight, locked fingertips, knurled fingers or with the back of the hand from the wrist to the knuckles.
25. Players may step under the net onto the opponent's court without penalty unless the player interferes with the volley.
26. If two or more players of the same team contact the ball simultaneously, it is considered one hit. Either player involved may participate in the next hit without penalty.
27. The ball is out-of-bounds when it touches any surface, object, or ground outside the lines. A ball touching the lines is considered "in".
28. If the adjoining court is in use, a player cannot play a ball or follow through into the adjoining court or the area behind the adjoining court. This rule applies throughout the match regardless if the adjoining court becomes free prior to the conclusion of the match.
29. If a ball is contacted two (2) or more times on a side, one of the contacts must be made by a woman.

Faults

30. Players touching the net with any part of their bodies.
31. A team contacts the ball four times before returning it to the opponents.
32. Catching or throwing the ball. The ball must be tapped.
33. Serve out of turn. (Will also result in loss of points scored by ineligible server.)
34. A player contacts the ball twice in succession unless the first touch is a block, or the ball contacts various parts of the player's body successively.
35. When two opposing players commit fouls simultaneously, the point is replayed.

Blocks

36. A ball touched by a player, playing close to the net, and attempting to block a shot by an opponent shall not be counted as one of the three taps permitted by his team.
37. In blocking, the blocker may place his/her hands and arms beyond the net provided the action does not interfere with the opponent's play. The blocker is not permitted to touch the ball beyond the net until the opponent has made an attack hit.
38. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to the team.
39. When two women are in the front row, a male back-row player can participate in the block.

Substitutions

40. Substitutions may be made anytime the ball is dead as long as the substitute occupies the position that player was in. There is no limit on substitutions.

Playoffs

41. Teams will be seeded in the playoff according to the league record. If there is a tie, the team with the fewest losses shall be ranked higher.