



# North Highlands Recreation and Park District

## **ADULT COED POWER VOLLEYBALL LEAGUE**

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### **A. LEAGUE OPERATION**

The North Highlands Recreation and Park District Volleyball League will operate according to the rules stated below. All rules not covered specifically on these pages will be in accordance with the Official/rules of the United States Volleyball Associates.

### **B. MANAGERS/PLAYERS CODE OF CONDUCT**

1. All players, managers, coaches and spectators will abide by the North Highlands Recreation and Park District players code of conduct. It is the responsibility of the team manager to convey to his/her players these rules and have all players abide by the.
2. Officials and/or league director have the right to banish players and spectators from the game, playing area, or the league for misconduct, delay of a game, or for the good of the game and other players involved.
3. Officials may use their own judgment on play for safety reasons.
4. Officials will go over the ground rules, concerning gym obstruction.

### **C. INJURIES**

Injuries sustained during an official game by player, officials or spectators are not the liability of the North Highlands Recreation and Park District.

### **D. TEAM PLAYERS**

1. All teams must have a team roster with a signature of all players on their team. If a player is not on the roster the official will not allow him/her to play.
2. A team may have a maximum of ten (10) players on its roster.
3. Teams shall be composed of six (6) players with a minimum of four (4) to begin play. (At least half of the playing team must be women).



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4. All players must be 18 years of age or older.

## **E. ROSTER CHANGES**

1. All players must be added by the third league game... Changes must be made with the scorekeeper or official at the game. Changes must be authorized by the league director.

## **F. MATCH PLAY**

1. Game time is the scheduled time of play.
2. Forfeit time is five (5) minutes after game time for the first game, 10 minutes for the second game, 15 minutes after game time is match forfeit.
3. A game shall be one by the team which has scored 25 points and is at least two (2) points ahead, with a game maximum of 27 points. Thus, if score is tied 26 all, the next team to score a point wins.
  - a. Each team will permitted one (1) 30-second time out per game.
  - b. There will be one (1) minute between games.
4. A match will be three (3) games to 25 points, with rally scoring being used. There will be a 27 point cap. If the first two games of the match last 40 minutes or more, the third game will be up to 15 points with rally scoring being used. There will be a 17 point cap. Both teams will be notified before the start of the third game.
5. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.

## **G. SUBSTITUTIONS**

1. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins.
2. Substitutes can rotate in a clockwise direction on every side out. Substitutions will enter in the middle back position with the server going out. A man will only substitute for a man and a woman for a woman.
3. No free substitution will permitted, except when a team has less than 6 starting players, when the player shows up they may enter after a side out, and must start in the back row.



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## **H. PLAYS**

1. An openhanded hit are allowed both overhand and underhand. A lift will be called if a player obviously throws, catches, or slings the ball. This results in a side out.
2. Clasped hand hits are good.
3. A push is not legal. A push is considered as a chest push below the shoulders.
4. A foot fault will be called if the player's entire foot is beyond the centerline.
5. All line shots are considered good.
6. Players may not touch the net during play. Hair contact is allowed. If a ball knocks net into players, it is allowed.
7. Balls may be played out of the net.
8. Either a male or female team member my hit directly across the net. If the ball remains on the side for more than one hit it must be played by a female at least once. Players have 3 regulation plays to get the ball over the net. (With the exception: A block is not considered a hit.)
9. Multiple contacts are allowed on any first ball over the net, provided the ball is not lifted.
10. Ceiling, lights and beams are in-bounds on your side only. Backboards and walls are out of bounds.
11. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plain of the net.
12. Back row players may not jump to hit the all over the net from in front of the ten (10) foot line.
13. Attack blocking the set is not permitted.
14. Inter-change is allowed. Back row male may block but not attack.
15. Only front row players may block. (With the exception of the inter-change rule).



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16. All leagues must rotate on all side out (includes first serve).

## **I. BLOCKING**

1. Blocking is allowed. Blocking is defined as a player's body and arms being vertical at the net.
2. Blocks do not count as a hit.
3. After a block if the ball is hit more than once a female must lay the ball at least once.

## **J. SERVICE**

1. The serving team will be determined by a coin toss. The winner having the choice to serve or chose sides.
2. Players must be in their starting positions during the serve then they may move about the court.
3. A foot fault will be called if the player's foot touches or goes over the line, or goes outside the boundaries of the court on a serve.
4. Let serves (Serves touching the net) are legal.
5. It is illegal to serve out of order or before the whistle is blown.
6. When a serving error is made, all points served during that serve will be forfeited, if discovered during play.
7. When the error is discovered after the serving turn is completed, no penalty shall be assessed. Positions however must be returned to the proper established order.
8. No blocking or spiking the serve will be allowed.
9. Only one toss is allowed for serving, and you have 8 seconds to serve after the whistle has blown.

## **K. ALCOHOLIC BEVERAGES**

Consumption of any type of alcoholic beverage is not permitted in North Highlands Recreation and Park District facilities, or any co-sponsoring agency facilities. If the official feels a player is incapable of playing they will stop them from participating.

## **L. WARM-UP TIME**



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If time allows there will be a 5 minute warm up time before the match begins.

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