

City of Vacaville
Community Services Department
“We create Community through People, Parks and Programs”

Adult Volleyball Rules

Revised January 2011

Objective

The primary purpose of the Adult Volleyball program is to provide an opportunity for residents of the Vacaville community, and especially those interested in a common sport, to participate and enjoy the game of volleyball in an organized program. It is designed by skill levels so each player may have the opportunity to compete at his/her own level.

TEAM PLACEMENT: The Community Services Department will make every attempt to place teams in divisions based on player (and overall team) skill level. Division requests are welcomed but not guaranteed. The department will strive to accommodate request, but reserves the right to place teams in divisions according to talent and skill level to ensure we are providing a fun and safe environment for all.

A. General Rules

1. Rulings not covered by these league rules shall be covered by the National High School Federation rules. It is the responsibility of each manager to inform his/her players of the rules established.
2. All players participate at their own risk.
3. If the ball strikes the antenna or goes outside of the antenna it is considered out and a point for the other team.

B. Player Eligibility

1. All players must be 18 years or older.
2. Each player is required to sign a release of liability form provided by the Community Services Department before he/she is considered eligible to Participate in the program. If the player is under the age of 18, a parent or legal guardian must sign the release of liability form.
3. Any teams playing an ineligible player and /or under an assumed name will forfeit all sets played with that player.
4. Players playing on High School and College teams are considered eligible to play after his/her school league has ended.
5. The manager of any team who uses illegal players may be suspended from the Adult Sports Program for a period of one year beginning from the date of infraction.
6. Players may only play on one team per night in the same league.
7. Players are considered on any team in which they appear in a match.

C. Player Eligibility Protests

1. The notification of intent to protest must be submitted to the scorekeeper before the match is over, and, in turn, to the league coordinator no later than **48 hours** after the supposed infraction.
2. All protests must be submitted in writing and include name of player(s), manager name and team.
3. Once the protest has been submitted, the Community Services Department will contact the manager of the team that is being protested and establish certain criteria to establish proof of ineligibility.
4. Any team under protest of ineligible player will have 24 hours from the time of notification by the Community Services Department to submit written proof of eligibility to the Department.

D. Rosters

1. The manager shall be held responsible for his/her roster at all times during league play. He/she will be the only person allowed to make changes to the roster. Players not on team rosters are considered ineligible.
2. Team rosters must be turned into the Community Services Department at the managers meeting.
3. Additions and/or deletions may be made to team rosters at any time.
4. **Rosters must be fully completed with name, address, and phone number of each player at all times.** Rosters not completed will not be accepted by the Community Services Department.

E. Pre Game

1. NUMBER OF PLAYERS
 - a. Ordinarily, each team will consist of six (6) players on the court.
 - b. In an effort to avoid forfeits, teams may field as few as one player.
 - c. There is no limit to the number of players on each roster.
2. UNIFORMS
 - a. Like-colored jerseys are preferred, but not required.
 - b. Hair devices may be worn if made of soft material.

F. Playing the Game

1. SERVICE – The designated “home” team will serve to begin the first set.
2. SCORING
 - a. The league will utilize the rally scoring format.
 - b. A match consists of best 3 out of 5 games.
 - c. Sets 1 through 3 and 4 (if necessary) will be played to 25 points. Set 5 (if necessary) will be played to 15. A coin flip will occur prior to Set 5 to determine which team will serve. The coin flip will be called by the designated “visiting” team. During set 5, the teams will change sides of the court when the first team reaches 8 points.
 - d. In all sets, the winning team must have a two point advantage. If the leading team does not have a two point lead at the end of the set, play will continue.
2. SUBSTITUTIONS
 - a. The substitute must stand and immediately signal to the referee that a substitution is desired.
 - b. The official recognizes the request by whistle and hand signal.
 - c. Each team will select one of the substitution procedures listed below and follow said procedure for the duration of the set.

Substitution Procedure 1:

Substitutes must enter into the team rotation at the same position on the court and remain in the set, playing in all six positions before being substituted for by another player.

For example, if the team chooses to substitute players into the right back position (position #1 or “serving position”), then every person must enter into the set at the right back or position #1 and remain in the set until they have completed their opportunity to play right front position or position #2.

Substitution Procedure 2:

Substitutions may enter in any of the six positions and be substituted for at any time by another player as long as the reentering player does not change the serving order that was established at the beginning of the set.

For example, Player A is substituted for with Player B in the front left position, If Player A is to reenter the set, Player A must be substituted for Player B only and in the position Player B occupies at the time of the reentry by Player A. Another case may be that Player A is substituted for by Player B and, subsequently, Player B is substituted for by Player C. In this case, Players A or B must be substituted into the lineup into Player C position and Players A, B, and C may only substitute for each other and no other player in the rotation.

3. TIME OUTS
 - a. Requests for time out may be made only during dead balls, but not after the referee has signaled for the next serve.
 - b. Time outs are 60 seconds in duration.
 - c. Each team is limited to two time outs per set.
4. COED SPECIFIC RULES
 - a. 50 percent of the players on the court must be female at all times.
 - b. If a team contacts the ball more than one time during an offensive action, one of the contacts must be made by a female player. A block is not considered a contact.
 - c. Men may legally pass (forearm pass, overhead pass, set, dig), legally attack (tip, dump, and overhead pass), and legally block (block attempt, completed block, or collective block). Men may spike the ball at any time as a legal attacking maneuver as long as they are behind the Attack Line (aka: ten-foot line or 3 meter line) or the Attack Line's extensions outside of the court.

G. League Standings and Playoffs

1. Playoff standings will be determined by league record. Head to Head record will decide all two-way ties. If three or more teams are tied, the following criteria will be used:
 - a. Head to Head
 - b. Total sets (not matches) won
 - c. Fewest points allowed
 - d. Coin Flip
2. T-shirts will be awarded to first place team members.
3. Players must participate in a minimum of two league matches to be eligible for the playoff roster.

H. Player Code of Conduct

1. The Community Services Department shall suspend any participant which displays conduct that is considered not in the best interest of the Department's Adult Sports Program. The length of any suspension shall be determined by the Community Services Department depending on the degree of any code of conduct violation.
2. Any team displaying unsportsmanlike conduct during a match will be warned of conduct violations and if continued, may be disqualified from further participation in the league. It will be the responsibility of

all team managers to control team members.

3. Any player displaying unsportsmanlike conduct before and/or after any match will be suspended from the current season and if considered flagrant and not in the best interest of the league, the player(s) will be removed from the match and, if flagrant, from the league.
4. Any player, coach, or manager who shows up to a match with the presence of alcohol on his breath will be removed from the match.
5. Any player who physically contacts an official in any manner will be removed from the match and league. If flagrant, a one year suspension will be imposed.
6. Any player directing verbal abuse towards an official, before, during and/or after a match, shall be removed from the league. If flagrant a one year suspension will be imposed.
7. Any player attacking another participant will be suspended from the league, and if flagrant, a one year suspension will be imposed.
8. Any player using profane, obscene, or vulgar language in any manner will be removed from the match.
9. Unsportsmanlike conduct will not be allowed and/or tolerated. Violations of any code of conduct will mean ejection from the match, league, and/or City of Vacaville Adult Sports Program depending on the degree of violation.
10. Any player ejected from a game will be considered ineligible to participate in the next regular scheduled game in any manner (including playoffs and championships).