

CPCC Adult Volleyball Rules

Section 1: Rosters

- All players must be over 18 years or older
- There should be no more than six (6) players on the court at one time. There must always be at least a 3:1 ratio of males to females.
- Teams with less than four rostered players (3 males, 1 female) will automatically forfeit the match.
- You may pick up one non-rostered substitute player per match. If a rostered player arrives giving you more than 6 players the substitute must stop playing at the end of that set and be replaced by the rostered player. A substitute player can be from the same league, a lesser skill level league, or outside the league. For example, a player from the Competitive B league may sub up to the Competitive A league, but a Competitive A player may not sub down to the Competitive B league.
- A team must provide the names of at least 4 players to populate their roster for the start of the season.
- Player must be listed on the official roster sheet and have participated in gameplay for two weeks of regular season play to be eligible for the season ending tournament.
- If a rostered player becomes unable to physically play due to injury with less than 2 weeks of regular season play remaining and the result leaves your team unable to put out a side of 6 eligible players for the tournament, you may add another player to your official roster without meeting the 2 week participation requirement. This must be communicated to and approved by the league director.
- Players may be added to the roster throughout the regular season but the maximum number of players allowed on a roster is 10. The two weeks of participation rule still applies to be tournament eligible. Players may only be on one roster per league.
- Captains must sign in their team at prior to their first match of the evening on their roster sheet.
- All players must have signed the waiver portion of the roster sheet
- Any and all roster disputes must be addressed prior to the start of the match.

Section 2: Rules of Play

- All regular season matches consist of 3 sets. The first two sets will be played to 25 points (win by 2), with a 30-point cap. The third set will be played to 15 points (win by 2) with no cap. During tournament play, matches will be best of 3 sets, only playing the 3rd set if needed.
- If a team wins the first 2 sets, the opposing team will begin the third set with the serve as a courtesy.
- In accordance with IHSAA rules, there will be a coin flip, called by the visiting team, prior to the match to decide the serve. The team designated as home will chose their side of the court regardless of the coin flip outcome. If a tie-breaker is required, there will be an additional coin flip to determine serve and side for the 3rd set.
- Rally scoring will be used for all matches.
- Each team is allowed two 30-second time-outs per set that may be called at any time the ball is not in play.
- The court lines are considered in play.
- Play begins when the official motions for the serve.
- All substitutions will rotate in at the desired place of that team as long as approved prior to the match with the official. This must be consistent throughout the match.
- Any ball that hits the ceiling will be in play unless it crosses the net or the team does not have another hit remaining.
- No player may block a serve.
- Only captains should address the official's call.
- Any player that arrives after the first set has started must wait until the next set to enter the match.
- If a team does not have the required number to begin the match (4 rostered players), that team will be given until 5 minutes after the match start time until the first set is a forfeit and 15 minutes for the match.
- Only the top 8 seeds are guaranteed to make the tournament.
- Any questions about specific rules (center line, net violations, etc.) should be addressed prior to the match with the court official.
- Any rule not specifically identified within the league rules are governed by the NFHS/IHSAA rule book.