



ADULT LEAGUE VOLLEYBALL RULES

1. Matches are played according to the rules and regulations of the current National Federation of State High School Associations Volleyball rulebook, unless superseded by Shawnee County Parks and Adult Volleyball rules and regulations.
2. Team rosters are required and turned in to the Sports Office by the close of business the day of the first game of the session. New players may be added at any time; to do so, a roster change card must be completed and signed by the manager to release or add a player. A player may be released from a team only once per session. A player may sign only one Adult Volleyball League roster and play on one team per night. Adult Volleyball program director will forfeit all games played by teams that do not have rosters on file at the Sports Office. Minimum age to participate in Adult Volleyball program is 16 years old and a parent or guardian must play on the team. Participants who are 16 and 17 years of age must have a parent/guardian signature on file at the Sports Office.
3. Each team will play (3) games per match, (2) matches each night. Every game that is won will constitute 1 point in the league standings.
4. As a player on a team, you are not permitted to play in the same league on another team or in another league on the same night. Illegal player must be protested to official at beginning of game or match.
5. LEAGUE Credit: A credit equally 10% of the registration fee will awarded to the team finishing 1st in official standings. League standings are determined by game and not match win/loss records. If two teams have the same record at the end of the session, the tie will be broken in the following manner:
 - Head to Head Meeting
 - Head to Head Run Differential
 - Total Points Against
 - Forfeits
 - Coin Toss



6. UNIFORMS: It is recommended that all team members wear the same color of jersey. No outdoor or hard-soled shoes are allowed. All players must wear proper Athletic shoes. No bare feet will be allowed in indoor play.
7. A team not appearing or ready to play five (5) minutes after scheduled match time constitutes a forfeit of the first game. Ten (10) minutes after scheduled match time constitutes a forfeit of the second game. The match is forfeited fifteen (15) minutes after scheduled match time.
8. Corec: Men cannot spike. A spike is defined in the Official rulebook as “*an attack play in which the ball is **forcibly hit** into the opponents court with a one-hand overhead motion.*”
9. All league teams must have at least four (4) players to start play. Co-rec must have at least one team member of the opposite gender to begin, (i.e. 3 men, 1 woman or 3 women, 1 man).
10. Rally Scoring: A point is scored each time there is a side out. Game #1 and Game #2 end at 25 points and Game #3 ends at 15 points. There is a fifteen (15) minute time limit per game. At the end of fifteen (15) minutes any team ahead by two (2) points or more is the winner. If the score is tied, play will continue until one team has a two (2) point advantage. A match may be moved to adjacent court if assigned officials agree that doing so would lessen delays to teams, facility staff, and officials.
11. Let Serve: A ball contacting and crossing the net shall remain in play provided that the ball is entirely w16.
12. GROUND RULES FOR SERVING PROCEDURE: Server must wait for the official’s signal to serve. Penalty: side out. The first server of the game is the player in the right back position. When a team is awarded a side-out, the player in the right front position rotates to the serving area. Serving area shall be behind the end line from side line to side line. One foot may cross the baseline prior to serve only at the following locations Crestview and Oakland – North Side/ Garfield – West Side/ Hillcrest – West Side.
13. Rotation is clockwise. Rotation substitutions must be made when ball is dead, and at the center back position. Rotation is to remain constant per game, once you start a rotation order you must keep your players in that order the remainder of the game. Any players arriving late may enter at center back position upon their team’s next rotation for serve. Shawnee County Parks and Recreation Adult Volleyball will not follow the libero rules and guidelines.
14. All matches begin with a coin toss to decide serve or side. The team that lost the previous game shall have the first serve in the succeeding game.
15. No player shall break the plane of a non-playable area such as adjacent courts scheduled for play. *Penalty: Side Out*
16. Playable area. When a wall, floor obstacle or non-playable area that is less than 6 feet from boundary line, or non-player causes the interference, a replay is declared provided the player had a legitimate play on the ball. When in the judgment of the referee, the ball would have

remained in play had a vertical backboard not been over the playable area, a replay is granted. In all other situations, a loss of rally/point is awarded to the opponent.

17. Player contacting the ball. Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.

18. **All children must be supervised during the entire time league matches are in play.**

19. Net heights. Women's, Co-rec and Men's 50+ leagues will have a net height of 7 feet, 4¹/₈ inches. Men's net height will be 7 feet, 11 ⁵/₈ inches.

Volleyball revised 12/2022