

# ADULT VOLLEYBALL RULES

## CODE OF CONDUCT:

1. Unsportsmanlike Conduct: Any player, team, coach, or spectator who displays any form of unsportsmanlike conduct such as vulgar language, disrespect or deceit, shall be penalized in the following manner:
  - a. An immediate point/side-out shall be awarded to the opposing team.
  - b. In the event of a second unsportsmanlike conduct, the official may eject the player/spectator. When a player is ejected, they will be suspended for a minimum of one match.
  - c. Any person ejected shall leave the facility immediately. Failure to leave the facility will result in forfeiture of match by team.
2. Ejections: Players, spectators, and/or coaches can be ejected by a site supervisor, league director or referee.
  - a. That individual will be suspended for at least the next playable match. (Possibly more, depending on the severity of the offense.)
  - b. Suspended players may not be on site at the game facility.
3. Physical contact: Any player, coach or spectator, or teammate will be suspended from Lancaster Parks and Recreation Department Activities. For a minimum of 3 matches and a maximum of a permanent ban. (Decisions are made on a case-to-case basis by Lancaster Parks and Recreation Department.

## EQUIPMENT:

1. Regulation indoor volleyballs will be provided.
2. Players must wear shirts of their team's color.
3. Shoes are required. No boots, No sandals, No Crocs.
4. All matches will be played indoors.

## OFFICIALS:

1. Each game shall be officiated by a League-assigned referee.
2. Referees reserve the right to address anything not covered in the rules.
3. Referees are responsible for enforcing all game rules, calling points and errors.

### **TEAM RESPONSIBILITIES TO THE REFEREES & LEAGUE:**

1. Only team captains are permitted to speak with the referee in the event of a disputed call.
2. Be honest. Lying and cheating will not be tolerated and are grounds for forfeiting.
3. Be respectful.
4. Arrive at scheduled games on time and ready to play. 5. Give notice in the event of a forfeit. Teams are afforded one forfeit. Multiple forfeits will result in removal from league play.

### **ROSTER & TEAM PLAY**

1. Participants must be 16 years of age or older. 16-18 must have a parent/guardian present and play on the team.
2. Rosters may contain up to 12 participants
3. At least 2 females need to be on the court during game play.
4. Participants may be added and dropped throughout the season. However, once a participant is dropped, they can not be added back.
5. Game play is 6v6
6. The player order for the purpose of rotation must be determined before each game, however it may be altered between games.

### **CO-ED 6v6 VOLLEYBALL RULES (IN ADDITION TO GENERAL RULES)**

1. Co-Ed ball may be hit directly across by either male or female team members but if there is more than one hit, a female must touch the ball before it goes over.
2. Co-Ed Inter-Change is allowed. Back row male may block but not attack.
3. Co-Ed Leagues – if your team contacts the ball more than once (after the block) to send it over the net, a female must contact the ball.
4. Teams will consist of a maximum of 6 players (3 men and 3 women) to a minimum of 3 players. You can have more women than men playing on the court but there is a maximum of 3 men players.
5. Each team is permitted one 1-minute time-out per game. Unused timeouts do not carry over into subsequent games.
6. Each match will consist of 3 games. The first team with 27 points wins.
7. Season will be 7 weeks. 6 weeks regular play. 1 week of Round Robin “tournament”

## **SUBSTITUTIONS:**

1. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins.
2. Substitutions can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
3. No free substitution will be permitted, except when a team is short starting player(s), when the player(s) shows up they may enter after a side out and must start in the back row.
4. See above section for substituting for teams in your own league.

## **PLAY:**

1. A coin toss shall determine which team makes the first serve then rotate for the next game.
2. The server must wait for the referee's whistle before serving and must proceed with service within 5 seconds of the whistle.
3. A lift will be called if a player obviously throws, catches, or slings the ball.
4. A foot fault will be called if the player's entire foot is beyond the center line.
5. All line shots are considered good.
6. Players may not touch the net during play.
7. Hair contact is allowed. If the ball knocks net into the player, it is allowed.
8. Balls may be played out of the net.
9. It is legal for a player to hit the ball with any part of their body.
10. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plain of the net.
11. Co-Ed Inter-Change is allowed. Back row male may block but not attack.
12. Blocks do not count as a hit.
13. Only front row players may block. (except for the Co-Ed Inter-Change rule) Co-Ed leagues and above, if your team contacts the ball more than once (after the block) to send it over the net, a female must contact the ball.
14. On the third hit over, players can completely place his/her hand over the net for a block as long as the third ball striker touches it first.
15. All leagues must rotate on all side outs (includes first serve)

**MATCH PLAY:**

1. Warm Up Period – Teams are allowed 3 – 5 minutes of warm up between games dependent on time. This excludes the first game of the night.
2. Forfeit time is 5 minutes after game time.
3. A team that forfeits more than twice in a season will not be able to register for the following season.
4. Game maximum of 27 points. Thus, if score is tied 26 all, the next team to score wins.
5. A match will be 3 games to 27 points, with rally scoring being used. If the first two games of the match last 40 minutes or more, the third game will be up to 15 points with rally scoring being used. There will be a 17-point cap. Both teams will be notified before the start of the third game. Best 2 out of 3 wins match.
6. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.
7. Start of Game: Official will write down the time the match begins. Both captains will be notified at the start of the match.
8. The serving team will be determined by a coin toss. The winner has the choice to serve or choose sides.
9. The team not serving first for the first game will serve first the second game. Teams will subsequently alternate.

**SERVICE:**

1. Officials will allow adequate time for teams to set up defensively before blowing the service whistle.
2. Let serves (serves touching the net) are legal.
3. It is illegal to serve out of order or before the whistle is blown.
4. The server must contact the ball within 5 seconds after the referee whistles for serve. Re-serve if dropped ball.
5. If the server steps on the line or into the court before hitting the ball, they lose the serve. If the ball is thrown as part of the serve, lands without being touched, it is considered a service tossing error, the referee authorizes service again and the server must execute it within 5 seconds. One service tossing error is permitted per rotation.
6. When a serving error is made, all points served during that serve will be forfeited, if discovered during play. When the error is discovered after the serving turn is completed, no penalty shall be assessed. Positions must be returned to the proper established order.
7. No blocking or spiking of the serve will be allowed.

8. Served balls are dead, and a side-out and point awarded to the opposing team if:

- \* The ball fails to cross the top of the net.
- \* The ball contacts the ceiling or other obstruction.
- \* The ball lands out of bounds.
- \* The ball contacts a serving team's player prior to crossing the net.

**RETURNS:**

1. Any part of the body may be used to contact the ball.
2. Serves may not be attacked or blocked; i.e. they may not be returned when the ball is higher than the top of the net.
3. The ball must be returned with no more than three (3) hits.
4. A player may not hit the ball twice in a row.
5. A player in the back row may NOT spike or block the ball.
6. No part of a player's body is permitted to break the plane of the net (the area above the net) for any reason, including when blocking on a return.
7. A ball that hits the ceiling, and back on your side, it's live, if the ceiling and goes over the net, it is out of bounds. Officials' discretion for something odd coming into play, like a spectator or an obstacle interference.

**ROTATION:**

1. Alignments are as follows:
  - a. 6 players – 3 in front, 3 in back
  - b. 5 players – 3 in front, 2 in back.
2. Players shall rotate to the next position rotation clockwise.
3. When a team receives the ball after a side-out has been called on the opposing team, the team shall rotate prior to serving.

## **SIDE-OUTS:**

1. If a team commits an error or foul, a side-out shall be called and 1 point is awarded to the opposing team.

2. Errors include:

- a. Out of bounds
- b. Failure to serve over the net.
- c. Carrying or lifting the ball.
- d. Contacting the ball more than three times.
- e. A player contacting the ball twice in a row.

3. Faults include:

- a. Making contact with the net during the serve, unless the net is pushed into them.
- b. Breaking the plane of the net with any part of the body.
- c. Blocking a serve.
- d. Making contact with the net while playing the ball.  
(Not a fault if the player is not playing the ball)
- e. Crossing the plane of the net.
- f. A player on the back row crosses the attack line to spike the ball.
- g. Placing a foot or hand completely over the center line.
- h. Illegal rotation or substitution.
- i. Making contact with the opposing team's side of the court.