

Adult Co-ed Volleyball League Rules

Coaches and players are responsible for knowing and following the game rules.

MANAGEMENT AND AUTHORITY

- A. The City of Olathe and employees are not responsible for injuries or accidents incurred by players or spectators.
- B. The Olathe Parks & Recreation Department staff have the authority to evict players or spectators from the game or vicinity if unsportsman like conduct is exhibited.

TEAM ROSTER RULES

- A. Each team must have a minimum of six players on their roster.
- B. Players must be listed on the roster before they play in a match.
- C. After the start of the second half of the league season, no new players may be added to the roster except to maintain a minimum of six players.
- D. A player may be on only one team roster in each league.
- E. Ineligible participation will result in the forfeit of all volleyball games in which the ineligible player participated.

PROTESTS

Decisions based on the judgment of the official are final and not subject to review. A rule violation protest must be made at the time of the incident in question to the official and will be ruled on immediately by the official and the appropriate action taken.

LEAGUE STANDINGS & AWARDS

Standings of teams tied in the won-loss column will be determined by previous head to head competition. If the preceding does not determine a winner, the differences between total points scored and total points allowed will be compared. First place winners will receive ten individual awards.

PLAYING ATTIRE

Players must wear proper athletic footwear for their safety. No one will be allowed to play bare footed or in street shoes. If a player wears glasses, the glasses must be made of safety glass and specifically designed for athletic competition. Players are not allowed to wear any article of clothing, jewelry, splints, casts, etc. that are made of a material that in the referee's opinion might be a safety hazard to him/herself or any other player.

USA Volleyball Exceptions To The Rules

USA Volleyball Rules will apply ***except as amended below.***

- A. A team consists of a minimum of four players or which at least two must be women.
- B. Substitutions will not be restricted or regulated with the exception that all substitutions must be made during a dead ball, the substitute must replace the middle back position and the substitute must be of the same gender as the player replaced.
- C. ***All three*** games will be played for each match.
- D. Game time limit is 15 minutes. If the game is tied when the time limit expires, the first team to score will be the winner.
- E. Time outs are limited to 30 seconds and 1 per team per game.
- F. ***Game time is forfeit time.*** If a team cannot field a minimum of five players at game time, they will forfeit the first game of the match. Ten minutes after the scheduled starting time the match will be forfeited if the team cannot field the minimum team.
- H. If a game that is in progress is postponed, the game will be resumed at the point of postponement. The match will be treated as if it had not been interrupted.

USA Volleyball Condensed Rules

The following is an attempt at summarizing the most important and most frequently encountered United States Volleyball Association (USVBA) rules.

- 1. Court Size - 59 feet long by 29 feet 6 inches wide.
- 2. Net Height: 7 ft., 11 in. for men & coed
- 3. The team captain is the only player allowed to speak to the referee.
- 4. Time out requests may be made by the team captain when the ball is dead.
- 5. The following actions by coaches, players, substitutes, or spectators are subject to an official warning, awarding of a point, or side out, and/or ejection from the game:
 - a. Addressing of officials concerning their decisions.
 - b. Making profane or vulgar remarks or acts to officials, players, or spectators.
 - c. Committing actions tending to influence decisions of officials.
 - d. Disruptive coaching during the game by any team member from outside the court.
 - e. Crossing the vertical plane of the net with any part of the body with the purpose of distracting an opponent while the ball is in play.
 - f. Shouting, yelling, or stamping feet in such a manner as to distract an opponent who is playing, or attempting to play, a ball.
 - g. It is forbidden for teammates to clap hands at the instant of contact with the ball by a player, particularly during the reception of a served ball.
 - h. Shouting or taking any action conducive to distracting the referee's judgement concerning handling of the ball.

6. Pregame coin flip - The winner of the toss has the option to choose one of the following three choices: (1) First serve; (2) Receive the first serve; (3) Choice of court for first game. The loser of the toss may choose one of the remaining two options. (**Exception:** For league purposes the winner of the coin flip will have their choice the first and third games. The loser will have their choice for the 2nd game.)
7. After the first game teams will exchange playing areas and the team serving first in the first game will now receive first for the second game.
8. Interruptions of play - As soon as the referee notices an injured player or a foreign object on the court that could create a hazard to a player (*i.e., practice ball loose on court*), the referee will stop play and direct a play-over.
9. Delay of game - Any act which, in the judgement of the referee, unnecessarily delays the game may result in a warning, a side out, a point, or an ejection from the game.
10. Serving - The server has **eight seconds** after the referees whistle to release or toss the ball for service. After being clearly released or tossed, the server shall hit the ball cleanly or legally.
11. Serving Faults - The referee will signal side-out when any of the following occurs:
 - a. The server steps on the line or into the court before striking the ball.
 - b. The server steps outside the serving area before the server strikes the ball.
 - c. The ball passes under the net.
 - d. The ball touches an antenna or does not pass over the net completely between the sidelines.
 - e. The ball touches a player of the serving team or any object before entering the receiving team's area.
 - f. The ball lands outside the limits of the receiving team's playing area.
 - g. The ball is tossed for the serve, but is not served.
 - h. The server takes longer than 5 seconds to toss the ball for service.
12. If a team has served out of order, the team loses the service and any points gained during such out of order service. The team at fault must resume their correct positions on the court.
13. Change of service - The team which receives the ball for service must rotate one position clockwise before serving.
14. Screening - The players of the serving team must not, through screening, prevent the receiving player from watching the server or trajectory of the ball. Screening is illegal and results in a side out.
15. At the time of service all players, except the server, on the serving team must be in their correct rotation position and completely within the boundaries of the court.
16. The serve may not be blocked or attacked.
17. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. ***Exception: Blocking - Touching*** the ball during a legal attempt to block the ball does not count as one of the three contacts.
18. **The ball may contact any part of the body.**

19. The ball can contact any number of parts of the body providing such contacts are simultaneous and the ball rebounds immediately and cleanly after
20. Contacting the ball more than once, unless the first contact was as a result of an attempted block, or another player contacted the ball in between contacts, is considered a double hit and is a fault.
21. When the ball visibly comes to rest momentarily in the hands or arms of a player, the ball is considered to have been held. The ball must be hit in such a manner that it rebounds cleanly. Scooping, lifting, pushing, or allowing the ball to roll on the body is a form of holding.
22. If the ball visibly comes to rest between opposing players, and both players had a legal play on the ball, it is a double fault and the referee will direct a play-over.
23. When two players of the same team contact the ball simultaneously, this is considered one team contact and either of the players may make the next contact.
24. A player is not allowed to attack the ball when the ball is completely on the opponents side of the court. After legal contact a player's hand or arm may follow through over the net as long as the net or an opponent is not contacted.
25. No player shall assist a teammate by holding or supporting the player while the player is making a play on the ball.
26. Blocking is the action close to the net and inside the antennas which intercepts the ball coming from the opponent's side by making contact with the ball before it crosses the net, as it crosses the net, or immediately after it has crossed the net. A block does not count as a hit and the blocker can make the next play on the ball.
27. A back line player returning the ball to the opponent's area, while forward of the attack line, must contact the ball when at least part of the ball is below the level of the top of the net. **Exception:** If the back line player jumps from clearly behind the attack line, the back line player may strike the ball above the level of the top of the net.
28. A ball, unless on the serve, may be played out of the net as long as the team has a legal play left.
29. To be good, the ball must cross the net entirely between the antennas or the assumed indefinite extension upward of the sidelines.
30. Contact with the net, accidentally or intentionally, during play, with the uniform or any part of the body, other than hair, is only a fault if it is made during an attempted play on the ball or interferes with an opponents play on the ball. **Exception:** If the ball is driven into the net with such a force that it causes the net to contact a player, such contact shall not be considered a fault.
31. If opponents contact the net at the same time it is a double fault and the referee shall direct a replay.
32. Contacting the opponent's area with any part of the body except the feet or the hands is a fault. Touching the opponent's area with a foot or feet, a hand or hands is not a fault, providing that some part of the encroaching foot or feet, hand or hands remain on or above the center line.

33. If a player accidentally contacts any part of the net supports, referee's stand, etc., if such contact has no effect on play, there is no fault. Intentional contact or grabbing of such objects shall be a fault.
34. A ball penetrating the vertical plane above the net may be played by either team. **A ball that is fully over the opponent's court, either above or below the net, may be played in order to return the ball to the player's court for a third hit.**
35. A point is awarded when either team commits a fault. The point is awarded to the team that does not commit the fault no matter who serves the ball.
36. The ball may be played off the ceiling or horizontal objects attached to the ceiling as long as the team has a legal play remaining and if the ball strikes the ceiling on the team's side of the net.
37. The ball will be inflated to an air pressure of from 4.3 to 4.6 pounds per square inch.
39. The wearing of jewelry is prohibited.

RULES FOR COED PLAY

1. The serving order and positions on the court alternate male-female.
2. When the ball is played more than once by a team, at least one of the contacts must be made by a female player.
3. When only one male player is in the front line at the time of service, one male back line player may be forward of the attack line, after service, for the purpose of blocking. No female back line player may participate in a block.contact.