

Adult Volleyball League

Standard Play Rules



PLAYING RULES: Current USAV rules will be in effect unless otherwise stated in these rules:

1. There will be no "libero" player
2. Ball entering from another court should stop action and call for a replay.
3. A player should never enter another court at any time. Play is allowed between the courts. Safety first!
4. The server must announce the score before each serve.
5. 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. **Exception: gyms with limited serving space, the server may start outside the court and take one step into the court.**
6. Serves that touch the net and land in the opponent's court are in play.
7. You cannot block or attack the serve.
8. A team must return a ball with three or fewer 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 contact using a serve receive a bump, overhand set, digging a spike or dink, or any other legal hit, as long as the contacts occur in one action.
9. A ball may be contacted with any part of the body in an attempt to dig or pass.
10. 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.
11. 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.
12. At no time may a player contact the net while the ball is in play. The exception is when inadvertent contact occurs.
13. 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.
14. 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.
15. At no time during play may a player completely cross over the centerline with a foot or hand or another 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 entirely over the line but in a raised position with the rest of the foot above the line.
16. A player's hands and 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.
17. 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.
18. Jousts above the net (simultaneous contact on the ball between two opponents) are considered a block and play may continue.
19. A block contact is not counted as a team hit, and a team is entitled to three hits to return the ball.
20. The first hit after the block may be executed by any player, including the one who blocked the ball.
21. 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.
22. Back row players may not spike or attack the ball from in front of – or if contact is made with 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.
23. 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. Some obstructions may constitute a replay – if a player is in position to make a play on the ball at the time of the interference. There may be specific ground rules for the gym you plan in. See your league supervisor.
24. 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.

Adult Volleyball League League Specific Rules



1. Team captains are responsible for:
 - Enrolling all players into TeamSideline, along with player's phone number and email address
 - Providing the league with the Waiver of Liability signed by all players before the first match of the season. Whenever a new player joins a team, that player must be added both to Teamsideline and to the team's Waiver of Liability. League Supervisor will have the Waiver of Liability during the season.
 - **THESE ARE REQUIREMENTS TO PLAY IN SPOKANE PARKS & RECREATION DEPARTMENT LEAGUES**

2. We typically have nine weeks to complete a season. Registration fees pay for a minimum of 12 regular season games and participation in the playoffs.

3. Matches will start at the scheduled time. No matter how late the first game starts, League Supervisor must ensure it ends at the scheduled time. Please note, however, that there may be times, beyond the control of the League Supervisor, 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 so all games can be played on that evening.
 - Match times: We have generally 3.5 hours for volleyball in a gym (included setup and tear down). There are variables that affect our ability to schedule match times (number of teams, number of courts, school events/ late starts, etc). Therefore, match duration may be anything between 35-45 min.
 - When court setup is complete, a horn will sound indicating the start of the clock and the start of the match. A five minute warning (horn sound) will be given. The next horn sound indicates the END of match time, and transition to next match. Clock will restart shortly for the next 40 minutes.

4. In the event of a last-minute cancelation that was not built into the schedule at the beginning of the season, the games will be made up on the Friday of the same week at Chase Middle School (instead of Open Gym). If SPRD cannot schedule a make-up date, a prorated amount of the league registration fee corresponding to the missed games will be credited back to the teams.

5. Leagues are self-refereed, so teams are required to call their 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. This is the culture of our league!

6. LEAGUE PLAY
 7. 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.

8. TOURNAMENT PLAY
 - Match format will be best of three with the third game played only if needed as a tiebreaker.
 - The tournament will be double elimination whenever possible
 - A modified single elimination format is the next option. Best two out of three matches will be used in the winner's bracket, and a single set/ game to 30 points with no cap will be used in the consolations' bracket
 - Players must have played for at least two regular season matches to be eligible for tournament play.

9. 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.

10. League standings will be based on total games played and a weekly win/loss percentage. League play will determine the final seeding for the tournament.

Adult Volleyball League League Specific Rules (Cont.)



11. COED 6on6

- Three men/3 women
- There must always be at least two women on the court and no more than three men
- A ghost player will not be required in league play if a team is playing shorthanded. However, it will be required during tournament play. Please email if you need clarification: dbaal@spokanecity.org

COED 4on4

- Three men/1 woman

12. **SMOKING, DRUGS, OR ALCOHOL ARE NOT PERMITTED ON SCHOOL PROPERTY.** Each team's captain is responsible for the team's conduct before, during, and after each game. The SPRD Athletics Supervisor may impose penalties including forfeiture of games and suspension from one game to season for misconduct of players, team captains, or team representatives on or off the playing area.

13. **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. 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.**

14. The roster/waiver of liability must be signed and turned in before the first game is played. This can be either turn in when the participant registers or to the gym attendant the night of the game.

15. Roster management:

- No A Division players in C Division (level of play evaluated by Dennis Baal)
- Team captains are responsible for keeping rosters up to date throughout the season
- Players must be enrolled into [TeamSideline](#) and have a waiver of liability signed to be allowed to play
 - Any player – even if subbing for one match MUST SIGN A WAIVER OF LIABILITY per season
- Players must have played for at least two regular season matches to be eligible to play in playoffs. Exceptions will be considered in the case of sickness, injury, etc. – and must be cleared in advance by Josh Oakes at joakes@spokanecity.org or Dennis Baal at dbaal@spokanecity.org.
- Teams that fail to comply will have the game stopped and forfeited by League Supervisor.
- Roster verification and protests should be made while both teams are still on the court, before the conclusion of match play.

16. Each team may forfeit one night of play without penalty. Forfeits will be scored as wins for opposing side, as not to hinder results in standings. *However, if a team forfeits more than one night of play in a season, they are automatically disqualified from tournament play.*

17. Once the schedule is released, there will be no refunds for teams that choose to drop out.

18. Tournament champions may receive a "champions T-Shirt."

- Team Captains must have T-Shirts sizes updated on TeamSideline within 24 hours of the end of the championship match
- T-Shirts must be picked up at 2304 E Mallon Ave, Spokane, WA 99202, no longer than 30 days after receiving notification from SPRD staff.