

# Montrose Recreation District

## ADULT VOLLEYBALL RULES



Current NFHS rules will govern play with the following exceptions:

**Team Rosters:** No player will be allowed to play without signing the team roster first. Any team caught with illegal players on the floor will forfeit the game(s) in which that player has played.

By signing the team roster you are also signing a liability waiver.

- A player must be added by the 5<sup>th</sup> league game during the regular season.
- To be eligible for the playoffs, a player must have played in at least 2 regular season matches.
- You may change teams by contacting the league coordinator and requesting a switch. But you MUST sit out 2 games before playing with another team.
- All players must be in high school or older (15+)
- Players can only play for (1) team in each division, you may sub with the other teams approval, except in playoffs.

### Game Scoring and Timing

- Each match consists of three games, rally scoring to 21 points. Play will continue until one team scores 21 points, winning by two points, with a cap at 25 points.
- Rally Scoring: If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and serves next.
- There will be a 45 minute time limit for the match.
- All three games will count in league standings, even if the game was not finished.
- Game time is forfeit time for the first game of the match. There will be a 15 minute grace period and then game 2 will be called a forfeit. If after 20 minutes a team still having less than 3 (4v4) or 5 (6v6), the entire match is forfeited.
- One 30 second time-out is allowed per game.
- There will be a one minute rest period between games if needed.
- 4v4 Leagues- please have someone use the scoreboard controller, the supervisor can show them how.

### Serving

- It is illegal to block or attack a served ball.
- A serve may be set as long as it is not lifted or carried.
- When the receiving team has gained the right to serve, its players rotate one position clockwise
  - Receiving team does NOT rotate after first end of rally/point.
  - Your serving order must remain the same for the entire game/All players must serve. If you skip a server, it is a point and side out for the opposing team.

### Game Play

- Games are played at regulation height (Coed will play at 7'8, Men's at 8' and all other divisions will play at women's height, 7'4 <sup>1/8</sup> ")
- Home team listed will choose Serve or Side. Teams will switch sides after each game.
- Teams may warm-up depending on time available- there is no guaranteed warm up period. There is NO warming up on the Gray Court during regular Rec Center hours.
- Free substitution is allowed in between points and must be made in a consistent manner throughout.
- A ball may contact the ceiling above the playing area, as long as it remains on your side, and be played.
- Open hand tips must land past the 10' line, roll shots and contact made by knuckles may land inside the 10' line.(4v4)
- Sets across the net must be made square with the body facing the Net. (No dump sets) for 4V4 Leagues.
- All players are considered front row and may attack and block (4v4) leagues.

### Faults:

- Fault: A team commits a fault by making a playing action contrary to the rules. The referee will determine the consequences according to the rules. If two or more faults are committed successively, only the first one is counted. If two or more faults committed by opponents simultaneously, a DOUBLE FAULT is called and the rally is replayed.
  - At the moment the ball is hit by the server, each team must be within its own court (except the server).
  - The players are free to position themselves. There are NO determined positions on the court (4v4)
  - Players must still follow a set serving rotation.
- Service Fault - Service order must be maintained throughout the set. A service order fault is committed when the service is not made according to the service order.
  - The referee will correct any incorrect player and the fault is punished by loss of rally/point

### **Protest Procedures:**

- Only the designated captain of the team may make a protest.
- No protest will be allowed for judgment calls.
- Rule Book call protest must be made to the gym supervisor prior to the serve following the infraction.
- Roster protests must be made before the game is over. NO roster contentions may be made after the clock has expired or after the 3rd match has been played to completion.
- The gym supervisor's ruling is final.

### **Players Conduct:**

- All players are expected to conduct themselves in a sportsman like manner.
- Any player displaying unsportsmanlike conduct will be given a verbal warning from the head official.
- A second offense will cause the player to be ejected from the game.
- A single serious offense will be signaled with an ejection from the match and must immediately leave the gym.

**Children:** It is required that children be supervised or left at home. Children attending the matches must remain seated on the bleachers or the surrounding floor area.

- Children are not allowed to play basketball or engage in any other activity in the warmup areas.
- Should league play be disrupted by unsupervised children, games will be stopped and penalties, including forfeits may occur. The safety of the league players as well as the children will be the top priority.
- Children need to stay in the gym and not playing in the facility, unless they pay/scan in to use the facility during regular operating hours and are of age to do that.
- **Spectators:** People are welcome to come watch the games at no cost. Please pay if you stay and use the facility before/after participating or watching.

### **COED Specific Division Rules**

#### **Acceptable M:W Ratios:**

- (4v4) league: Must have 3+ players to start. 2 men 2 women; 1 man 3 women; 3 women; 1 man 2 women; **2 men 1 woman, 4 women**
- (6v6) league: must have 5 players to play/start. 3 men/3 women is preferred, but 3 men/ 2 women, 3 women/ 2 men is acceptable as well as 5 or 6 women.
- In the event of an injury that occurred mid-game, ratios may have more men than women. In the event of an ejection, ratios MUST be maintained.
- **If the ball is played more than once, a female player must play the ball at least once before it goes over the net.**

#### **Game Play**

- Free substitution may be used on a side-out in a consistent position. (Men to women ratios must be maintained. In general, men replace men and women replace women when subbing).

**League Notes:** The Montrose Recreation District reserves the right to adjust league assignments after the first 2 weeks in order to protect the competitive integrity of the league. Teams may be moved down or up from each league to adjust competition level.

**Tournament/ Playoffs:** League Standings will be determined by the following order: Game Record, Head-to-head games, head-to-head matches, Match Record, Point differential.

- Tournament games will be played best 2 out of 3 games – 3 games to 21, cap at 25 and time limit of 45 minutes.

**FACILITY USE:** After closing time at 8:00 pm the locker rooms are CLOSED, we have restrooms at the front of the building for use after 8:00 pm. The front doors will be locked 10 minutes after the start time of the last scheduled game.