

# PROVO PARKS & RECREATION

## ADULT VOLLEYBALL RULES



- 1. PRE-GAME:** Participants are allowed to check-in to the facility 15 min before their game time.
- 2. CHECK-IN:** It is the player's responsibility to check in with the volleyball supervisor prior to participating in games. This gives the player the opportunity to get credit for games played and to verify the roster is signed.
- 3. TEAM DISCIPLINE:** Playing coaches and/or captains are responsible for discipline and proper conduct of their team members. Refer to the [Player Code of Conduct](#) for more information.
- 4. TEAM SPOKESPERSON:** The playing captain is the only player who may address the referee and shall be the spokesperson for that team. One of the six players shall be designated as the playing captain. When replaced, the coach or playing captain must designate another player to assume playing captains duties. The designated non-playing captain may address the referee only for the purpose of requesting a time out, substitution, or line-up check.
- 5. TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or playing captain when the ball is out of play. Each team is allowed two 30-second time outs per set where the running game clock will stop. Teams must return to the court upon notification by the referee.
- 6. JEWELRY, HATS, ETC.:** Jewelry and any type of hat are not permitted while playing. These restrictions are for your safety. Athletic shoes must be worn at all times; no bare feet or sandals will be allowed.
- 7. SUBSTITUTIONS:** Only the coaches and/or playing captain on the court may ask the referee for permission to make a substitution. Substitutions on the serve do not require referee permission.
- 8. FORFEITS: Game time is forfeit time.** The opposing team (team A) will be given the option to win the match by forfeit OR to win the first set by forfeit while waiting for the team that doesn't have enough players (team B). If team A chooses to wait, the grace period will be no more than 10 minutes after scheduled game time. If team B has enough players within the 10 minute grace period, the match will then begin at set two. **Match time is determined by the official.** Forfeits will not be tolerated. On your: **1<sup>st</sup> forfeit** you will be warned by phone call, **2<sup>nd</sup> forfeit** your team will be dropped unless you pay a \$50.00 fee to be reinstated to the league.
- 9. TEAM ROSTERS:** A participation waiver with names and signatures, must be completed before the first game and turned into the supervisor. New players throughout the season must sign the waiver before participating. Rosters will be managed by the team captain on QuickScores and tournament eligibility will be posted online during the season. Any player listed on the roster, who desires to play in the tournament, must play in a minimum of three (3) regular season matches. Limit is 15 players per team. Players may be added to the roster online at any time during regular season play.
- 10. LEAGUE ADJUSTMENT:** The league coordinator reserves the right to move teams from one league to another league during the season or for post-season play, based on performance.

**11. Play will be governed by USA Volleyball rules. Full rules can be found online at [www.usavolleyball.org](http://www.usavolleyball.org)**

**12. TIME RESTRICTIONS: Game time is forfeit time.** Each game will have a hard cap time limit of 45 minutes. Championship and semifinal games will be untimed. Please be warmed up and ready to play at match time. Warm-ups are limited to our gym space; please do not use any other areas for warm-up space. Matches will be played to the best 2 out of 3 sets to 25 (cap at 27) points, using the rally scoring system. Rally scoring to 15 (cap at 17) points will be used if a third set is needed. The default protocol is for each team to remain on their respective side of the court in the deciding set. Teams will not switch at 8 points unless there is a clear disadvantage on one side of the court, as determined by the referee.

**13. NET HEIGHT:** Women's net height will be 7'4". Coed net height will be 7'11".

**14. TOSS OF THE COIN:** The official will have the home team captain call the toss of the coin. The winner of the toss chooses: the right to serve or to receive the service OR the side of the court. The loser of the toss takes the remaining choice.

**15. PARENTS ARE TO SUPERVISE CHILDREN:** A parent or responsible person, other than a player, must supervise children at all times. If actions of children cause an interruption of match play (i.e. playing with light switches) it may cause their parent's team to forfeit the match. As soon as the lights are back on, the match will continue. Children are not to run through the gym or other areas of the facility while at the schools. Parks & Recreation staff will not supervise children.

**16. TEAMS:** At match time, a 6-member team may begin with four players. As other team members arrive, they may enter the set following the side out when their team regains service.

**17. TOURNAMENT PLAY:** All teams will participate in tournament play. Tournament information will be posted on [www.quickscores.com/provo](http://www.quickscores.com/provo) 2-3 days after regular season games have been completed for your division. Tournament games typically start the week immediately following regular season play.

## **18. USAV Rule Highlights**

- a. Players can touch the ball with any part of their body.
- b. At the first hit of the team, the ball may contact various parts of the body consecutively, if the contacts occur during one action.
- c. Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing. 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. When the ball is driven into the net, causing it to touch an opponent, no fault is committed.
- d. When the receiving team has gained the right to serve, its players rotate one position clockwise (including the first side out).
- e. The service zone is limited to the 9 m wide area behind each end line.

# COED RULES



- 19.** Women may outnumber men, but men may never outnumber women. Teams must play with at least one male or a forfeit will be issued.
- 20.** If there is more than one hit on a side, one must be by a woman. It does not matter in what order the woman hits.
- 21.** Coed teams must line up in a male/female rotation at the time of serve.
- 22.** When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking. The remaining back-row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible. Female back-row players may not come forward to block.