



Springdale Parks and Recreation
2016 Adult Volleyball Rules and Regulations



General Disclaimers

- All players must read the league rules and sign the roster before they are permitted to play in the Springdale Parks and Recreation Volleyball League.
- Anyone willfully causing damage to the facilities or its fixtures will be held liable for the cost of repair or replacement of said fixtures or facilities and will be removed from the league.
- Anyone with heart conditions, pregnancy, or having any health condition that restricts them from physical activity should avoid participating in this activity.
- No one under the influence of drugs or alcohol will be permitted to participate in this league.
- Absolutely no tobacco products allowed in the Springdale Youth Center.
- Children in the Youth Center must be accompanied by an adult at all times.
- All teams must submit their roster before the given date. Failure to do so will result in forfeits for all games until it has been submitted.

Appropriate Attire

- It is highly recommended that all players on a team have the same color uniforms with numbers on the front and back. In the case that two teams playing each other have the same color uniforms, one team may be asked to wear a jersey provided by the Youth Center.
- Only volleyball-like shoes may be worn on the gym floors. No ripple, pebble, or turf type shoes will be allowed.
- The wearing of jewelry will not be permitted in this league, which include; watches, necklaces, bracelets, rings, or piercings of any kind (nose, ear, eyebrow, belly, etc.). Studded earrings will be acceptable as long as they are small.
- If any player does not adhere to these rules, the official, as well as any staff member, has the right to prevent the player from participating until the problem has been corrected.

Behavior Rules

- Any sign of unsportsmanlike conduct could result in your immediate removal from the game or league. Unsportsmanlike conduct will include, but is not limited to; endangering

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an opponent, using profanity, throwing the ball down, unnecessary delay of game, shouting at the official, etc. This rule also applies to spectators of the program.

- Each player is expected to be polite and respectful to each official at the games. There will be NO arguing of judgment calls whatsoever. If you wish to challenge a non-judgment call, you must do so before the end of the game, and you must submit it to the Program Coordinator before the next scheduled game.

Game Rules

I. Net Settings

- a. For COED and Women's League: The top of the net will be set at seven (7) feet and four (4) inches.
- b. For Men's League: The top of the net will be set at an even eight (8) feet.

II. Duration of Game

- a. Each game will consist of the best two (2) out of three (3) matches. Each match will be played to twenty-five (25), and a team must win by two (2) points. If neither team is able to gain a two (2) point lead, the first team to reach thirty-five (35) points will win that match.
- b. Each team will be allowed one (1) one (1) minute timeout each match.
- c. No time will be kept.

III. Number of Players

- a. Each team is allowed ten (10) players on their roster.
- b. For COED League: Each team is allowed to have up to six (6) players on the court at a time. Each team will be able to play with a minimum of four (4) players on the court, and if a team falls below four (4) players, that team will forfeit that game. A team must have an even number of male and female players on the court.
 - i. If a team happens to only have five (5) players, three (3) must be female and two (2) must be male, or three (3) must be male and two (2) must be female.
 - ii. Each team will be required to stagger male and female players on the court. (ex: Male, female, male, female, etc.)
- c. For Men and Women's League: Each team is allowed to have four (4) players on the court at a time. Each team will be able to play with a minimum of three (3) players on the court, and if a team falls below three (3) players, that team will forfeit that game.

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- d. After possession has changed, each team will be required to rotate players clockwise.
- e. If a team fails to have the right amount of players by game time, they will be forced to forfeit that game. Teams may scrimmage for the remainder of their allotted time, but the official score will be recorded as a forfeit. The team that was not forced to forfeit will get the win for that game.

IV. Playing Rules

a. Serving

- i. A coin toss will determine which team will serve the ball first. The team not serving first in the first match will serve first in the preceding match. A second coin toss will determine who will serve in the third match.
- ii. A player serving the ball must serve the ball from behind the back line. Their foot may not cross the line during the serve.
- iii. The ball may hit the net on a serve as long as it manages to cross over the net to the opponent's side. If it hits the net and does not cross over, the other team will be rewarded a point.

b. Hitting the Ball

- i. The ball must be cleanly hit. No scooping, lifting, pushing, or holding of the ball will be allowed.
- ii. The ball must cross over the net in three (3) or fewer hits. EXCEPTION: Blocks do not count as a player's first hit. Meaning, when a ball is blocked, but the ball still manages to cross over the net to the blocker's side, the next hit on the ball will count as that team's first hit.
- iii. There shall be no overhand hits with a closed fist. Hits must be openhanded when striking the ball in a downward direction (no spikes with a closed fist).
- iv. No player may hit the ball twice in a row.
- v. A ball may hit any part of a player's body and remain playable. Player's may NOT intentionally kick the ball, but if a ball happens to strike a player's foot without hitting the ground, that will count as a hit for that player, and it may be rebounded by another player.
- vi. Any blocker may reach over the net when a ball has been sent to their side by the opposing team. At no point may a blocker reach over the net to disrupt the volley of the opposing team before it has been sent the blocker's direction. No blocker may ever make contact with the net.

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vii. A ball may hit the ceiling of the facility and remain playable as long as the ball falls back down on the side of the team that hit. If a ball hits the ceiling and crosses over to the opposing team's side, the ball will be called out and a point will be rewarded to the team whose side it fell on.

c. Fouls (Any violation of these fouls will result in a point for the opposing team)

i. No player in the back row shall step to the front row and attempt to spike the ball over the net.

ii. No player shall double-hit the ball (make two (2) consecutive hits on the ball unless he or she is blocking the ball).

iii. No player shall catch, hold, scoop, or push the ball.

iv. No player shall touch the net with any part of their body.

v. No player shall reach under the net.

vi. No team shall hit the ball more than three (3) times.

d. Scoring

i. All games will be rally scoring. (A point will be scored on each serve no matter which team be the server)

ii. Any ball that hits the ground will be a point for the opposing team. A ball that lands on the ground and makes contact with the sidelines or baseline will be counted as inbounds.

iii. Any ball that lands outside the sidelines or baseline will be called out, and the other team will be rewarded a point.

V. Miscellaneous Items

a. Any time the referee blows his or her whistle, the game will be stopped immediately. The referee will then designate when the game will recommence. This means all play will come to a halt.

b. If a player is bleeding or has an open wound, he or she will be prohibited from playing until the bleeding has stopped or the wound has been treated.

c. The referee, as well as any staff member, has the right to remove anyone from the playing field or end a game if he or she deems it necessary. Meaning be on your best behavior and stay safe.

VI. Weather Policy

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- a.** In the case of inclement weather before or during the start time of the game, the game may be canceled.
- b.** If games do get canceled, we will let you know the earliest make-up date possible.

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