

REC SPORTS BEACH AND INDOOR VOLLEYBALL RULES

Revised: 4-1-18

1. TEAMS

- 1.1 2-PERSON TEAMS = 2 players minimum
- 1.2 4-PERSON TEAMS = 4 players maximum, 2 players minimum
- 1.3 6-PERSON TEAMS = 6 players maximum, 2 players minimum
- 1.4 You may play with only one more male on the court than female in co-ed competition.
- 1.5 Females may play the male role in any competition.

2. SUBSTITUTIONS/ROSTERS

- 2.1 Roster Size – Unlimited Roster Size, but all participants must be listed on the roster and sign a release of liability prior to playing. Unlimited substitutions may be made during a game, or rotation of subs in at the service position – as long as one player does not occupy more than one position in the service order during a single game.
- 2.2 Substitute players must sign each team's roster/waiver form that they play on. This is for liability and proof of eligibility for playoffs.

3. PLAYOFFS

- 3.1 Only players listed on the roster will be able to participate in playoffs.
- 3.2 Substitutes/players must have played at least once with the team during regular season to participate AND be listed on the team's roster.
- 3.3 At least one original team member listed on the roster must be present for playoffs. (You cannot have 4 subs play on playoff night.)

4. 4'S LEAGUE POSITIONS

- 4.1 Players are free to position themselves anywhere within their court. There are no positional faults. Players may participate at the net or anywhere offensively or defensively.

5. 6'S LEAGUE POSITIONS

- 5.1 In co-ed 6's, players must alternate male-female and rotate clockwise into the service position upon gaining the right to serve. After a served ball players may position themselves freely. You must rotate players even if you are playing with less than 6 on the court.
- 5.2 Backrow players may not jump and attack the ball.
- 5.3 Backrow blocker – when only one male player is at the net you may bring one backrow MALE blocker forward for BLOCKING PURPOSES ONLY.

6. SIMULTANEOUS CONTACTS

- 6.1 Joust – Two opponents simultaneously contact the ball over the net. Ball remains in play; team receiving the ball is entitled to three contacts. If such ball lands "out" it is the fault of the team on the opposite side, unless obvious touch occurs.

7. CHARACTERISTICS OF THE CONTACT

- 7.1 A player may touch/play the ball with any part of the body.

- 7.2 A player may have successive contacts with a ball (double-hit) during a single attempt to make the team's first contact after a serve.
- 7.3 A player may have successive contacts with a ball (double-hit) on any HARD DRIVEN BALL.
- 7.4 2's and 4's league. No open hand tips. No hand sets over the net. (While it is technically legal to set over the net, it's only legal provided there is no held ball or lift during the attempt. The ball will come out clean with NO ROTATIONAL SPINNING. Since this is extremely difficult to do we are making the action illegal.)

7.5 Hand Sets

- 7.5.2 A-League- Obvious rotation on the ball will be called as a double and is illegal. Slight rotation is considered legal.
- 7.5.3 B-League – Obvious double hits are not allowed, but there is no limit on the amount of spin the ball has.
- 7.5.4 Rolls, pokes, knuckles, etc. are all ok as long as the ball definitely rebounds.
- 7.5.5 6's league.
- 7.5.6 Open hand tips are allowed as long as the ball is not held or thrown.
- 7.5.7 Set's are allowed over the net.

8. BALL AT THE NET

- 8.1 Ball crossing the net – The ball that has crossed the net plane to the opponents' free zone totally or partially may be recovered by the opponent provided that the ball, when recovered, crossed the net plane totally or partly. The opposing team cannot interfere with this action.
- 8.2 A player may enter the opponent's court in order to play the ball before it completely crosses the lower space under the net, providing they do not interfere with the opposing team.

9. RALLY SCORING SYSTEM

- 9.1 Every time the ball is served a point is scored by whichever team is able to put the ball down onto the opponent's court or whichever team does not commit a playing fault.

10. BOUNDARIES

- 10.1 Boundary lines surround the entire volleyball court. The ball is "in bounds" if it lands anywhere within, or on any part of the line (Even if the line has been moved by the wind or ACCIDENTALLY by a player).
- 10.2 Players may not contact or enter any adjacent volleyball courts.
- 10.3 Antennae – the ball must travel entirely within the antennae and their imaginary extensions without touching or crossing over the top of them. If no antennae, then the same rule applies to the volleyball posts.

11. SERVICE

- 11.1 The ball may touch the net on the service and be in play if it continues into the opponent's space.
- 11.2 You may not block or attack the serve.

- 11.3 Signify service attempt by loudly saying the score – you then have 8 seconds and 1 attempt to serve the ball after it has clearly left your hand.
- 11.4 Contact for service must be made with the hand or arm.
- 11.5 You may not receive a serve with a hand set. (While it is technically legal to receive a served ball using fingers in a setting action, it's only legal provided there is no held ball or lift during the attempt. The ball will come out clean with NO ROTATIONAL SPINNING. Since this is extremely difficult to do we are making the action illegal.)
- 11.6 Service rotation order of players must be maintained throughout the game. If a player serves the ball out of rotation, the opposing team gains the serve and a point.

12. PLAYER AT THE NET

- 12.1 Players may cross the centerline below the net or outside the poles, before, during, or after a legal play of the ball, provided this does not interfere with play.
- 12.2 Any contact with the net (body or clothes, except hair or an article that has fallen off (sunglasses, hat, etc.) while the ball is in play is a fault. Please call your own net faults, regardless of the severity.

13. SETTING THE BALL INTO THE OPPONENTS COURT

- 13.1 2's AND 4'S: You may NOT set the ball anywhere into the opponents court in any direction, backwards, forwards, and to either side of your body
- 13.2 6's: You may set the ball anywhere into the opponents court in any direction, backwards, forwards, and to either side of your body.

14. COED PLAY

- 14.1 If more than one contact is made on a side than a female must contact the ball before it travels into the opponents space. A male player may legally hit the first ball into the opponents court.

REC SPORTS GENERAL PROCEDURES

1. ALL RULES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.
2. CAPTAIN'S MEETING – Will be held the first night of league play. Captains are responsible for:
 - a. Informing team of all league rules.
 - b. Collecting and turning in completed waivers/rosters to the supervisor from all the team members, including new players when they participate.
 - c. Paying the entire league fee in one payment.
 - d. Maintaining good sportsmanship amongst team members on and off the court.
 - e. Being ready and aware of when your team will play.
3. CANCELLATION OF LEAGUE PLAY
 - a. Teams are expected to show up and be ready for play at your designated league time, regardless of weather conditions, in hope that threatening conditions subside within a reasonable amount of time (barring any condition that could be hazardous to your safety).
 - b. Games will be temporarily postponed (or cancelled if shelter is not available) due to lightening, tornado, or other hazardous weather, and teams are requested to vacate the courts immediately upon the sighting of such activity.
 - c. Play will resume if hazardous conditions cease within 30 minutes. League will be cancelled if the conditions persist.
 - d. Make-up games will be played as time permits. Otherwise, there will be an equal split of wins/losses or there will be a deletion of those matches from the schedule.
 - e. Incomplete matches – If at least one game has been played a split of wins will still be in effect.
 - f. No refunds once league begins. No refunds for missed nights of play.
4. GAME TIME IS MATCH FORFEIT TIME
 - a. We will start leagues promptly at designated start times unless otherwise modified or an unforeseen circumstance occurs.
 - b. 2 minute warning – once a team-mate has been notified by the league supervisor or challenging team captain that your match is ready to be played you will have 2 minutes to take the court and begin play or forfeit the 1st game.
 - c. If you team cannot be located and your team is called upon to play – you will forfeit the 1st game. If more than half of allotted match time goes by and your team is not present, your team will forfeit the entire match.
 - d. It is the team's responsibility to know when they will play and to be ready and available.
5. SIDE/SERVE
 - a. Designated captains will have a rock, paper, scissors showdown for the first right of choice (side or serve).
 - b. Teams will switch sides between games.

6. GAME BALL

- a. House balls will be used unless a different ball is agreed upon by both teams.

7. LEAGUE PLAY

- a. Three-17 point rally-score games will be played per match. 2 matches per night. A time limit or alteration of scoring procedure may be implemented due to time constraints.

8. TOURNAMENT PLAY

- a. Format will vary and will be discussed at a pre-tournament meeting. Players must play at least one league night on a team to be eligible to play with that team in tournament play.

9. VERIFY SCORES

- a. It is the winning team captain's responsibility to report their scores to the Supervisor and verify (by initialing) that the score has been recorded correctly. If you fail to do so you forfeit any right to dispute the score at any future time/date.
- b. You are encouraged to keep a written record of your scores or verification purposes.

10. TIME OUTS

- a. Teams are allowed one 30-second time out per game.
- b. No extended breaks are to be taken during or in-between games

11. UNSPORTSMANLIKE CONDUCT

- a. Will not be tolerated.
- b. 1st infraction will merit a warning
- c. 2nd infraction – expulsion from the match resulting in losses.
- d. 3rd infraction – expulsion from the league. No refund will be given.

12. PROTESTS

- a. Only team captains have the right to dispute a call or non-call. If the dispute cannot be resolved in less than a minute a replay shall be called. If you are still unable to agree than the issue must be addressed immediately with the supervisor.

13. HONOR SYSTEM

- a. It is highly recommended to call your own faults.
- b. If a team fails to call their own faults inform the supervisor.

14. REPLAY

- a. Any disputed calls.
- b. If a ball, foreign object, or human enters the court while a volley is taking place stop play immediately to avoid injury and inform players on the court why play was stopped.

15. VOLLEYBALL CHECKOUT

- a. It is YOUR responsibility to locate and return any volleyball that has been borrowed.

- b. If you hit it, you get it! If you hit a volleyball outside of netted enclosed volleyball courts, it is your responsibility to retrieve it immediately. If you cannot find it immediately notify a supervisor.
- c. Anyone caught stealing will be expelled from the league indefinitely without refund.

ESTABLISHMENT RULES

1. DUE TO UNFORSEEN CIRCUMSTANCES ALL RULES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION
2. No bare feet are allowed inside the establishment. You must wear shirt, pants (shorts), and shoes.
3. No smoking on the volleyball courts. Smoking is allowed in designated smoking areas. If you are caught smoking on the courts or throwing butt's in the sand/deck area, you will be expelled from the league forfeiting any refund.
4. No climbing, crawling beneath, or jumping over decks, deck railings, fences, or other boundaries.
5. No abuse of volleyball equipment, hanging on the nets, etc.
6. Participants must be 18 years of age to play in adult leagues.
7. If you are under 21 and caught in possession of alcohol you will be expelled from the league without refund. If you plan on drinking plan on carrying proper identification.
8. No alcoholic beverages are allowed from outside sources. Water bottles, Gatorade, and small snacks are allowed.
9. NO SHOWERING INSIDE BATHROOMS. Hoses are provided near the courts.
10. We respect the right to inspect any bags brought in by players at any time.