



Adult Indoor Volleyball League Rules

I. LEAGUE STRUCTURE

Volleyball leagues will be conducted according to the following schedule. Teams should sign up according to level of play. Leagues will tentatively play at Mt. Ogden Jr. High School and possibly other gyms within Ogden City

Divisions Offered

Tuesday	Women's A/B
Wednesday	Coed C
Friday	Co-Rec A/B

Separate volleyball leagues are formed to distinguish various levels of play which allow teams of similar playing ability to compete against each other. Leagues are formed in the following categories:

"A" Leagues | These teams should have a highly skilled playing ability. Proficient in most fundamental volleyball skills, outstanding in some. Players may have participated at the high school or collegiate level.

"B" Leagues | These teams may have varied playing ability. Proficient in many fundamental volleyball skills.

"C" Leagues | Varied skills, generally recreational in nature.

Ogden City Recreation reserves the right to place a team in the league where they feel the team will be most competitive. The first night of play may be an evaluation night.

II. LEAGUE FORMAT

If registration permits, we will have a Double Round Robin format with teams playing a minimum of 10 matches each. This would be including tournament play. Each team will play one/two/three matches per night. Matches will be scheduled on a 45-minute basis between 6:00 and 10:30 p.m.

Game: Rally scoring. The best two of three will win the match. First two games will be won by team that scores 25 points with 2-point advantage. No score cap. Third game will go to the team who scores 15 points first, 2-point advantage.

III. RULES AND REGULATIONS

A. Player Eligibility

1. Participants must be 18 years of age before the league begins.

2. **You may double roster during league play. You must be on the signed waiver for both teams.**

a. There will be NO double rostering for tournament play

b. **Players must declare what team they will play on for tournament play. Before his / hers first game.**

3. Inter-Division Play

a. Players participating on two or more teams may play in a division that is no more than one step in skill level i.e., someone playing on an "A" league team may not play on a "C" league team).

b. A team may have no more than 3 players on their roster who are playing on a team in a league of a higher skill level (i.e., a "B" league team could only have 3 players on their roster who also play on an "A" league team).



B. Rosters

1. Rosters must be submitted online
2. Each player must agree and sign our waiver electronically through QuickScores before they are allowed to play.

3. Rosters will lock the day before the last full week of the regular season.

C. Playing Rules

1. **Volleyball Rules:** All of our leagues will use the USA Volleyball rules. Leagues will also use the following rules:
2. **Game Time:** Games are to start at the designated game time. A team not having the minimum number of players at game time will forfeit their first game. They then have fifteen minutes to get the required number of players, or they will forfeit the match.
3. **Players:** Games can start with a minimum of four players. Additional players may be added during any dead ball period, to the six maximum. There is no penalty for missing players.
4. **Ceiling Height:** A ball that hits the ceiling is still in play unless it hits the center beam directly over the net or on a serve or a ball going over the net. The basketball backboards are out of bounds.
5. **Conduct:** The official shall have the power to warn, declare side out or point, or disqualify from the game any player committing, in the official's opinion, any of the following:
 - a. Persistently addressing the officials regarding decisions.
 - b. Make derogatory remarks about the official or to the official.
 - c. Make derogatory remarks about, or to the opponent.
6. **Co-ed Play:**
 - a. Net height will be 8 feet.
 - b. If the ball is hit more than once on a side, one hit must be by a woman.
 - c. There must be an equal or greater number of women than men on the court at all times.
 - d. When playing with only four players, two must be front row players and two must back row players.
7. **Tie Breaker:** If at the end of the season two or more teams are tied for first place, the following play-off will result:
 - a. Head-to-Head
 - b. Average Point Differential
 - c. Average Points Against
8. **Protests:**
 - a. Ogden City Recreation Division will not receive, or consider protests based on judgment, or application of the playing rule(s).
 - b. Protest of playing under assumed name must be resolved at the time of the protest (before the end of the Match) by the scorekeeper's verification of the player in question photo I D (i.e., driver's license).
 - c. Protest on player ineligibility must:
 - i. Be made during the game by the coach of the offended team.
 - d. If verification cannot be made by the site supervisor, a written protest report must be presented to the Ogden City Recreation Office within 24 hours of the offense.
 - e. If protest form is filled out correctly and completely, and player ineligibility is verified the penalty will be loss of game in which protest is made and immediate suspension of offending player for remainder of the season.

IV. AWARDS

- A. Teams who take first place during the regular season will receive a discount coupon.
- B. Team who takes second place during the regular season will receive a discount coupon.
- C. Teams who take first in the League Tournament will receive an award.