

CENTER OF RECREATIONAL EXCELLENCE

ADULT VOLLEYBALL RULES

Philosophy

The CORE Adult Volleyball Program is intended to provide participants with an opportunity to play volleyball in an organized and recreational environment.

One of the goals of the program is to promote the ideals of sportsmanship and physical fitness to all participants, regardless of sex, race, creed or color. More important than any game are the participants and their needs. The Adult Volleyball Program strives to bring area residents closer together through common interests in sportsmanship, cooperation and appreciation of the game.

Sportsmanship

A good portion of this manual is devoted to this topic, primarily out of necessity. The desire to win often produces a style of play contrary to the principles of sportsmanship and fair play. The CORE cannot and will not tolerate such a style that ignores good sportsmanship and clean play. The referee or the site supervisor can eject a player if they are abusive towards the site supervisor, officials, other players or spectators. If a player is ejected, then he/she will not be allowed to play in the next scheduled game.

Remember - It's only a game.

Player Eligibility

- All players in the adult programs must be at least 16 years old to participate. Young men and women under 18 will be required to have their parents or legal guardian complete and sign a Minor Consent Form, available from the site supervisor.
- Valid photo ID must be shown to the site supervisor in order to add a name to the roster.
- It is the player's responsibility to produce photo ID to the site supervisor, if requested, on the day of the game or the player will not be eligible to play. If a team thinks an ineligible player is playing, then ask for a roster check from the site supervisor. Roster checks must be made during the game in question. Ineligible player will result in a forfeit. Both teams will be checked. A player may not play for, or be on the roster of, more than one team within a division.

Rosters

- All rosters must be completed and signed by the team manager and turned into the site supervisor prior to the start of the first game. No players can be added to the roster after the 4th week of play.
- Because of legal requirements, everyone must sign the roster before playing in any game.
- A un-rostered player may not play under the name of a rostered player.
- Before a new player is eligible to play, his/her name must be added to the roster before the start of that game. ID is required to add a name to the roster. It is the responsibility of the team manager to keep his/her roster current.
- Teams may carry a maximum of 10 players on their rosters. If a team wants to add an additional player, another player must be dropped to keep the maximum number of 10.

If a player is found to be ineligible, the game will be a forfeit. If the player does not have identification with him/her, it will be the player's responsibility to provide and show identification to the scorekeeper *on the day of the game*. If player is unable to do so, he/she must provide identification before his/her next game.

Rules & Guidelines

All games will be supervised by the CORE and governed by the USA Volleyball Official rules.

Net Height (measured from center of court):

- Men/Coed/Boys – 7 feet, 11 5/8 inches or 2.43 meters
- Women/Girls – 7 feet, 4 1/8 inches or 2.24 meters

Game

- A match will be two games to 25 points (must win by two points; a cap of 27 points will be enforced).
- Game and match 4 win/loss records will be logged and kept.
- Two timeouts per game are allowed, not to exceed 30 seconds.
- Forfeits: A Ten-minute grace period will be allowed for the first match of the evening to allow a team to field five eligible players. If a team fails to do so, then the first game will be declared a forfeit. The team then has 5 minutes to field five eligible players to start the second game. If a team fails to do so, the second game is declared a forfeit. If a team forfeits two consecutive weeks, that team may be dropped from the program. There will be NO REFUNDS for forfeits.
- Teams will be allowed to play with 5 players. A side-out is taken when the ghost player would come up to serve.
- In a 5 (or more) match per night league, games will start early whenever possible. A grace period will only be allowed during the first match of the evening. No grace period will be allowed during the following matches of the evening.
- Teams will be allowed 5 minutes shared warm-up / net time only if it is the team's first game of the night.

- In a 4 game per night league; Teams are allowed net time up until their scheduled match start time to warm up. 8. Late Players: a single player who shows up late receives no warm up time.
- Splits: Teams who have to wait a match between their matches should be granted a 2 minute warm-up.
- Ceiling clearance ruling: If an overhead object is less than 23' above the floor then a replay shall be called. Anything hit 23' or more is playable on their own side of the court.
- All leagues will play straight through the schedule, with the team having the best overall win / loss record being the league winner or seeded first in a final tournament. If there is a tie for 5 first place, the tie breaker rule will determine league winners and / or seeding if a tournament is scheduled.
- Tie Breaker Rule
 - Two- team tie: Common game/match decides winner (head to head)
 - Three or more team tie: Total points earned in the entire league divided by the total points scored against = playing percentage. The team with the highest playing percentage will take first. The last two will have a one game play off to 25 points if it means being eliminated from prizes or "gold division"
- When individual awards are given, each team will receive awards for each person on the team, not to exceed 10 awards.

Coed Play

- The height of the net shall be 7 feet, 11 5/8 inches or 2.43 meters.
- A coed team will consist of three males and three females.
- If a team only has 5 players, they may play with any 3:2 ratio (i.e. 3 males and 2 females or 3 females and 2 males). There may be no more than 3 men on the court at one time.
- The USA Volleyball official rules will govern play for females and males on the same team with the following exceptions.
 - If a team contacts the ball more than one time during offensive action, one of the contacts must be by a female player, but there is no restriction that prevents all three team hits being made by female players. Contact of the ball during blocking action does not count as one of the three hits. Therefore, after a block, a male player may play the ball back over the net since such contact would be considered to be the first team hit. If the ball is hit one or more times AND GOES OVER THE NET...then it needs to be touched by a woman.
 - A ball contacted more than once by a team, without a female player having contacted it remains alive until it fully crosses the plane of the net or is contacted by an opponent.
 - If the ball (other than a spiked ball) is contacted more than one time by a team and is directed over the net without being contacted by a female player, the hit does not become an illegal hit unless the ball passes fully beyond the 10 vertical plane of the net (or is legally blocked).
 - When there are two females and one male player in the front line at the time of service, one male back-line player may be forward of the attack line for the purpose of participating in blocking action.
 - When there is one male back-line player participating in a block, the other male back-line player shall remain behind the attack line until the ball has been contacted by the blockers or has been hit in such a manner that no block is possible.
 - The serving order and positions on the court at service shall be an alternation of male and female, or vice-versa.

Reverse Coed

The height of the net will be 7'4 1/8". The male player may attack the ball from above the height of the net only if the effort is begun from behind the 10' attack line.

Tournament Rules

- All volleyball league rules will apply for tournaments with the exception of the following:
 - A player's name may appear on only one roster during the tournament. Rosters are frozen one week prior to the start of the tournament; no players may be added to the roster during the tournament. Maximum team roster will include 10 active players.
 - In the event a pool system is used, the following format will be utilized. A round robin will be played within each pool. Each pool winner and a predetermined number of second place teams will then advance to a single elimination bracket to determine the champions.
 - The team with the best win/loss record, after play is completed, shall be the first seed. The team with the second best win/loss record shall be the second seed team. Example: Team A 3 wins 0 losses Team B 2 wins 1 loss Team C 1 win 2 losses Team D 0 wins 3 losses 2. In any situation where two teams are tied, first place will be decided by determining head to head first and then by playing percentage spread. The teams playing percentage will be found by adding up the teams points that were earned and then dividing that into the total amount of points scored against them throughout the whole pool play. a. If a tie still results, the total point differential against team you are tied with will determine your team's place. If a tie still exists, the total points scored against all teams in your pool will determine your team's place.

Doubles Volleyball Rules

- Substitution: There shall be only two players per team, with no substitutions. In league only, substitutes may occur for an entire night for a person so a forfeit will not occur.
- Interruptions and Delays
 - Time Outs
 - Each team may take a maximum of one regular time out of 30 seconds duration and unlimited sand time-outs of 20 seconds duration each during a game (as long as sand time outs are not used as a delay tactic).
 - No more than two timeouts, regular and/ or sand, may be taken consecutively.
 - There are no additional time outs given when the game is tied.
 - Abnormal Interruption of Play
 - The referee will stop play when a foreign object enters the court. Including a ball from another court. In all such cases, the referee will direct a replay.
 - If a player is injured during play the ball is called dead, a replay is assessed & the player or substitute gets 30 seconds to resume play, or a 3 minute injury time out. Only one 3 minute injury time out is allowed per player, per injury, per match.
 - The referee will stop play whenever there is an equipment failure which directly affects play.
 - The site supervisor will suspend play when, in his or her opinion, inclement weather warrants. This decision is solely the site supervisor's who will determine if & when play is to continue.

Change of Court

During the 3rd game, teams change sides of the court on the 8th point.

Serve/Serve Receive

The serve is the act of putting the ball into play by a player who hits the ball with his hand (open or closed) or arm.

- Position of Serve: The ball may be served from any point behind the end lines and between the outside edges of the sidelines. The server may not step on, under, or touch the end line in any way, or touch the playing surface until the ball is contacted. He may not perceptively move the end line forward during service thereby reducing the size of the court. However, he may break the imaginary plane above the end line and/ or sideline and contact the ball while his body is in the air provided the last contact with the ground was within the legal service area.
- Contact of the Ball at Service: The ball shall be cleanly hit after the toss for service. If the server does not complete the service within 8 seconds, the team will be penalized with a loss of rally.
- A ball that contacts and passes over the net, within the antennas, is legal and in play.
- Service Order: Teammates are to alternate the serve each time their team earns a side out.
 - If a player is discovered serving out of order, the scorekeeper, and the second referee shall correct any incorrect server prior to the service. If it is not discovered until after the ball has been put into play, the second referee shall stop play and allow the correct player to serve. Should the incorrect server not be discovered until after points were scored, the service order is merely corrected with team(s) maintaining their points and a new service made.
- Position of Teammate at Service: The teammate of the server must be within the court in a motionless position at the time of the serve. He or she may not obstruct the view, intentionally or unintentionally, of the players receiving the serve. At the request of the referee he or she must move to grant them a clear view of the service.
- Setting the serve is legal as long as the ball does not come to rest (carry).

Playing the Ball

- Maximum Team Contacts: The ball may be contacted no more than three times by a team in an effort to return the ball over the net to the opponent's court. A block however, does not count as a contact.
- Contacted Ball: Any contact of the ball (not including a block), whether intentional or unintentional, is considered a team contact.
- Successive Contacts: A player may not contact the ball twice successively with the exception of a block (See "Ball Contact").
- Simultaneous Contact: When teammates contact the ball simultaneously, this is considered one team contact and either player may make the next team contact.
- Ball Contact
 - The ball may contact any part of the body.
 - The ball may contact multiple parts of the body provided such contact is simultaneous and only one attempt to play the ball.
 - A ball must be hit cleanly and not held, lifted, pushed, carried or thrown.
 - When in the opinion of the official, the ball visibly comes to rest at contact; the player shall have committed a fault.
 - Any 1st contact maybe may be contacted multiple times in succession by a player if these contacts occur during one attempt to play the ball. This counts as one team contact.
 - An open hand tip or dink is not allowed in doubles and triples.
- Setting
 - The ball must be contacted simultaneously by both hands or by one hand and not allowed to come to rest.

- A ball need not travel in the same direction the setter is facing; however, the setter cannot hold or carry the ball to change the direction of the set.
- When the ball is intentionally “set” into the opponent’s court the player’s shoulders must be “squared up” or perpendicular to the line of flight.
 - A legal set directed toward a teammate that crosses the net because of elements or in the case of a spectacular play is not a fault, regardless of the player’s body position.
- Out of Bounds
 - The ball is out of bounds when it touches any surface or object outside of the court. Any part of the ball touching a boundary line or a marker on the sides of the net is not out of bounds. If a ball is caught or is contacted by a player before landing out of bounds, it is a fair play.

Play at the Net

- Ball Crossing the Net: The ball must pass totally within the antennas or their indefinite vertical extensions.
- In or Contacting the Net
 - A ball that is driven into the net may be played again within the limits of a team’s three hits.
 - A ball that contacts and passes over the net, within the antennas, is legal and in play.
- Player Contact of Net and Supports
 - Contact with the top of the net by a player is a fault. Any other contacts with the net are not faults unless they interfere with the opponent’s ability to play the ball.
 - Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play.
 - A player interferes with the opponent’s play by touching the top band of the net during his/her action of playing the ball, taking support from the net simultaneously with playing the ball, creating an advantage over the opponent, or making actions which hinder an opponent’s legitimate attempt to play the ball.
- Ball under the Net: A player may cross under the vertical plane of the net to play the ball as long as they don’t interfere with their opponents ability to play the ball.
- Interference
 - No player may interfere or threaten to interfere with an opponent’s play.
 - In crossing under the net, a player may make inadvertent contact with an opponent, but may not compromise in any way the ability of the opponent to make a subsequent play.
 - A player does not have to intentionally avoid a ball and/ or opponent which has come onto his side of the court from under the net. Any such player may not intentionally contact the ball or opponent if the opposing player has a possible play on the ball, or intentionally interfere in any way in that player’s attempt at the ball.
- Contact Over the Net
 - During an attack a player may be in contact with the ball on the opponent’s side of the net if the attack was initiated while the ball was partially:
 - On his side of the net
 - Above the net.

The Block

- Position of Blocker: A player is determined to be blocking when he is positioned within an arms distance of the net with his hand(s) partially above his shoulder.
- Permissible Block
 - A blocker may block any ball that has penetrated the vertical plane of the net.
 - A blocker may block a ball on the opponent’s side of the court when.
 - The attacking team has made its final contact.
 - Any time the attacking team has, in the referee’s opinion, intentionally directed the ball into the opponent’s court.
 - Any time the attacking team has made an unsuccessful attempt to attack the ball (i.e. a swing and a miss.)
 - When no one is near the ball to make a play on the ball.
 - Blocking/Contact with the ball .
 - A blocker or blockers may contact the ball multiple times as long as it is judged by the referee to be one attempt. A block in not considered a contact.
 - A blocker who has made the first team contact while blocking, can then make the second team contact.
 - A blocked ball may be directed by the blocker, but may not come to rest or be carried by the blocker.
 - Initial simultaneous ball contact by the attacker or blocker is permissible.
 - Any sustained simultaneous contact (joust) of the ball by 17 opposing players over the net is permissible.
 - If a ball contacts the top of the net and a blocker and the ball returns to the attacker’s court, this team shall have three more allowable contacts of the ball.
 - When a ball is blocked back into the attacking player, the attacker is not subsequently considered a blocker and he may contact the ball only once.
 - Blockers may not intentionally redirect the ball through the net because it alters the trajectory of the flight of the ball. Putting hands up to protect your body is allowed (self defense).

- Blocking a serve is illegal if the blocked ball crosses the net.

Special Rules for Variations

- Team Numbers: Rules are written for Doubles play (two players per team) and same gender. Below are variations for this format.
 - Triples: Only the number of players per team changed from regular Doubles rules.
 - 4-Person: Players can be called for out of rotation, a back row blocker is illegal and a legal attack from the back row attacker must be from behind the 10' line. The server may play back row.
 - 6-Person: Players must be in their assigned positions in two rows of three players across the net at the start of play.
 - Players must rotate one position clockwise upon being awarded a side out.
 - The three back row players may not block at the net. Exception: Coed play, when there are 2 women and 1 male player on the front row, a back row male player may come up and assist in blocking.
 - A back row player may attack the ball from above the height of the net only if the effort has begun from behind the 10' attack line.
 - Libero Rule 18
 - The libero cannot be team captain.
 - Two Libero's can be used if both numbers are on the lineup at the beginning of the match.
 - The first libero listed is called the libero. The second libero listed is called the reserve. d. Libero's must be designated as libero's with an easily identifiable different colored shirt for the entire match.
 - Only one libero is allowed on the court at one time.
 - Both libero's can serve in either same position or different positions but can only serve in one position.
 - If a libero set a ball using fingertip action, on or in front on the 10' line the next contact of the ball must be lower than the top of the net.

Unsportsmanlike Conduct

The CORE staff or the referee has the authority to disqualify, suspend or remove any manager, coach, player, spectator or team that behaves in an unsportsmanlike manner before, during or after a game. The following are included (but not limited) in defining unsportsmanlike conduct:

- **Verbal Abuse:** No player, manager, team or spectator shall verbally abuse, taunt, provoke or disrespectfully address an official, site supervisor, other player or spectator before, during or after a game.
 - Minimum Penalty: Unsportsmanlike technical foul on the player or manager. Free throws and ball out of bounds awarded to opposing team, and assessed player must sit out eight minutes.
 - Maximum Penalty: Flagrant technical foul, ejection, and two game suspensions.
- **"F-Word Rule":** Any player, coach or bench personnel that say the four letter "F-word" loud enough for the referee(s) and/or game personnel to hear will be ejected from the current game and the next game.
- **"Racial Slurs" or "Sexual Harassment":** From any player WILL NOT be tolerated.
 - Minimum Penalty: Ejected from the current game and the next TWO scheduled games.
 - Maximum Penalty: Suspension from all CORE adult sports programs for one year or a lifetime ban could be imposed depending on seriousness of offense.
- **"Taunting & Trash Talking":** have no place whatsoever in a basketball game. Any player, coach or bench personnel participating in such behavior will be ejected from the current game and the *next two* scheduled games. Any referee(s) or game personnel hearing or seeing said behavior will enforce the above penalty.
- **No Fighting Policy:** The CORE strictly prohibits fighting before, during or after a game. The definition of a fight includes, but is not limited to, punching, slapping or swinging a fist or open palmed hand at another person. A punch does not have to land to be considered a fight. The definition may, at the program administration's discretion, also include, kicking, shoving, and throwing objects at another person or any other violent act. Any fight that occurs outside of the gymnasium (parking lot or street) and is witnessed by a CORE employee or representative shall carry the same consequences as if it had occurred in the gym.
 - Minimum Penalty: Suspension from ALL CORE Adult Sports programs for one year from the date of the offense.
 - Maximum Penalty: Lifetime suspension from ALL CORE Adult Sports programs.
- **Threatening:** No player, manager or team shall threaten any player, referee, site supervisor or spectator before, during or after a game.
 - Minimum Penalty: Suspension from ALL CORE Adult Sports programs for a year.
 - Maximum Penalty: Lifetime suspension from ALL CORE Adult Sports programs.
- **Alcohol/Drunkness:** No player shall consume alcohol in the facility or on the grounds (i.e. parking lot) of the CORE facility. A player who, in the opinion of the officials, appears to be intoxicated and displays behavior of someone under the influence of alcohol will be ejected from the game.
 - Minimum Penalty: One game suspension and probation for the remainder of the season.
 - Maximum Penalty: Suspension from all CORE Adult programs for one year from the date of offense.

- Once a player has been suspended from play for one year, a second year long suspension *may* result in a lifetime ban from ALL CORE Adult Sports programs.
- **Technical Fouls:**
 - If a player receives one unsportsmanlike technical foul, he/she must sit out eight minutes of game time. If a player receives two unsportsmanlike technical fouls in one game, he/she will be immediately ejected from that game and from the facility, and will be suspended for the next two scheduled games.
 - If a player is ejected and suspended two times in one season he/she will be suspended from all CORE Adult Sports programs for one year.
 - If a player accumulates three technical fouls in a season he/she *may* be suspended for the remainder of the season or up to one year from the time of the offense.
 - If a player refuses to leave the facility after being ejected, the official will request the scoring table to set and start the clock for two minutes. If the ejected player is still in the gym at the end of the two minutes his/her team will forfeit the game, and the player will be suspended from all CORE Adult Basketball leagues for one year.
- **Flagrant Fouls:** A flagrant foul may be a personal or technical foul of a violent or savage nature or a technical noncontact foul which displays unacceptable conduct, whether intentional or unintentional. A personal foul involves kicking, kneeing, etc. A technical foul involves dead-ball contact or noncontact type behavior at any time which is extreme, persistent, vulgar or abusive in nature. Dunking in a “no dunk” gym is also considered a flagrant foul.
 - Minimum Penalty: Immediate ejection from that game (dunking).
 - Maximum Penalty: Immediate ejection from game and suspension from the next two league games.
- **Spectator Behavior:** Spectators are expected to behave in a civil manner. Any spectator who engages in unsportsmanlike conduct including, but not limited to verbal abuse, physical abuse of any nature, throwing items on the floor, or any other behavior deemed detrimental to the spirit of the game will be warned by the officials or scorekeeper for their first offence. A second offense during the same game will lead them to be ejected immediately from the facility. If a spectator refuses to leave the facility within two minutes then the team they are affiliated with will forfeit the game. At the scorekeepers discretion, any spectator who is ejected from the facility *may* receive a season-long suspension and may be banned from the facility.

Protests

- A team has the right to protest a game on the following grounds:
 - Player eligibility status
 - Illegal player issues
 - Interpretation of rules and regulations listed in this manual
- A team does NOT have the right to protest a game on the following grounds:
 - Official’s judgment calls
 - Only one official present at game
 - Scorekeeper decisions
- Any suspended player has the right to protest suspension, but ignorance of rules is *not* a legitimate defense to overturn a suspension or ban.
- Protest Procedure
 - A team wishing to protest a game must notify the scorekeeper of their intent to do so before the end of the game. *No protests will be accepted* if the scorekeeper is not notified before the end of the game.
 - A player wishing to protest a suspension or ban must do so within 30 days of the date of the suspension notice.
 - A protesting team or player must file a protest form with the CORE Sports Coordinator in person. A \$20 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a panel of three to five persons, and the Board will decide the case within 24 hours after the hearing. The \$20 Protest Fee will only be refunded if the protest is upheld; otherwise, it will be retained by the CORE.

Alcohol/Smoking

No player shall consume alcohol in the facility or on grounds. A player, who, in the opinion of the referee(s) or CORE Staff, appears to be intoxicated and displays behavior of someone under the influence of alcohol, will be ejected from the game.

Staff Privilege

The staff reserves the right to refuse a player, coach or spectator from continuing in the league. This league is designed for recreational play and to have FUN!