



Volleyball League Rules

Updated 1/12/16

1. **Roster:** The limit will be 8 players. Additional players can be added to the team (8 total players per team) by filling out the roster at the gym prior to participating. Additional players may not be added after the 4th night of regulation games. All players must be 18 years or older to participate.
 - If a player plays for a team for which that player is not registered on their team roster, then that team may play the game, but must forfeit the win.
2. **Male/Female Ratio (Co-ed Only):** The players on the court at game time must be coed (at least 1 man and 1 woman)
 - Can have 1 more man than woman
3. **Officiating:** Sun Prairie Recreation Department will provide one referee for each match (unless a special circumstance prevents the official from being there). Official must announce to playing teams – 5 minutes left in match.
4. **Matches:** A set is completed when one team reaches 25, win by 2. Rally scoring will be used. **All three sets will be played, regardless of first two set results.**
5. **Time Limit and Expired Time:** Matches have a time limit of 60 minutes. If time runs out, the team ahead wins. If the game is tied, play one more point for the game. If time runs out during the second game of a match and results in one win for each team, play one more point for the match.
6. **Serves:** A volley will determine who serves first (winner's choice), then the serve will rotate from game to game (or rock-paper-scissors, flipping coin, or any mutually agreed method). There will be no restrictions on overhand serves. The server may serve from any point along the back line. No penalty for letting a service toss drop. A player cannot block or spike a serve (must let part of ball drop below top of net before hitting back over).
7. **Service Order:** Players must serve in the same order throughout a game.
8. **Hitting Rules- Co-ed Fours:** Men's net height is used (7' 11 5/8"). The ball may be played with any part of the body, bump only. Everyone is eligible to hit and block. There are no requirements for positions at the time of the serve. Open hand fingertip dunks are not allowed.
9. **NEW – Kicking Rule** – If the foot is flat on the floor and the ball lands on top of the shoe, this is a legal hit and play goes on. No deliberate kicking (with the foot off the floor).
10. All other USAV rules will apply (<http://www.usavolleyball.org/RulesOfficials/indoor.asp>).
11. **Children:** Children are not allowed in the gym, foyer or hallways. Please leave children at home.
12. **UNSPORTSMANLIKE CONDUCT AND PROFANITY**

If a player(s) displays conduct detrimental (use of profanity, inappropriate gestures, arguing with officials, other players, etc.) to the Recreation Department sponsored volleyball program, towards another player or Recreation Department employee during a scheduled match, the player(s) involved will receive:

 - a. 1st offense: A verbal warning from the referee.
 - b. 2nd offense: Ejection for the remainder of the evening and the next scheduled night of play.
 - c. 3rd offense: If at any time after a player has been suspended, they display inappropriate behavior they will be suspended for the remainder of the season. No refunds.

Any player ejected from a game must leave the gym immediately. They may not be present during the length of their suspension for any reason.

Any player who appears to be under the influence of alcohol or other substance to any degree will not be permitted to play. The Supervisor will have the authority to ask a player to sit out or leave the gym – failure to cooperate may result in further disciplinary actions.

ADDITIONAL RULES & THINGS TO KEEP IN MIND

- NO carries, pushing, catching or hesitating of the ball.
- Double hits (“continuation”) on first contact (or ricochet from blocks) is legal assuming player isn’t making two moves to play ball.
- Net Violations: Unintentional touching “brushing” of the net will not be called as long as it doesn’t interfere with the play. If the net is touched during a play on the ball it will be called.
- You can't attack the ball at the net unless it is breaking the plane of the net, onto your side.
- You may penetrate over the net to block the third hit (must let opponent hit ball first) or an earlier hit which the referee judges will cross the net with no chance for another hit.
- All players must be within court lines when a team is serving.
- Contacting the opponent's playing area with any part of the body except the hands or feet is a fault. Touching the opponents' area with a hand or foot is not a fault providing that some part of the encroaching hand or foot remains on or above the centerline.
- *Dead ball* A player steps into another court at any time during a play, the ball hits a wall, the ball hits the ceiling or a backboard and crosses the net, or the ball hits a backboard and the referee judges that the ball was not playable.
- *Continue play* The ball hits the ceiling or a backboard and does not cross the net.
- *Replay* A ball from another court enters court or the ball hits a backboard and the referee judges that the ball could have been played or would have legally crossed net.