



Adult Volleyball League Rules

Eligibility:

1. You must be 18 and be out of high school to be eligible to play
 - a. Players may not currently be on a collegiate roster
 - b. College students may participate if:
 - i. They are not participating in a collegiate volleyball program
 - ii. If their eligibility is used up
 - iii. If they are no longer associated with their school's team
2. Players may participate on one team per league
 - a. You may **not** play in two different divisions in a league
 - i. You may play on a Coed team & a Women's team
 - ii. You may play in the Thursday & Sunday oed 6's leagues
 - b. Any player wishing to change teams must contact the league coordinator
 - i. Decisions will be based on case by case basis
3. Team Rosters:
 - a. Roster Limits:
 - i. 13 Player roster limit for Coed 6's
 - ii. 9 Player roster limit for Women's 4's
 - iii. 9 Player roster limit for Coed Sand 4's
 - b. No new players may be added to a team roster after the 5th week of play
 - c. All, "Substitute" players must be listed on the roster, no exceptions. A team can only use up to the roster limit during a season, regardless of if your substitute pays part of your league fee.
4. Team Registration:
 - a. Registration form & league fee **MUST** be received by the registration deadline, **NO EXCEPTIONS!**

League Rules:

1. Rule Books
 - a. USAV Official Rule Book 2013-15 – Indoor
 - b. USAV – FIVB Rulebook - Sand
 - c. And WCPR league specific rules
2. Timed Games:
 - a. **2015 Match Time Limits:**
 - i. Coed Advanced Division– 55 minutes running clock
 - ii. Coed Rec Division – 55 Minutes running clock
 - iii. Trinity Coed Rec Division – 60 minutes running clock

- iv. Women's Advanced Division – 60 minutes running clock
 - v. Women's Rec Division - 60 minutes running clock
 - b. The running clock **STARTS** at scheduled time, no exceptions
 - i. The first 5 minutes of the running clock are guaranteed warm-up
 - ii. At the end of the 1st five minutes of running time, the referee will start the match
 - iii. The 5 minute warm up is shared court warm-up time
- 3. Players Present
 - a. If the correct combination of players to play is not present at the start time, see – Playing Combinations & Playing Combination Rules below for guidelines
- 4. Referee
 - a. The referee is in charge of the match at all times
 - b. The team captain is the only person allowed to discuss rule interpretation with the referee
 - c. Failure to comply with this rule could result in expulsion from the match or league and is up to the discretion of the referee and league coordinator
- 5. Timeouts
 - a. Each team will have 2 – 45 second timeouts per set
 - b. The team leading in the 3rd set may not call a timeout in the last 2 minutes
- 6. Forfeits
 - a. If a team forfeits 2 matches during the season, the league coordinator can remove them from the league or tournament
 - b. Decisions will be based on case by case basis
- 7. Blocking – **Coed 6's Rule only**
 - a. If there is only one male player in the front row of a rotation, a 2nd male player is allowed to come out of the back row during the play & block as a front row player
 - i. All players must start in correct rotational order...no overlaps
 - ii. Once a second/back row male player blocks in a rally, they are the only player eligible to block for the entire rally
 - iii. All players must return to correct rotational order at the end of the rally
 - iv. You may switch which (of two) back row male players blocks each rally
 - v. The second back row male blocker is not allowed to attack any ball, this includes over passes
 - 1. A block is an action against an attacked ball
- 8. Net Violation
 - a. Contact with the net is a fault unless:
 - i. Hair or loose clothing
- 9. Center Line Violation - Indoor
 - a. When your foot crosses completely across the center line
 - i. Any part of the foot on or above the center line is not a violation
 - ii. Any other part of the body if it interferes with your opponent playing the ball
 - b. Sand
 - i. You may go completely under the net as long as you do not
 - 1. Contact the net

2. Interfere with the opponent or ball

10. Serving Rules

- a. Players may serve from anywhere behind the end-line, between the sidelines
- b. Serving Order

i. Coed 6's Advanced Division

1. A service order must be established
2. Therefore in each set, substitutes must enter and exit the game in the same rotational spot (For the same person)
3. A new or different serving order may be used in different sets
4. Substitutes are allowed to be changed each new set
5. Serving order must alternate male-female or female-male or a Ghost must be used
6. See Player Combination Rules below

ii. Coed 6's Rec Division

1. A service order must be established in each set
2. Same sex substitutes may rotate into the game in a pattern as long as the pattern does not change during the set
 - a. EX – 4 male players, each one rotates out before the go back to serve & come in for the next male to rotate back to serve
3. A new or different serving order may be used in different sets
4. Serving order must alternate male-female or female-male unless a team has less than 6 players
5. See Player Combination Rules below

iii. Women's 4's Rec & Advanced Division

1. A service order must be established in each set
2. Teams may rotate into the game in a pattern as long as the pattern does not change during the set
 - a. EX – 5 players, each one rotates out before the go back to serve & come in for the next person to rotate back to serve
3. A new or different serving order may be used in different sets
4. See Player Combination Rules below

11. Rotational Order

- a. For Coed 4's/Women's 4's (Indoor or Outdoor) only a service order applies
 - i. There is no positioning rule in 4's
 - ii. Everyone is technically live each rally
- b. For Coed 6's teams must keep a service and rotational order
 - i. Must alternate male female unless a team has more females

Ghost Rule – Coed 6's Advanced Division Only

When a team is short a player(s) or does not have the same number of male and female players

1. A Ghost Player is inserted into the serving order in the vacant spot (Usually last in the order)
2. The Ghost will rotate around the court
 1. This will cause the team to have only two players in the front row for 3 rotations

2. The Coed 6's blocking rule still applies
3. When it is the Ghost Player's turn to serve in the service order, an automatic sideout (and point) is awarded to the opposing team

Ghost Player Scenarios:

1. If a team has 2 females & 3 males:
 - i. A Ghost Player is inserted into the vacant female spot and
 - ii. The above Ghost Payer rules apply
2. If a team has 3 females & 2 males:
 - i. You may insert a 4th female into the line-up with no penalty
 - ii. If you do not have a 4th female, then you must play with a Ghost Player in the empty male spot
3. If a team has 2 females & 2 males or 3 females & 1 male
 - i. Two Ghost Players are inserted into the serving order (Opposite each other)
 - ii. The Ghosts will rotate around the court. This will cause the team to have only two players in the front row for the entire set

FAQ/Interpretations:

1. The ball may touch any part of the body as long as it does so legally
2. Rally scoring
3. "Let" serving is legal/live
4. Indoor players are allowed to double contact on the 1st contact
5. Sand players may double contact a hard driven ball on their 1st contact
 - a. A hard platform overhead contact is legal
 - b. HOWEVER – setting a serve or an attacked ball is deemed a lift/carry
 - c. When overhead setting a ball across the net, the ball must go straight forward or straight back in relation to the players shoulders & body
6. Open hand tipping is legal in coed 6's, but illegal in Sand & Women's 4's leagues
 - a. Also in Coed & Women's 4's, jumping & setting the ball will be deemed a carry, like a tipped ball
7. In Coed leagues, any combination of players may count for a team's 3 contacts
 - a. A female does not have to contact the ball

8. Indoor Ball Boundary Rules:

- a. If a served ball comes into contact with any part of the ceiling or structures hanging down from the ceil, it is a dead ball & a sideout (and point) is awarded to the receiving team
- b. During a rally if the ball hits the ceiling, the ball can still be played by the same team as long as the team has remaining contacts
- c. During a rally if the ball hits any of the following, the ball is considered a dead ball and a side out (and point) goes to the opposing team:
 - i. The running track and anything associated with the running track
 - ii. The Basketball goals if deemed unplayable, otherwise a replay can be awarded

Scoring:

1. Each match will consist of 3 sets and a time limit
 1. Your time begins at the scheduled match time
 1. 1 minute break between sets
 2. The only time the clock will stop is on an injury where a player is removed from the match permanently
 2. Warm-up is the first 5 minutes of your match time starting at your scheduled time
 1. Please warm up and stretch prior to your 5 minutes shared court
 2. **NO ball handling while a match is going on**
 1. Please stretch & jog only
 3. If both captains agree, warm up time may be reduced
2. Teams play three sets
 1. Sets 1 & 2 will be rally score to 25 points, win by 2, with a cap at 27 points
 2. Set 3 will be rally score to 15 points, with a cap at 15 or until time expires
 1. If/when time expires in set 3:
 1. The team in the lead at the end of time will get the win
 2. If tied, 1 final, "sudden death" point is played to decide winner
 3. No ties
 4. If time expires in set 2, same rules apply & NO set 3 will be played

Playing Combinations:

Coed 6's Combinations:

1. 6 players - 3 men & 3 women, 4 women & 2 men, 5 women & 1 man
2. 5 players - 3 women & 2 men, 4 Women & 1 man, 3 men & 2 women
 - a. The Ghost rule will apply for the missing player in Coed 6's Advanced Division ONLY
3. 4 players - 2 women & 2 men, 3 women & 1 man
 - a. The Ghost rule will apply for the missing players in Coed 6's Advanced Division ONLY
4. Fewer than 4 players or fewer than 2 women – Forfeit

Coed Sand 4's Combinations:

1. 4 players - 2 women & 2 men, 3 women & 1 man
2. 3 players - 2 women & 1 man, 2 men & 1 woman
 - a. The Ghost rule will apply for the missing player in Coed 4's Advanced Division ONLY
3. 2 players - 1 woman & 1 man
 - a. The Ghost rule will apply for the missing players in Coed 4's Advanced Division ONLY
4. Fewer than 2 players or fewer than 1 woman – Forfeit

Women's 4's Combinations:

1. 4, 3, or 2 women
2. Fewer than 2 players – Forfeit

Playing Combinations Rules:

If a team does not have a correct combination of players at the schedule start time, the following rules apply:

1. They may call 1st timeout
2. At the end of the 1st timeout, if they do not have a correct combination of players, they may call their 2nd timeout
3. At the end of the 2nd timeout if they do not have a correct combination of players, then the 1st set is declared a forfeit
4. After the forfeit of the 1st set, set 2 will start 10 minutes following the forfeit
5. At the end of the 10 minutes period, set 2 will begin
6. If the team still does not have a correct combination of players, the same sequence applies for set 2, and then again for set 3
7. Late arriving player
 - a. A late arriving player may join a set in progress at the next dead ball.
 - b. Their addition must keep with the Player Combination Rules
 - c. They must be inserted into the line-up in the Ghost Player spot, or in the male-female alternating order
 - d. All other servers must remain in the same rotational/service order

Tournament Play:

1. Tournament Seeding
 - a. Overall set win/loss percentage
 - i. Two-way tie
 1. Head-to-head win/loss percentage
 2. Head-to-head point differential
 3. Point differential for the season
 4. Coin flip
 - ii. Multiple team tie
 1. Head-to-head-to-head win/loss percentage
 2. Head-to-head-to-head point differential
 3. Point differential for the season
 4. Coin flip
2. Tournament seeding will take place after the last week of the season
3. Tournament game times will be posted on the WCPR website & e-mailed out to the team captains
4. Tournament Scoring
 - a. Matches will be the best two out of three sets, no time limit
 - b. Sets 1 & 2 will be rally score to 25 points, win by 2, no cap
 - c. Set 3, if necessary, will be rally score to 15 points, win by 2, no cap

Protest Procedures:

To protest the age eligibility of an opponent:

1. The captain must protest to the referee prior to the start of the 1st set
2. The referee will pause the match clock to inform the league coordinator, the league

- supervisor, and both captains of the protest
3. The league coordinator will attempt to verify the players identity and age:
 - a. If the player is legal
 - i. The protesting team shall be charged a timeout & play will continue
 - b. If the player is illegal
 - i. The player will be banned from the match & league
 - ii. The team will forfeit set 1, 0-25
 - iii. The team will be warned of future consequences
 - c. If the league coordinator is unable to verify the age of the player:
 - i. The match will commence
 - ii. The player will have to verify age prior to the next team match
 - iii. If a team is found to have played with an illegal player after a protest, prior to verification:
 1. Player will be expelled from the league
 2. The team forfeits entire match 0-25, 0-25, 0-15
 3. The team will be warned of future consequences
 4. If a protest is lodged at any other time:
 - a. Match will stand
 - b. Player eligibility will be verified & above player consequences followed

To protest the roster eligibility of an opponent:

1. The captain must protest to the referee anytime after the 1st point of the 1st set
2. The referee will pause the match to inform the league coordinator, the league supervisor, and both captains of the protest
3. The league coordinator will verify eligibility of the player on the official team roster
 - a. If the player is on the roster:
 - i. The protesting team shall be charged a timeout & play will continue
 - b. If the player is not on the roster:
 - i. The player in question must come out of the game and is not allowed to continue in that set
 1. The team may sub for the illegal player
 2. If removal of the illegal player from the set causes an illegal combination of players, that set is a forfeit, 0-25
 - ii. The illegal player may then sign the official roster for the start of the next set as long as it is within the first 5 weeks of the season
 - iii. If play can legally continue with or without a substitution:
 1. The team with the illegal player loses the last rally
 - a. If lost the rally, no change
 - b. If won the rally, the play is overturned to a lost rally/ sideout (point)
 - c. The team with the illegal player is charged a timeout
 - iv. If play cannot continue, then the match will be a forfeit 0-25, 0-25, 0-15
4. The protest must be lodged with the referee prior to the end of the match or it will be deemed a legal match
5. If a protest is lodged at any other time:

- a. Match will stand
- b. Player roster eligibility will be verified & above consequences followed

To protest a referee procedure:

1. The captain must inform the referee of their protest immediately after the ruling in protest
2. If another play is whistled to begin, then you are not eligible to go back and protest a ruling
3. Team/captain lodging a protest must have and use a timeout
 - a. If both timeouts are used
 - i. You may protest, but if your protest is not upheld, you will be charged a sideout (point)
4. The referee will pause the match to inform the league coordinator, the league supervisor, and both captains of the protest
5. The league coordinator will verify the ruling with the referee
6. All rulings of protest are final at that point
7. **YOU MAY NOT PROTEST A JUDGEMENT CALL**
 - a. Common examples of judgment calls
 - i. A lift/carry
 - ii. A ball in/out
 - iii. A net call
 - b. If you are not understanding the rationale or reasoning of a referees judgement call, please have the captain ask the referee for clarification. You may also ask to have the supervisor and/or the league coordinator come to the referee stand for further clarification.

Questions:

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