

Spokane City Parks & Recreation

Volleyball Information



League Rules:

1. Matches will start at the scheduled time. Check your schedule carefully and be in the gym and ready to play at the scheduled start time. Please note however, that there may be times, beyond the control of the gym attendant, that the first match may not be able to start on time (Gym locked, school function, equipment issues, etc). If the courts are not set up and ready at the scheduled start time, the length of each match will be adjusted as needed.
2. In the event of a last minute cancelation that was not built into the schedule in the beginning of the season, the games will be made up on the Friday of the same week at Chase Middle School (in lieu of Open Gym). If Spokane Parks and Recreation Department cannot schedule a make-up date, a prorated amount of the league registration fee corresponding to the missed games will be refunded to the teams.
3. Leagues are self-referred, so teams are required to call their own violations, and are expected to be honest and show a high level of sportsmanship at all times. Team captains should discuss any questionable plays and unresolved disputes will require a replay.
4. All games are rally scoring. Each match will consist of three games during league play. The first two to 21 points with a cap of 23. The third game to 15 points with a cap of 17. Tournament play will be best of three with the third game played only if needed as a tie breaker.
5. League standings/Tournament. Standings will be based on total games played and a weekly win/loss percentage. League play will determine the final seeding for the tournament.
6. Rock/Paper/Scissors will be played between the two captains to start a match, with the winner choosing to serve first or which side of the court to start on. Teams will rotate after the completion of each game.
7. **A. COED 6on6**
 - 3 men/3 women
 - There must always be at least 2 women on the court and no more than 3 men.**B. COED 4on4**
 - 3 men/1 woman
8. Safety is always important...when you are warming up watch out for those around you. Watch out for games in progress. *Be alert.*
9. No Smoking, Drugs, or Alcohol are permitted on school property. The Coach/Manager of each team is responsible for the team's conduct before, during, and after each game. Penalties including forfeiture of games and/or suspension from one game to life may be imposed by the Program Director for misconduct of players, coaches, sponsors or team representatives on or off the playing area.
10. **Children under the age of 12, while accompanied by an adult are permitted courtside. Children are expected to stay off the courts and not be disruptive during league play. Parents may assume all risks. In an effort to promote safety to the players as well as spectators, younger children accompanied by an adult, may occupy the foyer or entrance area located outside the Gymnasium.**
11. The roster/waiver of liability must be signed and turned in before the first game is played. This can be either turned in when the participant registers, or to the gym attendant the night of the game.
12. Each team may forfeit one match without penalty. Forfeits will be scored as wins for opposing team, as to not hinder results in standings. *However, if a team forfeits more than one match, they are disqualified from tournament play.* Team captain may appeal to league coordinator with justification.
13. Once the league begins, there will be no refunds for teams that choose to drop out.

Playing Rules: Current USAV rules will be in effect unless otherwise stated in these rules:

- A.** There will be no “libero” player
- B.** Ball entering from another court should stop action and call for a replay.
- C.** A player should never enter another court at any time. Play is allowed between the courts. Safety first!
- D.** The score must be announced by the server before each serve.
- E.** Serving: you only get one toss. If you catch the toss, or allow the ball to drop to the floor, it is a side out. Also, the ball cannot be hit out of your hand when serving. You must either toss or drop the ball from your hand before making contact. It is a foot fault if you step on or over the end line or past the outside edge of the extension of the sideline.
- F.** Serves that touch the net and land in the opponent's court are in play.
- G.** You cannot block or attack the serve.
- H.** A team must return a ball in three or less touches; a block does not count as a touch. There is no double contact fault on the first ball over the net. That is, the ball may be double hit using a serve receive bump, overhand set, digging a spike or dink, or any other legal hit.
- I.** A ball may be contacted with any part of the body in an attempt to dig or pass.
- J.** Do not lift or carry the ball. Bump the ball; do not scoop it underhanded as this is illegal. Face the direction you are setting (or for back sets, directly back). The ball must be played cleanly- it cannot visibly come to rest on any person's hands or body.
- K.** A lifted ball is one that visibly comes to rest against a bodily part. You are allowed to set the first ball (including the serve). You can set the first ball and mangle it, double-hit it, AS LONG AS IT IS NOT A LIFT.
- L.** At no time may a player contact the net while the ball is in play. Exception is when inadvertent contact occurs.
- M.** Inadvertent Nets: If you are involved in a play at the net (either before, during, or after the ball has been played), and you touched the net, it is a net. Inadvertent nets only apply to a player who brushes against the net but who is away from the play, and not involved in any way with the play of the ball. Note: incidental contact with the net by a player's hair is not considered a net. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
- N.** Players may not intentionally interfere with the play of the ball through the net while the ball is in control of opposing team. For example, players may not place hands at the net to deflect the ball as it plays off of the net.
- O.** At no time during play may a player completely cross over the centerline with a foot or hand or other part of the body. However, a player may “shadow” the line with only the foot/feet without violating the rule. That is, the toe or heel may be completely over the line but in a raised position with the rest of the foot above the line.
- P.** A player's hands and/or arms are allowed to cross the plane of the net when blocking or spiking as long as you do not interfere with the opponent. A player is allowed to block a ball on the opponent's side of the net after the opponent's contact with the ball.
- Q.** It will be a fault if a player attacks a ball on the opponent's side of the net. The ball is considered free to each team when it breaks the plane of the net.
- R.** Jousts above the net (simultaneous contact on the ball between two opponents) are considered a block and play may continue.
- S.** A block contact is not counted as a team hit, and a team is entitled to three hits to return the ball.
- T.** The first hit after the block may be executed by any player, including the one who blocked the ball.
- U.** Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with the play.
- V.** Back row players may not spike or attack the ball from in front of the 10 foot line. A back row player may attack a ball if the player leaves the floor from behind the 10 foot line. If in front of the 10 foot line, a back row player can only hit the ball from below the top of the net.
- W.** Overhead: You may play the ball off the ceiling and overhead obstructions (baskets, etc.) as long as you would have had a legal hit remaining if the ball had not hit the ceiling/obstruction. Note; the ball must contact the ceiling above playable area on your side of the net. If you can't stand under the area the ball hit and legally play the ball, it would be out of play. There may be specific ground rules for the gym you plan in. See your league supervisor.
- X.** C Division Special Rule: There will be no jump serve in C Division. Jump Serve is not a skill we expect C Division level of players to be able to perform.