

# ADULT (18 <) CO-ED VOLLEYBALL—league rules

1. USA Volleyball rules will apply. High School rules on line under Net. (portion of foot or hand may have contact with some portion of the center line but can't wholly go over the line)
2. TIME OUT REQUEST: Request for time-outs may be made when the ball is out of play. Each team is allowed two (2)-30 second time-outs per set
3. JEWELRY, HATS, etc... Players shall not wear anything dangerous to themselves or other players, such as watches, rings, hats, earrings, casts, etc. Wrapping of casts is not acceptable.
4. SUBSTITUTIONS: Free substitution is allowed. However, if you are rotating in at a certain position, all players must rotate out...INCLUDING the setter at the same position. There is NO "Ghost Rule". A player that is not permanently rostered for a team can sub for multiple teams but NOT on the same night. A player if eligible can only play for one team in the same league for tournament play.
5. FORFEITS: Match time is 15 minutes beyond the start time in Quickscores. Sets can be played with a minimum of three players. If a team does not have the minimum number to start on the court 15 minutes after the stated court time in Quickscores than the team will forfeit the first set of the match. If the team is still not ready to play in the next ten minutes then the match will be a forfeit. Ex. Quickscores schedule states that you can take the court at 6:30pm. At 6:45pm if there isn't at least 3 players (not all 3 can be guys) than the first forfeit is called. By 6:55pm if there are no additional players the match will be called. Players can then play any format they wish for the remaining hour without the assistance of an official.
6. MATCHES will be played the best 2 out of 3 sets. The first two sets to 25 (cap at 27) points, using the rally scoring system. If a third set is needed it will be played using rally scoring to 15 (cap at 17). The caps will apply to season matches and tournament sets **except for the championship "IF" set, which is 1 game to 25 (NO CAP)**
7. TOSS OF THE COIN: The winner of the toss chooses: to serve, receive service, or side of court.
8. TEAM ROSTERS must be filled out completely and signed by the individuals playing. Rosters are available at the front table at the beginning of each game. Any player listed on the roster who desires to play in the tournament must have played in a minimum of two (2) regular season matches. Names can be added to the roster throughout the season. Names and signatures are required prior to play. We ask that each player dates the roster of the first two matches played during league play. The roster also serves as the waiver. This is an ADULT LEAGUE and all players must be 18 years of age to play
9. COURT PLAYERS: There can be more women than men on the court. No more than 3 men on the court at a time. Substitutions must be made accordingly. (4 women- 2 men/ 3 women- 3 men/ 3 women-2 Men/ 2 Men-2 Women/ 2 Women-1 Man or 2 Men-1 Woman)
10. 3 hits on one side must include a "hit" by a woman. 2 hits on one side may be by two men
11. A ball that hits the curtain or walls is considered "out". A ball that hits the ceiling or basketball hoops, etc. can be played if on the same side. If it comes down on the opponents side it will be a "side-out"
12. CHILDREN MUST BE SUPERVISED during league play. Should **not be** unsupervised and **not be** allowed to roam the gymnasium. Children will not be allowed to bounce balls in the gym during league play.
13. SPORTSMANSHIP IS A MUST AND WILL BE REQUIRED FROM ALL PLAYERS AND SPECTATORS.
14. Games will be played at a net height of – 7'8".
15. We ask that if your match is completed before the hour is up than please stay and play some additional sets for fun.
16. Tournament bracket schedule will be available prior to the last game of league play. Seeding will be inserted once the league has been completed.
17. Every effort is being made for proper match results. Team Captains from the winning teams are responsible to verify the results with the scorekeeper at the end of the match and for signing the scoresheet.

DIRECT QUESTIONS TO LINDA WEEKS/RECREATION AND GYM MANAGER @ 801-939-9279