



**Cobb County PARKS Department
Adult Women's & Coed Volleyball League
Rules and Regulations
UPDATED April 2nd, 2023**



I. LEAGUE ORGANIZATION

- A. **Cobb County PARKS Department is the governing body of this league. The National High School Federation rules shall govern play unless superseded by the following rules and regulations. Cobb PARKS reserves the right to rule on anything not covered by the NHSF Rulebook.**
- B. Each team is responsible for checking the website for schedules, standings, and make-up game information. League information can be found at www.quickscores.com/cobbcounty.
- C. Two leagues (2) leagues will be offered each season. A B League (Geared for intermediate and upper intermediate teams) and a C League (Geared for recreational or lower intermediate teams). If we do not have a minimum of 5 teams per league, we will combine leagues.
- D. Cobb PARKS reserves the right to place any team in a higher or lower division during the season. Any team that comes in first place in its division during the regular season and or playoffs may be moved up to the next highest division the following season.

II. SETUP AND EQUIPMENT

- A. The PARKS department will furnish equipment and game balls, but teams may use their own ball if both teams agree.
- B. Matching jersey with numbers are not required but encouraged.
- C. Closed toed shoes must be worn.
- D. The net height shall be 7 feet 4 inches for women's matches and 7 feet 8 inches for coed matches.

III. ELIGIBILITY & ROSTER

- A. A player must be 16 years of age by the start of team's 1st game to be eligible.
- B. A team will not be allowed to carry more than 20 players on its roster.
- C. A player cannot be a member of 2 teams within the same league. Teams may pick up players on another team, **ONLY** if they are short the full starting lineup and the other team agrees. Teams may not pick up players as subs from another team. Once the playoffs start, teams may only use players that are on their team/roster. In the playoffs, if a team does not have enough players to start the game, they will forfeit their game.

- D. Rosters will be managed and updated online at www.quickscores.com/cobbcounty. It is the manager's responsibility to input all team members on the roster online.
- E. No new players may be added to the team's roster after the **4th game of the regular season**. All players must be added to the roster with a first name, last name, and email on QuickScores. A team's coach may delete players on his/her roster at any time. Rosters and id's will be checked for all playoff games. Players that are not on the roster after the **4th game of the regular season will not be eligible for the playoffs regardless of whether they played during the regular season.**

IV. GAME OVERVIEW

- A. A team consists of 6 players per team on the court. A team may start with a minimum of 4 players.
- B. Matches will be the best two (2) out of three (3) sets. The first team to win two sets will win the match.
- C. At the beginning of each game, a coin flip or paper rock scissors will be used to determine service. The winner can choose to serve or receive first ball or which side they want to start on. The other team takes the remaining choice. Service options will go to the opposing team for the second set. If there is a third set, another coin flip or paper, rock, scissors will be used to determine service.
- D. Teams will be given a **10-minute** grace period from the start of the scheduled game time for each game. After the 10-minute grace period, the team failing to place the minimum number of players on the court shall forfeit the contest. The grace period is considered as part of the game time.
- E. Teams are allowed one time out per game.
- F. Intermissions between sets will be one minute.

V. SCORING

- A. The first two sets will be played to 25 points, and a team must win by at least two points. There will be a scoring cap of 30 points regardless of point differential.
- B. The third set, if necessary, will be played to 15 points, and a team must win by at least two points. There will be a scoring cap of 21 points regardless of point differential.
- C. All sets of a match will be played under "rally scoring", awarding a point on each service.
- D. The lines on the court are considered inbounds.
- E. The red and white antennas and every part of the net outside the antennae, including cables and stands, are considered out of bounds.

VI. SUBSTITUTIONS

- A. Substitutions can be made during any dead ball period before the official has beckoned for service.
- B. A player removed from the match via substitution must wait for the end of the next rally before he/she may re-enter the set.
- C. Team may not designate or utilize a libero.

VII. SERVING

- A. The service zone is behind the end line and between the extensions of the sidelines. Players may serve the ball from any part of the court but must have their last step before contacting the ball be within the service zone. Players may not make contact with any part of the end line until after they have contacted the ball.
- B. Players have five seconds after the official beckons for serve to contact the ball to initiate play.
- C. During a team's term of service, the player in the Right Back position will be the server until the next term of service.
 - A team's term of service ends when it loses the rally or the set ends.
 - At the beginning of a new term of service, all players on the court will rotate clockwise one position on the court to determine the next server.
- D. A re-serve is called when the server releases the ball for serve, then catches it or lets it hit the ground without making an effort to contact it for serve. Teams are allowed one re-serve per term of service.
- E. Let serves, in which the ball contacts the net before falling to the receiving team's side, are legal.
- F. Blocking and attacking serves at the net is not permitted.

VIII. PLAYING THE BALL

- A. Teams are allowed a maximum of three hits before returning the ball to the opponent's side of the net.
 - Neither a block nor a joust counts as one of the team's three hits
 - A player contacting the ball with two or more parts of the body at the same instant is permitted and considered one hit.
- B. The ball may be hit with any part of the body.
- C. A player cannot contact the ball two or more times in succession without interrupting contact from another player.
 - Blocks and jousts do not count as hits. A player participating in a block or jousts can be the next player to play the ball without penalty.

- On any first team hit, whether the ball is touched by a block, a player can contact the ball with multiple contacts if it is during one attempt to play the ball.
- D. Players may not touch the net, supporting cables, nor antennas with any part of their body to manipulate the net.
- A player's loose hair contacting any part of the net and or its supports is not a fault.
 - It is not a fault when the force of a ball hit by an opponent pushes the net or net cables into a player.
- E. Contacting a ball that is completely on the opposing side is a fault unless the opposing team has completed their attack.

IX. COED MODIFICATIONS

- A. A team consists of 6 players per team on the court. A team may start with a minimum of 4 players.
- B. A team can have no more than 3 males on the court at once. (3/3)
- C. A team may play with 6 women on the court. There is no maximum number of women allowed on the court.
- D. Men and women must alternate in their serving line-up as often as possible.
- E. If a team contacts the ball more than once (after a block), a female must contact the ball before it goes over the net.

X. PROTESTS

- A. A manager can protest an official's interpretation of the rules, provided the protest is made prior to the next official serve. The protesting manager must make the official aware of the protest. The protesting manager must file a written report with the League Coordinator by 5 p.m. the next business day, along with the \$50 protest fee.
- B. Upon receiving the written protest and protest fee, the League Coordinator will determine the validity of the protest. If, in their judgment, the protest is valid due to a misinterpretation of the rules, they will call a meeting of the staff protest committee and address the protest. If the protest is upheld, the protest fee will be refunded.
- C. When eligibility is in doubt, the burden of proof rests with the team whose player is in question.
 - 1. A case of a player participating under an assumed name **MUST** be handled on the spot. The opposing manager must bring this to the attention of the supervisor on duty before the last out of the game. The player under question must produce a picture I.D. or his/her team will forfeit the game, and the player could be suspended for the remainder of the season. **EXCEPTION:** The supervisor on duty may accept a non-photo I.D. if, in his/her judgment, extenuating circumstances exist.

2. In other cases where eligibility is in doubt (EXAMPLE: A player playing on two teams in the same league or a player playing in the playoffs that is not on the roster), the protest must be submitted in writing to the league coordinator by 5 p.m. the next working day. A \$50 protest fee must accompany the report. If not reported by the deadline, the game will be considered official and cannot be contested.
3. Recreation department staff will decide all cases of player eligibility. Teams found to have played an ineligible player(s) will forfeit the game, and the ineligible player can be suspended for the remainder of the season (from ALL Cobb PARKS leagues).

D. Players may participate on **1 team per league**. If a player's eligibility is protested and he is found to be on more than one roster in the same league, the protested game will be forfeited. The player in question must then declare which roster he/she will officially remain on for the remainder of the season. The field scorekeeper/supervisor has the authority to stop an ineligible player from participating.

XI. PLAYER CONDUCT

- A. If a player or coach touches an umpire or county representative in anger, or threatens to do bodily harm, before, during or after a game, he will be barred from the league indefinitely. The length of the suspension will be determined by Cobb PARKS staff (**MINIMUM SUSPENSION IS FOR 1 CALENDAR YEAR IN ALL COBB PARKS ADULT ATHLETIC PROGRAMS**). Violators may also be subject to legal penalties as enforced by the Cobb County Police Department.
- B. Any player or coach ejected from a game will serve a 2-game suspension from all Cobb County PARKS leagues he/she participates. A player ejected for the second time during a season will be suspended for the remainder of that season. If a player or coach participates in a game while ineligible due to suspension, the game shall be declared a forfeit and the player or coach will be suspended for the remainder of the season. **NOTE: Scorekeepers are not required to notify said player prior to the start of the game concerning ejections. Failure to do so shall not affect a player's ejection for the season.**
- A. Fighting among players, coaches and spectators, or any other conduct judged inappropriate by recreation department staff will result in ejection of the individuals or teams involved for an indefinite period set by the department. (**Minimum suspension is (1) one calendar year in all Cobb County PARKS leagues**). Violators may also be subject to legal penalties as enforced by the Cobb County Police Department.

XII. FACILITY RULES & LEAGUE INFO

- A. Drinking of alcoholic beverages will not be tolerated. A player determined to be under the influence of intoxicants will be immediately removed from the playing area and suspended from the Cobb PARKS Department program for 1 year. Cobb County law prohibits possession of alcohol in county parks.
- B. If a team forfeits two games or more during the season, Cobb PARKS reserves the right to drop that team from the league with no entry fee refund.

- C. After the schedule is complete, there will be no changes or refunds. Schedules will be emailed to the team managers. You may submit a scheduling request before the season and the League Coordinator will accommodate if possible.

XII. ADULT VOLLEYBALL TIE BREAKER

The following procedure will be used to determine the first-place finisher at the end of the season or break ties.

A. TWO WAY TIE:

- 1) **Head-to-Head** - If two teams are tied with identical records, the winner is the team that won the game when the two teams played.
- 2) **Average Points Differential** – If two teams are tied, the total point differential will decide the winner.
- 3) **Coin Toss** - If the teams split their games, a coin toss will determine the winner

B. THREE WAY TIE:

- 1) **Head-to-Head** - If one of the three or more teams defeated each of the other teams during the season
- 2) **Average Points Differential** – If teams are tied, the total point differential will be used to break the tie between three or more teams.
- 3) **Coin Toss** - If teams split their games, a coin toss will determine the winner.

NOTE* Forfeit games will be recorded as a 11-0 score. This score can be used except when a disadvantage would occur to a winning team or an advantage would occur to a losing team.