



ADULT INDOOR VOLLEYBALL RULES: 2024/2025 Season

1. **To begin play** - All three matches are allotted a Maximum 35 minutes to play a match which consists best of two games to 21 pts. & capped at 23 pts. The tie breaker is a game to 11 pts capped @ 13 pts. The first match must start @ 6:30 PM (NO EXCEPTIONS) the 2nd & 3rd match (if necessary) will start right after the 1st. Please arrive 10 minutes early for the 6:30/8:00 PM matches. There is no 5-minute grace period for the first match of the evening or for the 8:00 PM match in the late set. We have to move play along. If one team is running late, they need a minimum of 3 players to begin the match. Generally, co-ed should not have more males than females on the court **unless agreed** by the opposing team captain. There CANNOT be a minimum of three males to begin play.
2. Any team in the WHPR league that does not have enough players to begin the match may solicit other players from that night's league only. The team lacking players **MUST declare** to the opposing team captain that they have substituted a player from the other team's roster. Only with agreement by the opposing team captain or designee may match play proceed. When substitute player(s) from another team's roster is not declared to the opposing team by the team captain soliciting that player – the team causing the infraction as determined by the Volleyball league supervisor will the **FOREFIT** that game. Captains will shoot for serve/side. The winner of the shoot can choose to serve first or receive the first serve, the opponent then gets to choose what court side to play on. If the winner of the shoot chooses which court side to play on, the opponent then gets to choose to serve or receive the first serve.

3. Teams that are not ready or leave the gym vicinity **MUST** return in time for their next match or they will forfeit the match. **Games must be moved along as soon as one match ends!**
4. **Service:** Players may receive a serve using a bump or open hands. Set serves will be played as a live service.
5. **Bad Serve:** Any serve that does not make it over the net; goes over the net & lands out of bounds or does not strike any part of the opponent's court will result with the team losing service & the opposing team having a serving opportunity.
6. **Ball not cleanly hit /Carries:** The ball must only be struck in one continuous motion & simultaneously with one contact of the body. Any open-handed lifts are considered carries and are not legal
7. **Touching the net:** A player commits a foul upon touching the net with any part of the body during the game unless the ball knocks the net into the player. Violations **must** be called by the player or by the opposing team at time of foul & **not** after consecutive volleys.
8. **Hands over the net on offense:** A player may not contact the ball over the opponent's side of the net in attempt to attack ball offensively.
9. **Spiking/Blocking a Serve:** A front-line player shall not send a served ball directly back to the serving side of the court by either jumping up & blocking or spiking the served ball. Therefore, the ball must cross the net and drop below the plane of the net before a receiving player may contact the ball & send it directly back.
10. **Contacting ball at serve:** The server may contact the ball to place it in play with the hand, fist, or arm. The server shall not step on or over the baseline before the ball has been contacted. Stepping on or over the baseline prior to service is a foot fault and results in a side out.
11. **Other players during serve:** Except the server, all players on both sides of the net must be within the boundaries during the serve.
12. **Outside of court:** A player may go outside of the boundaries after a serve or when the ball is in play.

- 13. Service Order:** Both teams are responsible for keeping track of their respective service order. A player shall not serve out of clockwise rotational order.
- 14. Playing the ball:** The ball may be contacted with any part of the body including the foot.
- 15. Finishing the game & match:** All games use rally scoring method. A game shall be won by the team that has scored at least 21 points in the first game & second game provided there is a two-point advantage. A match consists of two games to 21 points not to exceed 23 capped points or tie breaker to 11 capped points.
- 16. Unnecessary Delay:** A player or team shall not commit any act which, in the opinion of the league supervisor tends to slow down the game without just cause, then a violation may be called in said team. Teams are allotted 2 time-outs per game not to exceed 30 seconds.
- 17. Maximum of 3 hits:** Each team has three hits to send the ball over the net, you may take less than 3 hits. During **Co-ED** play, when a team uses 3 hits before sending it over the net, **one of three hits must be made by a female.** The rare exception to the 3 men foul is when a man has applied a block to a hit & the ball tips-off the blocker and remains playable on the blocker's courtside. Since a block is not considered one of three hits two more hits may contact the ball in addition to the block contact.
- 18. Simultaneous Contact by Teammates:** A simultaneous contact of the ball by more than one player of the same team is allowed and is considered as one play. Players involved in such a play may participate in the next play.
- 19. One player hitting Twice:** A player shall not hit the ball twice in succession. The three plays that are exempt from the rule are: (1) simultaneous contact by teammates, (2) successive contacts, by blockers, (3) Simultaneous contact by opponents. The player participating in any such play may participate in the next play.
- 20. Position Fouls:** A back court player may not come within 10 ft. Of the net (inside the attack line) to jump or hit the ball in a striking manner or to block. Only the three front court players may leave their feet to jump or strike the ball inside of the attack line.

21. Interference: If the opposing court's ball interferes while your court is in play then this will be ruled a do-over. Any part of the ceiling is playable within the confines of your team's court boundary.

22. Player Responsibility: It is the responsibility of each player to admit his/her own net contacts, lifts, foot faults, and carry violations & bring it to the attention of the team **immediately** during the game. If the infraction is contested by the opponent, **then a replay/redo must occur.**

23. Driven Hits (spikes): In recreation play (Thursday league) players must not start their spike from below their shoulder (wind-up). Illegal spiking will result in a side out for the opposing team. If continuous illegal spiking occurs during the game the result will be a forfeiture of the game.

SCORING

1. Rally scoring: Every time the ball is in play a point is recorded. Rally scoring will be used to 21 points & not to exceed 23 capped points or 11 points not to exceed 13 capped points for a 3rd game tie breaker. Games must be won by at least 2 points unless approaching the cap point then the team reaching the cap point first, is the winner.

2. Double Foul Fault: When players on opposing teams commit fouls simultaneously, a replay will result. Points are not scored on a double foul foul.

3. Side-out: A side-out shall be declared & the ball given to the opponents to serve when the serving team commits a foul.

CONDUCT

1. Unsportsmanlike Play: When a player is about to play or playing the ball, opposing players shall not use disconcerting acts or words with the attempt to disrupt the player. The supervisor/coordinator may award a point or a side out as the case may in favor of the distracted team, as a first offense. Continued harassment could lead to ejection of the player from the game, match or league pay.

2. Profanity: One warning shall be given: A second noted incident of the use of profanity will not be tolerated and will result in disqualification from present and/or future play in WHPR adult volleyball league

3. **Aggressive behavior:** Physical or verbal assault on any league participant or Park/Rec employee by any player shall result in immediate disqualification of that player from the league for a period to be determined by the Recreation Program Coordinator & the Recreation Department Director. Any unacceptable behavior by a spectator will result in being permanently banned from the school property by the police.
4. **Consumption of Alcohol or marijuana:** Under no circumstances will alcoholic beverages or the use of marijuana be consumed by players or spectators while on school premise, off premise during and in between games or matches. Players should not participate if they are under the influence. Players suspected will be removed from play by the supervisor if it is determined that the player is a threat to the safety of other players or themselves. The program coordinator, site supervisor and/or Director of Recreation has sole discretion as to what actions are made i.e. suspension from league, suspension from a game or match, side-out, or point to the other team for the offense.

PROTESTS & FORFEITS

1. **Decisions:** Decisions by the volleyball supervisor concerning any calls for all plays, games, or matches are final and not subject to protest.
2. **Rule Interpretation/Clarification:** If a player disagrees with the interpretation of a ruling, that player may question the volleyball supervisor ONLY through the team captain or designated captain in the absence of the captain. Clarification of the call must be done immediately after the play in question and prior to the next play or serve. If a player continues to refuse match play, that player must leave the court and not return to match play for the rest of the evening. If a team refuses to continue to play that will result in a forfeit for that team.
3. **To Avoid Forfeit:** In order to avoid forfeit teams are permitted to “pickup” players from another team as long as the player(s) are rostered on the same night of league play. Teams short on players for the match that evening must declare to the opposing team captain prior to the start of match play that they substituted a player(s) from another team's roster. Only with agreement by the opposing team captain or designee may match play

proceed. If it is NOT agreed upon, then COED requires a minimum of 2 females and 1 male on the court. Ladies night requires a minimum of 3 players. *This is regular season only- YOU CANNOT PICKUP FOR PLAYOFFS*

4. If the minimum number of players cannot be attained by the first game of a match, then the result will be considered a forfeit of game one* (if a team forfeits 4 games = 2 matches, the result maybe removal from the league for the remainder of the season and/or removal of team participation in the following season.) Official Score of the forfeited games/match shall be 21-0.

GENERAL INFORMATION

1. This is an ADULT ONLY program (18 years of age minimum). Please note: NO CHILDREN UNDER THE AGE of 14 years may attend to watch WITHOUT ADDITIONAL ADULT SUPERVISION. Team participant does not constitute as additional supervision. Thanks for your cooperation!
2. The 6:30pm match must start on time. Matches will start RIGHT after the Game before finishes. Please be ready to go. The times listed on the schedule are a GUIDELINE BUT CAN BE MOVED UP TO KEEP PLAY MOVING
3. The deadline to add players is at the halfway mark (12 roster max)
4. The league supervisor/coordinator shall have the power to make decisions on any question or matter specifically covered in these rules and shall have unlimited authority over all players regarding league participation.

Please sign and date below

I _____ have read and understand the rules & regulations presented to me by the West Haven Parks & recreation staff. I have gone over the rules with my team, and we all agree to abide by the rules set forth by the West Haven Parks & recreation staff & Supervisors. Signature _____ Date: _____
