



Adult Volleyball League Rules



Our indoor volleyball league is recreational and follows USA Volleyball standard rules of play, unless noted below:

Players and Substitutions: Roster limit is 12 with all members being above the age of 14. There must be at least 3 adults on the floor at all times. A team consists of 6 players, but may start with a minimum 4 players. A team must have at least two women on the court at all times. Teams may play with 1 female, but can then only play with 5 total players. A team cannot play without any females. There is no maximum number of females that can be on the court. All players must be on your roster to participate and have a wristband on to play. To receive a forfeit win, a team must have its 6 (or minimum of 4 with 2 females) players on the court. If neither team can field a team, it is a double forfeit.

Equipment: The YMCA will provide a ball for each game. Teams must use the ball provided or one that is approved by **both** teams. The YMCA will **NOT** provide uniforms. It is highly recommended that players **NOT** wear jewelry (i.e. chains, rings and earrings).

Shoes: Gym shoes worn outside must be changed before playing. All participants must have a change of shoes to play. All shoes must be non-marking athletic shoes.

Roster Changes: Roster changes will be accepted via email, mail, and in person to the coordinator. All roster changes must be approved by the coordinator before the 3rd week of the season. No player changes will be accepted after 3rd week of the season and player changes will not be accepted due to injury. A team will forfeit any game in which it is determined that a player has participated who is not listed on the team roster or is not of legal age.

Pre-game: At the beginning of the game, a coin is tossed or rock paper scissors is played with the winning team choosing to either (1) select to serve or receive first ball OR (2) which side they want to start on. The team losing the toss takes the remaining choice.

Length of Matches and Games: Best two-out-of-three games decides match winner. Rally Scoring Format is used for all games. First two games are to 25 win by 2 cap at 30; third game is to 15 win by 2, cap at 20. Each team gets one time out of 30 seconds duration per game. Intermissions between games will be a maximum of 1-minute. Teams switch sides and service each game. A one-hour time limit will be observed to ensure that all games are played on time.

Hit Characteristics: The ball may touch any part of the body (kicking IS allowed). The ball must be hit, not caught, or thrown. If the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-hit balls are **NOT** faults. If hitting with the fingers in cases of off-speed hit defense or setting, the action must be clean with no holding or double hitting.

Faults: Four hits – a team hits the ball 4 times before returning it.

Held ball – player does not hit the ball (unless when in defense of a hard-driven ball or when simultaneous contact by two opponents over the net leads to a momentary held ball)

Double Contact – a player hits the ball twice in succession or the ball touches two different parts of his/her body

Back row spiking or blocking in front of the attack line.

Other Playing Rules: Ball may contact any part of the body during a block.

Blocking does NOT constitute a team contact, and any player may make the second contact of the ball after the block. The blocking team will have 3 contacts after the blocking contact.

Any player can block in the front row.

Players, including their clothing, cannot touch the net during play. Hair can touch the net. It is NOT a fault if a ball driven into the net causes the net to touch the player.

Players may go completely under the net to play a ball, but may not interfere with an opposing player.

If a serve hits the net and goes over, it is in play. ("let serve rule")

Players may not block or attack-hit a serve when the ball is entirely above the top of the net.

If any foreign object enters the court during play, the ball becomes dead. Replay the point.

The site supervisor shall call violations involving unsportsmanlike conduct.

A ball may be played out of the net.

A player may go outside the court to play the ball.

Balls in the rafters are still in play when over a team's own court and falls back into team's own court, provided they still have any hits left to get it across. Balls may NOT be played off of the side walls and/or curtain to the ref's discretion. (How hard it hit the curtain).

Substitutions: Teams may utilize a traditional substitution format or a continuous rotation, as long as each player does not occupy more than one position in the service order in a single game. Players must start in their rotational positions, but may switch right after the serve. Rotation order must stay the same throughout the game, but can be changed between games in the same match. **EXCEPTION TO the above:** Teams may utilize a male-only rotation format when there are only 2 females present. Or the males may sub for each other in the traditional format. Rotating only the females out is not allowed.

Miscellaneous: Profanity and unsportsmanlike conduct can result in ejection and/or disqualification from future matches. Drinking Alcohol during games is strictly prohibited, and any teams found to be breaking this rule will receive a forfeit. Refunds will NOT be issued for ejections or suspensions for unsportsmanlike conduct. Failure to adhere to these rules will result in a \$50.00 league fine that must be paid before playing the next game. Repeated offenses will result in team fines and possible expulsion from the league.

YMCA Policy: We ask all participants enjoy the league, while being mindful that this is a Christian organization. Players and spectators will be expected to adhere to the above rules.