



2024 Bellevue Adult Volleyball Non-Spiking Rules

1. Games will be played with six players per side, two of which must be female.
EMERGENCY CLAUSE: Teams may play with five players, but only if no more than five are present. The two-female requirement will still apply in this emergency situation.
2. **Substitution and rotation.** A substitute can enter at each dead ball during rotation, unless doing so would result in less than 2 women playing at that time. If there are only two females present, they will not rotate out, but must play the entire game.
It is not required for males to rotate out for females but option is available, as long as 2 women remain on the court. The designated substitution spot is on the front row diagonally from the serving position.
Within a match there are 3 games. A player does not have to play all three games. However, if a player starts a game or rotates in a game, they must finish that game, unless there is an injury.
3. Teams will play a three-game match each night. League Standings will **not** be based upon the winner of the most matches, but rather upon the following point system:
1 point for each game won; 1 additional point for winning the match (winner of at least 2 of 3 games) Given this system, all games count toward league standings, so all **3 games will be played every night** (rather than the first team to win 2 games). **Teams are allowed 4 timeouts per match to be used during any of the three games.**
4. Games are won by the first team to score 21 with a margin of at least two points or the first team to 25. All three games will be rally scoring.
5. A **game official** will be provided for all games. The official is the authority on the court and only the coach is allowed to inquire about a call made. Any question must concern a ruling and/or infraction and **not** a judgment call. Any protest must be made to a Recreation Staff member directly following a game. **Taunting or other unsportsmanlike conduct will not be tolerated, this includes comments to the official.** Officials may use their judgment in assessing warnings or deducting points from the offending team. The first minor offense will constitute a warning. A second minor offense will result in the loss of a point or a side-out. Major offenses may result in the expulsion of players and/or forfeiture of the game.
6. Devotions will be shared during the break between the second and third game and will be done by each team Coach with their own team. Failure to share a devotion will result in a Loss of 10 points for the third game (first offense), automatic loss of the third game (Second offense), and a forfeit of the match for every following offense. This will be enforced by the game official.
7. The first serve will be determined by a coin toss and alternate for following games. You may serve overhanded however there will be no jump serving allowed.

Serves/Returns:

1. Only one serve is allowed.
2. Let serves are playable.
3. Serves may not be blocked or attacked.

8. **Blatant carrying will not be allowed.** A carry is defined as any ball “caught” or “carried” with an upward motion with palms open and facing up.

9. No player may come in contact with the net when returning a live ball. This includes feet completely over the line underneath the net

10. Games will begin on time. There will be a grace period of 5 minutes. The first game will be declared a forfeit if the appropriate players are not present at game time. If after 15 minutes, the team still does not have proper personnel, the entire match will be declared a forfeit, with the opposing team receiving the full 4 points toward the league standings. Should a player arrive within 15 minutes, thus making the offending team legally able to play; only the first game will be a forfeit. Play will then begin with the second game.

11. **Emergency Sub List:** Teams may have 4 players (2 men and 2 women) designated as an “emergency sub” to be used no more than two nights and only if your team has 6 players or less for that game. Emergency sub players cannot currently be playing in the same league as the team that places them on their sub list. The emergency sub list must be completed and turned in to the Recreation Ministry by your first game.

Emergency players may NOT be used for the tournament.

12. **There will be no spiking allowed.** Below are a few definitions to help differentiate between legal and illegal movements.

- **Spiking** is a motion where one hand strikes the ball in a follow through motion with downward force. This is an illegal motion during play.
- **Dinking** is a motion with one or two arms extending upward with wrist breaking to pop the ball over the net. This is allowable during play.
- **Blocking** is a motion in which one attempts to keep the ball from crossing to his team’s side of the net by obstructing the path of the ball allowing it to strike his hands or arms. This action does not involve the movements of arms swinging or wrists breaking. This is allowable during play. **Note:** a block is **not** considered one of the three allowed hits on each side.

The official’s judgment about any and all particular hits of the ball is final, and may not be argued or appealed by any coach or player.

13. The Recreation Ministry dress code is required. NO “tight” shirts may be worn; shorts **MUST** be mid thigh to knee length. There will be **NO** tolerance for this rule. A player will be asked to change if shorts do not meet dress code requirement even if it results in the team forfeiting. The Recreation Ministry staff will not provide shorts.

14. Necklaces, wrist jewelry, studded rings, dangling or looped earrings may not be worn during play.

15. Players may use their feet to hit the volleyball. A player's foot does not have to be planted on the ground but may be removed from the ground in order to keep the ball in play.

Any and all rules and procedures not dealt with above will be covered by NFHS volleyball rules and/or ruling by the Recreation Ministry staff.