

Adult Volleyball League Rules

Sports Directors: 402-371-9770 or sports@norfolkymca.org

1. League Description

- a. This league is a recreational adult league designed for teams with an interest in enjoying fun competition amongst like-minded adults. This is an adult league. Must be 18 years or older and out of high school to play.

2. Teams/Rosters

- a. Team rosters/waivers must be submitted to Sports Directors by the second week of games.
- b. All rosters/waivers must be signed by the participants before they can play in any games.
- c. Teams may have up to 12 players on their roster.
- d. New rosters must be submitted for each season. Rosters may not be carried over.
- e. Players must be on the roster in order to be eligible to play in the post-season tournament.

3. Schedules

- a. Game schedule will be created and maintained by Sports Directors.
- b. All scheduling change or adjustments must be made in cooperation with Sports Directors

4. Match/Game Format

- a. All matches will consist of 3 games.
- b. All games will be to 25 points (win by two) with a 28-point cap using rally scoring.
- c. A coin flip by the captains will determine which team serves the first game of the match. The serve will then alternate for the following games. Teams will switch sides after each game.
- d. Women's League – played on women's height net (7'4")
- e. Coed League – played on men's height net (7'11")
 - i. Do not lower or higher the nets! Adjustments to antennas can be made if needed.

5. Playing Rules

- a. General Playing Rules
 - i. Teams should arrive at least 10 minutes before game time to warm up. It is very important to start games on time. If you do not arrive early you will not be granted warm-up time.
 - ii. Teams will forfeit according to the following times:
 1. 5 minutes after game time – 1 set
 2. 10 minutes after game time – 2 sets
 3. 15 minutes after game time – 3 sets

- iii. Coed league -teams are expected to play with 3 females and 3 males. Males CANNOT outnumber females if there are 6 players. If only 5 players are present, teams may play with 3 males and 2 females. If only 4 players are present, teams may play with 3 males and 1 female.
- iv. Teams may play with a minimum of 4 players.
- v. Teams of 4 will **not** have a ghost player. Teams will rotate as normal with no side outs.
- vi. Teams of 5 will have a ghost side out but will not give up a point.
- vii. Teams are allowed 1 30-second time out per game with a total of 3 per match.
 - 1. Injury time outs do not count as a time out. If a player is hurt, we need to move them off of the court immediately and continue the game.
- viii. The volleyball can be played off the ceiling and basketball hoops above the net as long as it does not cross over the net.
- ix. The volleyball will be considered out if it hits a wall, curtain, or side hoops.
- x. The volleyball can be kicked as long as the player's other foot is on the ground.
- xi. Coed league - on a volley of two or more hits, a female must touch the ball.
- xii. Good sportsmanship must be displayed at all times.

b. Serving

- i. Servers must stay behind the back line when serving.
- ii. "Net Serves" are permitted.
- iii. A server is allowed one errant toss per serve. An errant toss must drop cleanly to the floor for a second service attempt to be allowed.

c. Passing/Receiving

- i. You cannot block or spike a serve.
- ii. Hands must be closed when passing the ball. Open hands will be considered a lift and result in a side out.
- iii. The ball may be legally hit by more than one part of the body on the first contact, providing multiple contacts are made simultaneously and the ball rebounds immediately and clearly after contact.

d. Setting

- i. A player may set one-handed or two-handed overhead with contact being made on the fingertips and thumbs of the hands. Improper handling of the ball including not hitting the ball simultaneously with both hands (ball spins), contacting the ball with the palms in a slapping action or catching the ball will result in a two-hit or lift call.

e. Attacking

- i. The ball should be hit with the striking action of an open or closed hand.
- ii. A player cannot lift, throw, or grab the ball to hit or tip. Players who tip from behind their head will be called with a lift.
- iii. A backcourt player may not contact the ball above the height of the net in front of the attack line (10-foot line). A backcourt player may leave his/her feet from behind the attack line and contact the ball in front of the attack line.

f. Blocking

- i. Coed league – when 1 male is in the front row, a back row player can come up to block. However, this player cannot attack the ball in the front row.
- ii. You cannot block or spike a serve.

6. Sportsmanship/Conduct

- a. No swearing! If you have to ask if it's okay, you probably shouldn't be saying it. Players will receive a warning, after which they will be ejected if the behavior continues. We take this seriously!

7. Children

- a. This is an adult league. The YMCA has child watch, so please take your kids in there. Do not leave them on the sidelines.

8. Other

- a. If player touches the net, it is a violation.
- b. A player cannot step completely over the center line.
- c. If there are any problems (dirty floors, injuries, standings, scheduling), please let Sports Directors know as soon as possible. These problems need to be addressed, so they can be fixed.

9. Subbing

- a. You can only sub UP one division.
- b. You may sub for more than one team but can only play with one team for tournament.

10. Tournament

- a. A double elimination tournament will follow the regular season with pairings determined by the regular season standings. All teams are eligible for the tournament.
- b. League standings will be determined by the following order:
 - i. Overall team points
 - ii. Overall record
 - iii. Defensive points
 - iv. Offensive points
- c. In the case of any tie break situation, if any team has had a forfeit loss, they are eliminated from the tie breaker.
- d. Tournament matches are played first team to two games. The first two games of the match are played to 21 points; win by two, with a 25-point cap. If a third game is needed, this match is played to 15 points, win by two, with a cap of 25 points. A coin toss will determine service of the deciding game.
- e. Besides the above game/point change, all other regular season rules will be enforced!
- f. Tournament games WILL run ahead of schedule if possible. Teams will be required to stay nearby or at the YMCA in order for games to continue.
- g. Teams who win the regular season and/or tournament may be required to move up a division in the next season.
- h. Teams who lose the regular season and/or tournament may be required to drop a division in the next season.

******* The winning team in tournament play will have to move up one division for the next season.**

These rules may be revised/altered at any time at the discretion of volleyball supervisor.