ADULT VOLLEYBALL
LEAGUE RULES

RULES AND REGULATIONS

The National Federation Volleyball Rules will govern all leagues. Local rules will take precedence where applicable. The following rules are not inclusive. Team Managers are encouraged to consult the National Federation Volleyball Rules for additional rule definitions.

I. START OF THE GAME/MATCH

A coin toss will be conducted between the team representatives to determine serve and side of play. Teams will change serves and playing areas for subsequent games. A coin toss will be conducted for the third game, only during tournament.

II. MATCH SCORING

- When there is no visible scoreboard, the server must announce the score before serving. Any discrepancy in the score must be handled before the serve is made.
- Each match will consist of three games (the first 2 games will be played to 25 points and the 3rd game to 15 points). Teams must win by 2 or more points in all 3 games.
- Scoring for all regular season games will be one (1) point for each game won, all 3 will be played.
- For tournament play, a team must win two (2) out of three (3) games to advance. The third game will not be played if a team wins the first two games.
- **RALLY SCORING-** Rally scoring will be utilized during all games of each match. In rally scoring, you receive a point if the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains the serve it must rotate one position clockwise before serving.

III. THE SERVE

- When the receiving team has gained the right to serve, its players rotate one position clockwise. A team continues serving until it commits a foul or the game ends.
- The serve alternates when there is a foul by the serving team and a side-out is awarded the opponent.
- The team not serving first in the previous game of a match shall serve first in the next game.
- A served ball is illegal and the ball remains dead if the server:
  1. hits the ball illegally (i.e.; bounce-serve);
  2. is touching the end line or the floor outside the serving area when the ball is contacted;
  3. does not contact the ball to serve within five (5) seconds;
  4. is out of serving order or is from the wrong team;
  5. deliberately serves before the referee signals to begin the serve; or
  6. releases the ball for service, then catches it or drops it to the floor.
- A served ball is a service fault and becomes dead when the ball does not legally cross the net, such as when the ball:
  1. goes into or passes under the net;
  2. touches one of the server's team mates, or
  3. touches the floor on the server's side of the net.
  4. crosses the net not entirely between the net antennas or lands out-of-bounds; or
  5. touches the ceiling or any obstruction.
- There will be no blocking or attacking the serve.

IV. SCREENING

- Screening is an act intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. (i.e., jumping, waving hands).
- The Site Supervisor may issue a verbal warning to the team captain in cases of possible screening.
- Intentional screening is considered unsportsmanlike conduct, and a side-out is awarded to the opponent.

V. LIVE BALLS

A ball is considered live if:

- it touches any part of the line;
- it hits an overhead obstruction or the vertical basketball backboard on your side of the court by your team, and is legally played next by your team.

VI. DEAD BALLS

A live ball becomes dead when:

- the ball touches the net antennas or does not pass entirely between the net antennas:
- the ball lands out-of-bounds;
- the ball contacts the ceiling or an overhead obstruction and is not legally played by the same team;
- the ball contacts the ceiling or overhead obstruction after the third hit; or
- the ball contacts a wall or ceiling obstruction that is over non-playable area (i.e.; the I-beam between the courts);
- the ball becomes motionless in the net or on an overhead obstruction;
- the ball touches the floor;
- the ball passes completely under the net;
- the ball contacts a non-player in playable area;
- a player or ball breaks the plane of a non-playable area;
- a player commits a foul;
- a ball enters the playing area from an adjoining court.

VII. CONTACTING THE BALL

- A team shall not have more than three (3) hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous with opponents' contact, or an action to block, the next contact is considered the team's first hit.
- Legal Contact is touch of the ball by any part of a player's body, while does not allow the ball to visibly come to a rest or involve prolonged contact with the players body.
- Simultaneous contact is more than one contact of the ball made at the same instant.
  1. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
  2. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block, which does not count as a hit). Any player may make the next hit.
  3. When opposing players contact the ball at the same instant, the player on the opposing side of the net from which the ball falls, shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
- Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between two plays. A player shall not have successive contacts of the ball unless there is:
  1. simultaneous contact by teammates.
  2. simultaneous contact by opposing players.
  3. successive contacts by a player, whose first contact is a block, then the second contact shall count as the first hit by the player's team.
- Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are allowable on any first hit.

VIII. NET PLAY

- A ball contacting and crossing the net, other than when served shall remain in play provided contact is within or above the vertical tape markers and entirely within the net antennas.
- Recovering a ball hit into the net shall be permitted.
- A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
- Blocking a ball that is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
  1. attacking team has completed its three allowable hits.

2. attacking team directs the ball with the intent to return it to the opponent's court.
3. attacking team must remain on their side of the net.

- A net foul occurs while the ball is in play and:
  1. a player contacts any part of the net including cables or antennas. It is not a foul when a person's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
  2. a player gains an advantage by contacting the floor/wall cables, standards, or referee's platform.
  3. there is dangerous contact by a player with the floor/wall cables, standards or referee's platform.
  4. a player interferes with a play on the ball or goes completely under the net.

IX. DESIGNATED PLAYERS POSITION

- Front line players may contact the ball from any position inside or outside of the court except while positioned completely across the center line or it's out-of-bounds extension.
- Back line players while positioned behind the spiking line, may contact the ball from any position inside or outside the court above or below the tip of the net.
- When a back line player, on or in front of the spiking line, contacts the ball which is completely above the height of the net, on a team's first or second hit, directing it to a teammate and an opponent legally contacts the ball before it completely crosses the net, play continues. If the ball completely crosses the net untouched, it is a back line foul.
- A back line player shall not:
  1. participate in a block or an attempt to block.
  2. return the ball which is completely above the height of the net while positioned on or in front of the spiking line or its out-of-bounds extension,
  3. play a ball while positioned completely across the center line or its out-of-bounds extension.

***NOTE**: If a team is playing with less than 4 players, there is no designated back row player. Therefore, if a team plays with 2 or 3 players, all players are eligible to hit inside the 10-foot line, including the server.*

X. SUBSTITUTION/ROTATION

- Teams have the option of either substituting or rotating players into and out of the game. Managers must notify the Site Supervisor of which method they will be using before each game begins, and must use that method for the entire game. Teams may switch methods between games.
- A team may not rotate more than two players into the game at one time when the rotation method is used.
- No substitutions will be allowed when the rotation method is in use, except in the event of an injured player (who may not re-enter once they leave).

XI. TIME OUTS

- Each team is limited to one (60-second) time out per game.
- Requests for time outs shall be made by the Team Manager, and only during a dead ball.

XII. COED LEAGUES

- Coed teams must play with at least 3 male and 3 female on the court. However, a combination of 4 women and 2 men will also be permissible.

XII. BLOODBORNE PATHOGEN CAUTIONARY RULE

- Any player who has free-flowing blood present will need to leave the court. The Site Supervisor will stop the game. The wound MUST be completely covered before play may resume.
- If there is blood present on clothing, the player will have to change before being allowed to re-enter the game.