

Madison Parks and Rec Adult Volleyball League Rules

1. Captains toss a coin for choice of serve and court.
2. Each match will be best 2 out of 3 games, not total games won.
3. The team that did not serve the first game will serve the second game.
4. Teams exchange courts at the end of each game.
5. A one-minute time-out is allowed for each team during each game.
6. A team consists of 7-10 players, but can play with 6 on a court at a time. A team cannot play with less than four (4) players.
7. All protests and rule interpretations will be handled by the Parks and Rec.
8. Tie Breaker Rule for League Standings: Head-to-head competition; games played between teams tied; and if there is still a tie, least points allowed for the half.
9. All protests concerning eligibility or rule interpretation must be emailed to the Parks & Rec Adult Program Assistant within 24 hours of the game in question.
10. The first server is the right back player and may not touch the boundary line while hitting the serve. He/she may strike the ball with their hand in any manner; underhand, sidearm or overhand.
11. No player may encroach on the opponent's court. The centerline under the net may be stepped on, but not over.
12. No player may play the ball twice in succession unless two (2) players touch the ball simultaneously as in passing or blocking the ball. A player may play the ball on the first and third hit.
13. Each team may not play the ball more than three times (3) before it is returned over the net.
14. If a ball touches the boundary line, it is good.
15. A player may run outside his own court to play a ball.
16. The ball, to be legal, must pass between or over the side boundary lines as it crosses the net.
17. *All games are rally scoring. A team wins the game when they score 25 points and have a two point advantage. If the match goes to a third game, it will be 15 points. No caps - win by 2.
18. Front line players are allowed to block at the net. No block or attack of a serve is allowed.
19. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player, it is not a foul providing the players did not actually make contact with the net by their own impetus.
20. The team receiving the ball for service from its opponents immediately rotates one (1) position clockwise; the front-line moves one (1) position to the right and the back-line one (1) position to the left. Teams with more than six (6) players will be allowed to rotate players in and out. **FREE SUBSTITUTIONS**

DURING GAMES BUT TEAMS MUST STILL ROTATE. TEAMS CAN ONLY SUB DURING ROTATION. EVERYONE MUST SERVE ON THE TEAM BEFORE THEY CAN SERVE AGAIN.

21. Server must wait on referee's whistle to serve the ball.

22. If the ball hits the basketball goal or the rafters, does not break the plane of the net and drops on the offensive side of the net, the team can make a play on the ball if they have a play left. If the ball hits the basketball goal or the rafters and falls over the net, it will be considered a side-out.

23. The ball may be played with any part of the body. It must be clearly batted, kicked, not thrown or scooped, except off a hard driven spike. Then if it is clearly played, it may remain in play if it hits the waist or above the waist.

24. Follow through over the net is permitted, unless the player touches the net, however, the hand must not remain in contact with the ball. Players cannot reach over the net and hit the ball.

25. Service

a. The team receiving the first service of the game shall rotate upon receiving a side-out or point.

b. First service alternates each game, except in deciding game for which the coin is tossed again.

c. Server may touch imaginary lines bounding width of serving area but not end-line of the court.

d. Additional illegal serves: 1. Striking ball with both hands. 2. One toss per serve attempt. 3. Not tossing or releasing the ball before it is hit. 4. Served ball contacts ceiling or obstruction. 5. Does not take the proper position before serving. 6. Commits a foot fault. 7. Hits the ball so that it crosses outside the sidelines as it passes over the net. 8. Any serve that strikes the net and continues over into the receiving team's court is playable.

26. A Side-Out for Receiving Team The serving team loses the ball for service when:

a. Any service fault occurs.

b. Any member of the serving team is not in proper rotation order.

c. Any serving team player reaches over or contacts the net.

d. The serving team fails to return the ball over the net with a minimum of three (3) hits, or illegally plays the ball.

e. The serving team players use directing remarks, stomp their feet or wave their hand to distract an opponent.

f. Serving team players step over the centerline (they may step on this line, however).

g. Excess time-outs occur.

h. The server serves out of turn.

i. A back-line player spikes the ball within 9'10" line of the net.

27. A Point for the Serving Team A point is scored when:

- a. Opponents fail to return the ball legally within a minimum of three (3) hits.
- b. Opponents illegally play the ball.
- c. Opponents contact the net, reach over the net or step over the centerline.
- d. Opponents use excess time-outs.
- e. Illegal substitution occurs by opponent.
- f. Opponents are not in proper rotation order as the ball is served.
- g. Opponents are guilty of unsportsman-like conduct.

28. Scoring A game is won by either team when:

- a. *One team scores 25 points or if the match goes 3 games, 15 in the 3rd game, with a two point advantage
- b. For any reason, team is reduced to less than five (5) players (the game shall be forfeited). The score of a forfeited game is 25-0 or 15-0 for a deciding game.
- c. A match is won by the team that wins two (2) out of three (3) games.

29. Time Factors: The following time factors are in effect:

- a. The rest period between games of a match is three (3) minutes.
- b. Time-outs shall not exceed one (1) minute.
- c. One (1) time-out is allowed each team per game.
- d. Time for injury shall not exceed three (3) minutes.
- e. Games are to start at 6pm. If a team does not meet requirements they have up to 15 minutes to meet requirements

30. Replay:

- a. When fouls by opponents occur simultaneously (double foul).
- b. By agreement of captains and referee when ball strikes an obstruction below 23' or obstructions that are within 6' of boundaries, except after their hit or on a serve.
- c. Officials' mistake.
- d. Injury during play.
- e. Foreign object interferes with play.
- f. Serving before signal by referee.

31. Ball Becomes Dead:

- a. When ball passes over, outside antennas.

- b. Ball passes completely under the net or completely across the centerline or its extension.
- c. Contacts obstruction above 23'.
- d. Touches floor. (Fouls committed afterwards are not penalized.)
- e. Becomes motionless on overhead obstruction.

32. Net Fouls: It is a net foul to touch the net (including the part of the net outside the antennas), but is not a foul to touch the net supports or the referee's platform. Inadvertent contact of the net by the hair caused by the turning movement of the player is not a foul.

- a. Touching opponent's court with a foot or feet is not a foul, providing some part of the encroaching foot or feet remains on or above the centerline at the time of such contact.
- b. Stepping completely across the centerline with the feet or touching opponents court with any other part of body is a foul.
- c. A player may cross the extension of the centerline but if playing the ball, the ball must not be completely across the centerline extension.
- d. A player may cross the centerline once the play is dead (e.g. ball has already hit the floor.)

33. Ball Touching Net:

- a. Ball is dead if it touches that part of the net, which is beyond the antennas.
- b. A ball which touches the net without crossing to opponent's side after a team's three (3) contacts is not dead until it is contacted a fourth time or touches the floor.

34. Blocking:

- a. The intention to block is determined by attempting to stop the ball from crossing the net by contacting the ball while in a position at the net.
- b. An actual block is contact with the ball by one (1) or more of the blockers.
- c. Blockers may reach over the net to block but may not contact the ball until after completion of opponent's action, which sends the ball towards the blocker's side.
- d. A team, which has affected an actual block (contact), shall have three (3) or more contacts to return the ball to opponent's area.
- e. Back row players may not block at the net. A back row player may jump and place hands above the net with intention of blocking, but it is only a foul when the back row player or any of the players blocking with the back row player contacts the ball.

35. More Than One (1) Contact:

- a. Not allowed on any play except on attempt to block.

b. Any player participating in a block shall have the right to make the next contact, which shall count as the first of three (3) contacts allowed the team.

37. Simultaneous Contacts by Teammates:

The simultaneous contacts count as one (1) contact. Either player may play the next ball.