



Fayetteville Parks and Recreation

Adult Co-Ed Indoor Volleyball League Rules



Thank you for choosing to play volleyball in Fayetteville!

Equipment

- *Game Ball*
 - Parks and Recreation provides the official game ball for each match. The game ball shall be a Tachikara Official SV-5WSC inflated 4-6 psi.
- *Playing Equipment and Uniforms*
 - All players must wear close-toed shoes that do not scuff the court.
 - Players are not required to wear any kind of padding (e.g., knee pads, elbow pads, braces), but it is encouraged for safety in all matches.
 - No player shall wear any device that gives him or her an unfair playing advantage, which shall be determined by the referees on each court.
 - Teams are not required to wear uniforms, but they are *certainly* encouraged.

General League Rules

- *Net Height and Court Rules*
 - The net height in the Game On League shall be set at 7' 11 ⁵/₈".
 - The net height in the Chill Out League shall be set at 7' 4 ¹/₄".
 - Balls may be played off the ceiling and lights only if the ball lands on the same side of the team that knocked the ball into the ceiling and must be played by a different player than last touched the ball.
 - The ceiling itself does not count as a hit. If a ball that collides with the ceiling comes down on the opposing team's side or collides with the ceiling on the opponents' side as a result of your team's action on the ball, a point is awarded to the opposing team.

- Foul antennae shall be used and the ball is called out if it contacts a foul antenna or travels outside the foul antennae.
- *Captain*
 - Each team shall have a captain. The role of the captain includes:
 - To regularly receive league updates and standings from the recreation program coordinator.
 - To solely represent her or his team to communicate with a referee in a match.
 - To maintain the team roster.
 - To vote, through email, on various items that arise in the league.
- *Teams*
 - A team shall consist of four to six players. A team must have at least four players to begin a match.
 - A team roster is due at registration, but may be updated until the end of the third week of play.
 - Players may play in the Game On and Chill Out leagues. However, players must choose to play in only the Game On League or Chill Out League during the post-season tournament.
 - A team shall consist of a majority of players that play exclusively in the league in that the team is entered. For instance, a Game On League team with eight players must have at least five players that only play in that league.
 - A team shall have equal numbers of male and female players on the court unless:
 - A team is playing with five players (then a team must have three female players and two male players on the court or vice-versa).
 - A team shall stagger male and female players on the court.
 - A team must maintain a clockwise rotation.

- A team is allowed to substitute only one position per set. This means that if a team chooses to substitute the serving position, they may cycle players in and out of that position so long as rotation is maintained.
- A team shall be allowed two time outs, not to exceed 45 seconds, per set.

The Match

- *Length of Game (Rally scored is used. A point is scored each serve, regardless of service team.)*
 - Each match shall be won best two sets out of three. The first two sets shall be played to 30 points and the last set shall be played to 25. A team must win a set by two points.*
 - *The first two sets shall end immediately if either team reaches 35 points. The last set shall end immediately if either team reaches 30 points.
- *Grace Period*
 - If teams are 10-15 minutes late, they may still play, but must forfeit the first set.
 - If teams are more than 15 minutes late, they shall forfeit the match.

Playing the Ball

- *Service*
 - A player must serve from the back line and the player's foot may not cross the back line during service.
 - A player may choose to jump during their serve.
 - Let serves are allowed (a served ball may hit the net before going to the opponents' side).
 - Players on the receiving end of service may not block or attack the serve. This means that a player in the front zone cannot complete an attack hit when receiving a serve so long as the ball is completely above the top of the net.
 - A player must wait to be signaled by the referee to serve.
- *Hits During Play*
 - A team must return the ball across the net with three or fewer hits.

- A ball may hit any part of a player's body and remain playable. Any play on the ball must be a clean hit that is not: caught, thrown or makes prolonged contact. A ball may strike a player's foot, but the ball must rebound or the contact shall be called a lift.
- Double-hits shall be allowed only on a serve-receive.
- Blocks do not count as a player's first hit.
- Aside from knuckle tips, all overhand hits must be open-handed (no closed fists).

Common Fouls

- *Violations Most Commonly Called, All Violations Result in One Point Awarded to the Other Team*
 - Back Row Attacks
 - No player shall jump from in front of the 10' line to spike or block the ball when playing in a back row position.
 - Lifts
 - Catching or holding the ball while playing it
 - Making contact with the ball in an underhand motion with open hand or hands (such as slapping or scooping)
 - Net Violations
 - Making any contact with the net that interferes with play or making contact with the net during the action of playing the ball
 - Stepping (with the majority of a player's foot) over the line and causing an interference
 - Reaching under the net
 - Double Hits
 - No player may make contact with the ball twice in succession unless blocking or receiving a serve.
- **It is important to note that fouls are more laxly called in the Chill Out League.**

Post-Season Tournament (Single Elimination)

- *Entry Guaranteed*
 - All teams play in the post-season tournament.
 - Seeding is determined by standings based on league play.
- *Scheduling and Progression*
 - The opening rounds of the post-season tournament (in both leagues) are typically played on a Tuesday night and the semifinals and final rounds are typically played on a Thursday night.
- *Rosters*
 - A player must be on a team roster to play in the tournament.
 - A roster violation results in a loss of the current match.
 - Roster violations must be addressed before the end of a match. Both rosters shall be checked for accuracy.
 - Roster protests after a match shall not be accepted.

Notes

- *Sportsmanship*
 - Our league prides itself on being a **positive, friendly, and team-building** experience for all players regardless of previous volleyball experience. Players may be ejected and suspended for any instance of unsportsmanlike conduct, which is not limited to, but includes: profuse obscene language, abundantly arguing judgment calls made by a referee, or mistreating the volleyball courts or facility.
- *Free Agents*
 - A free agent list shall be sent to captains each week on Friday. Free agents may play on a team, even after rosters are locked, throughout the regular season. No free agent may play in the post-season tournament unless on a team's roster.
 - A free agent shall retain her or his free agent status until he or she joins a team's roster.

- *Referees*
 - Fayetteville Parks and Recreation shall provide two referees per match. One shall be an “up referee” and one shall be a “down referee.”
- *Changes in the League or Designation of Teams in the Tournament*
 - The recreation program coordinator reserves the right to modify the rules to better all teams, but must notify all teams when a rule change happens.
 - The recreation program coordinator reserves the right to place teams in different divisions in the league and post-season tournament for any reason.
 - Unless this rulebook conflicts, standard NFHS volleyball playing rules shall be used.

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