

ADULT VOLLEYBALL LEAGUE RULES

LEAGUE OPERATION

The Carmichael Recreation and Park District Volleyball Leagues will operate according to the rules stated below. All rules not covered specifically on these pages will be in accordance with the Official Rules of the USAV (USA Volleyball).

GENERAL RULES FOR ALL LEAGUES

TEAM PLAYERS

1. All players must be 18 years of age or older.
2. A team may have a maximum of 11 - 13 players on its roster depending on league
 - A. 6's Leagues may have 8 permanent players and 5 substitutions listed on their roster
 - B. Quads Leagues may have 6 permanent players listed and 5 substitutions listed on their roster
 - C. Players can be listed as a permanent player on only one team per league per night
 - D. Players may be listed as a sub for only one team per league per night.
 - a. Players from the same league may substitute for one additional team in their same league only if the opposing manager approves it and signs off on the score sheet indicating his/her approval prior to the game.
 - i. Managers have every right to decline substitutes from the same league.
 - b. Players designated as subs for a team may only compete in a maximum of three (3) games per season for that team. If a sub player is needed for more than 3 games, that player must be added to the permanent player portion of the roster.
 - c. Subs are not allowed to play in playoffs. Only permanent players can play. See Rule 7 below about adding permanent players to your roster.
 - E. Only players listed on the roster as a permanent player are allowed to play in playoffs.
3. Teams must consist of players around the same skill level as the league they are registered in.
 - A. League divisions are designed to create competitive and fair play amongst different talent levels. Using players from higher skill divisions goes against this principle and the purpose of our league. Managers are responsible for making sure their team only has players at the skill level they are registered for and not having players from our higher skilled leagues play on their lower division teams.
 - B. Players who are listed on another roster in a higher division will be handled on a case by case basis. Generally, they may not play in any lower leagues.
4. All teams must have a team roster with a signature of all players on their team. If a player is not on the roster the official will not allow him/her to play.
5. All teams must have a completed team roster turned in to C.R.P.D. by their 1st scheduled team match or game. Any team without a completed team roster turned into the gym supervisor will be ineligible for

play-offs or league championships. Without a completed team roster all team games will be considered a forfeit at the end of the season.

6. There will be no gender crossing in C.R.P.D. Leagues. Men's Leagues are for Men, Women's Leagues are for Women, Coed Leagues are for both.
7. All players must be added by the 5th league game. Changes must be made with the gym supervisor at the game.
 - A. In cases of player injury, pregnancy, illness, or other circumstances which may cause permanent players to be removed from rosters and subs added to permanent player roster after the 5th game, managers must contact and get approval by the gym supervisor or league director at least 24 hours prior to your game.
 - B. Subs cannot play in playoffs. Managers must have subs added to permanent roster in order for the sub to play. Subs can only be listed on one roster per league as a permanent player thus can only play on one team per league during playoffs.

SUBSTITUTIONS DURING GAME PLAY:

1. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins.
2. Substitutes can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
3. No free substitution will be permitted, except when a team is short starting player(s), when the player(s) shows up they may enter after a side out in any position.

PLAY

1. For safety reasons, players must remove all jewelry prior to the start of play.
2. A lift will be called if a player obviously throws, catches, or slings the ball.
3. A foot fault will be called if the player's entire foot is beyond the center line.
4. All line shots are considered good.
5. Players may not touch the net during play. Hair contact is allowed on the net. If ball knocks net into the player, it is allowed.
6. Balls may be played out of the net.
7. It is legal for a player to hit the ball with any part of their body.
8. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plain of the net.
9. Attack blocking the set is not permitted.
10. Blocks do not count as a hit.
11. On the third hit over, players can completely place his/her hands over the net for a block as long as the third ball striker touches it first.
12. Leagues must rotate on all side outs (includes first serve) – Except Quads.
13. Multiple contact is allowed on any first ball (no double hit can be called) over the net provided the ball is not lifted.
14. Sets and Double Calls – We allow an official judgment call on spins if the setter is making an “athletic attempt” on the ball.

MATCH PLAY

1. Warm Up Period – Teams are allowed a 3 to 5 minute warm up period between games dependant on time. This excludes the first game of the night.
2. Warm Up Balls – Warm up balls are located in the Big Gym Snack Bar. Please ask the Gym Supervisor for them and return them prior to game time.
3. Game time is the scheduled time of play.
4. Game Balls – Teams are allowed to play with personal balls if both managers agree to it prior to the game. Game balls cannot be switched during game play unless there is an equipment failure.
5. Forfeit time is five 5 minutes after game time for the first game, 10 minutes for the second game, 15 minutes after game time is match forfeit. If players are finishing a game on a different court for a different league, the above rules do not apply. The first game begins when the players are ready so teams aren't penalized for having players participate in other leagues.
6. A team that forfeits more than twice a season will not be able to register for the following season.
7. A game shall be won by the team which has scored 25 points and is at least two (2) points ahead, with a game maximum of 27 points. Thus, if score is tied 26 all, the next team to score a point wins.
8. Each team will be permitted one (1) 30-second time out per match.
9. There is one (1) minute between games.
10. A match will be three (3) games to 25 points, with rally scoring being used.
 - A. If the first two games of the match last 40 minutes or more from game start time (not scheduled time, but the time the game actually started play), the third game will be up to 15 points with rally scoring being used. There will be a 17 point cap. Both teams will be notified before the start of the third game.
 - B. Officials must write down the start times of all the games on the score sheet.
11. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.
12. The serving team will be determined by a coin toss. The winner having the choice to serve or choose sides.
13. The team not serving first for the first game will serve first the second game. Teams will subsequently alternate.
14. Managers must initial the official score sheet after their match to confirm the score was recorded correctly.
15. Players must be in their starting positions during the serve then they may move about the court.

SERVICE

1. Officials will allow adequate time for teams to set up defensively before blowing the service whistle.
2. Let serves (Serves touching the net) are legal.
3. It is illegal to serve out of order or before the whistle is blown.
4. When a serving error is made, all points served during that serve will be forfeited, if discovered during play. When the error is discovered after the serving turn is completed, no penalty shall be assessed. Positions, however, must be returned to the proper established order.
5. No blocking or spiking the serve will be allowed.
6. Only one toss is allowed for serving, and you have 8 seconds to serve after the whistle has blown.

COURT PLAY

1. Entering the adjacent court is not permitted if that court is occupied.
2. Officials shall blow the whistle and stop play if a ball from the other court rolls into their court. Play must immediately stop until the ball is off the court. A replay will occur.
3. Pursuit Rule – The ball that has crossed the net plane to the opponent's free zone (playing area that doesn't include bleachers, walls, etc) totally or partly through the external space may be played back within the team hits, provided there is no game on an adjacent court. For safety reasons, no pursuit rule if more than one game is being played.

PLAYOFFS AND CHAMPIONSHIPS

1. League playoff information noted on schedule.
2. Playoff notification and brackets will be completed after the last scheduled games and qualifying team managers will be notified.
3. Playoff games are best of three and championship game is best of 5 unless otherwise noted on your playoff schedule.
4. Playoff game maximum point cap remains the same as league play.
5. Each team receives two (2) timeouts per match in all playoff games.
6. Team rosters will be checked prior to the start of playoff games. Only players listed on team roster as permanent players are permitted to play. Subs cannot play in playoffs unless a league representative has been notified at least 24 hours prior to the game and the circumstance justify a change in roster (illness, injury, pregnancy, etc). If a sub is allowed to be added to a team's roster as a permanent player, that sub cannot play on any other teams in that league during the playoffs.
 - A. Honor the game and only use players from your roster who have been playing all season with your team. Using players only for playoffs goes against the goal of the league.
7. If teams are tied for a final spot in the playoffs, the tie breaking method will be as follows: 1) Head to Head, 2) Total points scored between teams involved in head to head, and 3) Coin Toss.
8. After a team has won the championship for a league three seasons in a row, that team must move up one level for the following season. It is then under discretion of the league supervisor as to if or when that team may return to the lower league (i.e. injuries, different players on team, etc).
9. Championship prizes: The league champion has two choices for prizes. The manager can either chose to have a championship coupon worth \$50 off league registration for any adult sports league or championship t-shirts for each individual player. The t-shirt max for the 6's league is 8 and for the quads leagues is 6.

INJURIES

Injuries sustained during an official game by a player, officials or spectators are not the liability of the Carmichael Recreation and Park District. Our first aid kit and ice are located in the snack bar in the Big Gym.

LEAGUE SPECIFIC RULES

REVERSE COED QUADS VOLLEYBALL RULES (In addition to general rules above)

- 1) Ball contact will be called by USA Volleyball Indoor Rules (with the following exceptions):
 - A. No open hand dinks (must use roll shots, knuckles, etc).
 - B. Sets over the net must be square with shoulder. No back sets or side sets allowed.
- 2) Teams will consist of a maximum of 4 persons (2 males and 2 females) to a minimum of 2 people.
 - A. 3 females to 1 male is allowed if absolutely necessary. In this case, a woman must be designated in the "male" spot and stay in that role the entire game.
- 3) Any combination of the players may play the ball over the net.
- 4) Male players may jump serve.
- 5) Male players cannot follow through under the net from an attack line approach.
- 6) Male players inside the attack line must put a distinct arch on the ball if they play it over the net.
- 7) Male players may not block.
- 8) Teams are not penalized for redirected blocks by women players

WOMEN'S QUADS VOLLEYBALL RULES (In addition to general rules above)

- 1) Ball contact will be called by USA Volleyball Indoor Rules (with the following exceptions):
 - A. No open hand dinks (must use roll shots, knuckles, etc).
 - B. Sets over the net must be square with shoulder. No back sets or side sets allowed
- 2) Teams will consist of a maximum of 4 women to a minimum of 2 women.
- 3) Teams are not penalized for redirected blocks

COED 6's VOLLEYBALL RULES (In addition to general rules above)

- 1) Coed ball may be hit directly across by either male or female team members but if there is more than one hit, a female must touch the ball before it goes over. Block does not count as a contact.
- 2) Coed inter-change is allowed. Back row male may block if there are 2 females in the front row and can only block male players and cannot attack. Otherwise, only front row players may attack.
- 3) Teams will consist of a maximum of 6 players (3 men, 3 women) to a minimum of 3 players. You can have more women than men playing on the court but there is a maximum of 3 men players.

WOMEN'S 6's VOLLEYBALL RULES (In addition to general rules above)

- A. Teams will consist of a maximum of 6 women to a minimum of 3 women.
- B. Teams are not penalized for redirected blocks

PLAYER CODE OF CONDUCT

The Carmichael Recreation and Park District has adopted the following "Player code of Conduct." These rules of conduct will be strictly enforced during the season. A violation committed in any activity conducted under the auspices of one of this organization will be honored by ALL members there of.

- 1) **NO PLAYER SHALL:** Refuse to abide by officials' decisions. The manager may have a polite and short discussion with the official regarding a calling on the side (not yelling from the court). Once an official has made a final decision, no protests will be permitted. Any disrespectful behavior or further questioning of calls will result in a Red Card and point for the other team. Any further protest officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until the League Supervisor has considered his/her case.

Minimum Penalty: Placed on probation for the remainder of the season.

Maximum Penalty: Suspension for one or two league games and placed on probation for remainder of the season.

- 2) **NO PLAYER SHALL:** At any time lay a hand upon, shove, strike, or threaten an official. Officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until his/her case has been considered by the League Supervisor.

Minimum Penalty: Suspension from one or two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for life and/or assault charges filed.

- 3) **NO PLAYER SHALL:** Be guilty of using unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Officials are required to immediately suspend players from further play and report such player to the League Director.

Minimum Penalty: Placed on probation for the remainder of the season.

Maximum Penalty: Suspension for one or two league games and placed on probation for remainder of season.

- 4) **NO PLAYER SHALL:** Be guilty of physical attack as an aggressor upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Player will remain on suspension until the League Supervisor has considered his/her case.

Minimum Penalty: Suspension from one or two league games and placed on probation for remainder of season.

Maximum Penalty: Suspension for life and/or assault charges filed.

- 5) **NO PLAYER SHALL:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Should the verbal attack occur either before or after the player's game is completed, or from with the spectator area, said player will still be reported to the League Director, with possible suspension being the result of said player's actions. Player shall remain on suspension until the League Supervisor has considered his/her case.
- Minimum Penalty:** Placed on probation for remainder of season.
- Maximum Penalty:** Suspension for the remainder of the season.
- 6) **NO PLAYER SHALL:** Appear upon the field of play at any time in an intoxicated condition. Officials are required to immediately suspend player from further play and report such player the League Director for further consideration.
- Minimum Penalty:** Suspension for two league games and placed on probation for the remainder of the season.
- Maximum Penalty:** Suspension for remainder of season.
- 7) **NO PLAYER SHALL:** Be guilty of gambling upon any play or the outcome of games with any spectator, player, or opponent. Officials are required to report violation of this rule to the League Director.
- Minimum Penalty:** Placed on probation for the remainder of the season.
- Maximum Penalty:** Suspension for the remainder of the season.
- 8) **NO PLAYER SHALL:** Smoke while coming off or going on the field of play, or while on the field of play or in the dug-out.
- Minimum Penalty:** Warning from official.
- Maximum Penalty:** Removal from the game.

Special Notes:

- Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of the season.
- Any player removed from the game must leave facility immediately. Failure to do so will carry a maximum penalty of suspension for the remainder of the season. Any suspended player cannot attend league games during their suspension.
- Appeals may be lodged with the League Director or League Supervisor ONLY!