



Parks and Recreation Department INDOOR VOLLEYBALL RULES & REGULATIONS (revised March 2022)

All league games will be played in accordance with the current United States Volleyball Association (USVBA) Official Guide.

I. Eligibility

1. Players in all Adult Leagues must be sixteen (16) years of age or older prior to the start of league play.
2. All players must carry current picture identification with them at all times during all league games.
3. A player from the "Power" division cannot sub in the "Rec" division. However, a "Rec" player can sub up to the "Power" division. Players may not be on the rosters of two teams in different divisions. A "Power" player may sub for another "Power" team as long as subbing for them does not give them more players than the opposing team (same thing for teams in the 'Rec' league). (See II, # 4. Below)

II. Rosters

1. Each team will be allowed to a maximum numbers of players, including the playing coach. Coed "Six" will be allowed a maximum of twelve (12) players.
2. Final rosters must be turned in prior to the team's first game. Rosters may be turned in at the Recreation Center office between 8:00 a.m. – 5:00 p.m., Monday through Friday. Final rosters must be completed with Name, Phone, Address and City, Birthdate or DL#, and Signature.
3. Roster changes will be allowed but must be submitted prior to the team's third game.
4. 1 and only 1 non-roster player can sub for another team. Exception to the 'only 1 player' is if to keep from a forfeit.

III. Equipment/Uniforms

1. Matching uniforms are NOT required.
2. Officials may ban any equipment that they deem as unsafe or illegal.
3. No jewelry may be worn at any time during the game.

IV. Playing Rules

1. Teams should be present at least 15 minutes prior to game time.
2. **Rally Play Scoring:** An official match will consist of three (3) games, all three (3) games will count toward the season standings. The score shall be rally play for all three (3) games. Games one and two will go to 21 points, win by two. Game three will go to 15 points, win by two. There will be a 15 minute allotment for each game. **POINT CAP – Games one and two 25. Game three 17.**
3. NO GRACE PERIOD! Game time is forfeit time.

4. If a team forfeits a game due to failure to have sufficient players to start a game at the scheduled time, the score will be recorded as 21-0. A waiting time of to 15 minutes will be allowed for the 2nd and 3rd game, before each game is declared a forfeit and recorded as 21-0.
5. If a team forfeits two (2) complete matches due to lack of players at the start of the season, the team will be dropped from the league with no refund of entry fees and all teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit. Make up games scheduled on days other than the original league will not apply.
6. There will be free substitutions. All substitutions must be made during a dead ball. Substitutes are not required to replace the same player each time. Substituting upon each rotation will be allowed. Two methods of substitution: 1) "Standard" substitution where 2 or more players sub in and out into one single position in the rotation. 2) "Rotating" a player into the game at a specified position when the team gains the serve. I.E: A substitute rotates in at right front position; all substitutes must rotate in at the right front position throughout the entire game. Men must substitute for men and women must substitute for women. The same method of substituting must be continued throughout the game.
7. There will be one timeout per team allowed for each game. The clock will stop and each timeout will be 30 seconds. Players will resume their previous location in the rotation after the timeout.
8. After each game, the teams will exchange sides.
9. The winner of the coin toss will determine first service. The other team will have choice of court side. The second game will begin with the original first game receiving team serving first. The third game will begin as the first game began (coin flip, etc.)
10. **Blood Rule** – A player, coach or official who is bleeding or who has blood on his/her uniform will be prohibited from participating further in the game until the appropriate treatment is administered in a reasonable length of time, the individual will not have to leave the game. (The length of time considered reasonable is left to the official's judgment.
The official will:
 - a. Stop the game and allow treatment if an injured person would affect the continuation of play.
 - b. Immediately call a coach, trainer or other "authorized person" to the injured player.
 - c. Apply the rules of the game regarding substitution, reentry and short-handed player if necessary.
11. Each Team Manager should initial the official's score sheet after each match. This will insure that all records are correct and have been accepted by both Team Managers. Failure to initial the score sheet will be an indication that the Team Manager has accepted the score sheet and has forfeited his/her right to review. **League standings will be based on the score sheets.**

V. Match Procedures

1. Spiking will be allowed
2. Overhead or underhand serves will be allowed. The service will change to the other team when one of the following serving faults occur:
 - a. The ball hits the net and does not go over. **Note: A "Let" call on the serve is good.**
 - b. The ball passes under the net.
 - c. The ball touches an antenna or does not pass over the net completely between the antenna and their indefinite extensions.
 - d. The ball touches a player of the serving team or any object before entering the opponents playing area.
 - e. The ball lands outside the limits of the opponents playing area.
 - f. If a team has served out of order, the team loses the service and any points gained during such out of order service and must immediately return to the correct position.

3. Teams are required to play with a minimum of four (4) players, no more than three (3) players of the same gender. Players will be positioned on the court as if all six (6) players were present. **The same gender will never serve back to back, unless you are playing a 2-3 or 3-1 ratio. No 4-2 or 4-1 ratios will be allowed. The "Ghost Player Rule" will NOT be observed.**
4. The serving order and position on the court at service will be an alternation of male and female, or vice versa. **Unless you are a coed team playing with (5 player) 2-3 ratio or (4 players) 3-1 ratio. Then the same gender will be allowed to serve back to back.**
5. When a ball is played more than once by a team, a female player must make one of the contacts. Contact of the ball during blocking will not constitute playing the ball. There is no requirement for a male player to contact the ball regardless of the number of contacts by a team.
6. When only one male players is in the front line at service, one male back line player may be forward of the attack line for the purpose of blocking. **Exception: A male player may not come from the back row if two male players are already in the front row. (Maximum of two males in the front row during a block.)**

VI. Tie-Breaker Procedure

1. In case of a tie for award positions at the conclusion of the season, the following tiebreaker procedure will be used to determine places:
 - a. Head to head result(s) between teams tied.
 - b. If teams split in head to head game, point differential in those games will be used.
 - c. If teams are still tied, point differential in all league games for the teams tied will be used.
 - d. As a last resort, a one-game playoff will be held to determine the final places.

VII. Conduct/Discipline

1. Roanoke City ordinance 97-115 section 7.501 states "No person shall possess an open container of any alcoholic beverage in a public park located in the City of Roanoke, Texas."
2. Smoking will not be allowed on the court.
3. Each team manager will be held responsible for the conduct of his/her fans or spectators.
4. Any player, coach or manager ejected from any league game will be suspended for a one (1) league game. Players, coaches and managers who have been ejected/suspended **must leave the complex** and may not return until the completion of their suspension.
5. Suspensions will carry over from season to season. Example: A player suspended for the final game of the season will have to sit out the first game of the next season.
6. Verbal or Physical violence especially attacks on a game or tournament official immediately before, during or after a game will not be tolerated. Fights/confrontations between players/teams will result in a minimum of one (1) year loss of eligibility or indefinite suspension in all league play, subject to an annual review if requested.
7. The official has the authority to remove a player, coach or a spectator from a game and/or forfeit the game due to unsportsmanlike conduct. Unsportsmanlike conduct will include but is not limited to profanity, threats of any kind toward the officials, fighting (before, during or after the game) any intoxicated condition detected by the official before or during the game or any flagrant foul as determined by the official.
8. Ejection/Suspension/Appeal Procedures: Once a player, coach or spectator is ejected from a game, then that person will be notified in writing that they will be suspended for one (1) game and/or one year depending on the severity of the incident. When the suspended person receives the correspondence, then he/she has the right to appeal the ruling **in writing** within 5 days. In turn, the Roanoke Parks and Recreation Department athletic office has up to 5 days to render a decision **in writing** regarding the appeal. This office has the right to uphold, reduce, waive or increase any suspension that has been granted, once the research has been conducted. All decisions are final and are considered closed.

VIII. Protests

Must be filed in the following manner:

1. Must be filed before the game is over.
2. Notify official and give details of the protest.
3. See that the protest is recorded in the official scorebook.
4. On the first regular business day following the protested game, the Team Manager must submit the protest in writing to the Recreation Center office along with a \$25.00 protest fee. Make checks payable to "City of Roanoke". If a protest is upheld, the fee will be refunded.
5. Judgment calls are not a basis for protests.

IX. Summaries

1. The Parks and Recreation Department reserve the right to add, delete or amend the rules and regulations or policies for the betterment of the program.
2. The Parks and Recreation Department can approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.
3. League standings for all divisions will be kept on the league website, <http://www.quickscores.com/roanoke>.