



# VOLLEYBALL LEAGUE RULES

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## **ROSTERS**

Minimum 6 players required to play a match, no ghost rule. Up to 8 registered on a team of 6.

## **SCORING**

Each team should keep score. After a completed game confirm with opponent to make sure the scores coincide. Please report scores to Emilio Rosas no later than Mondays at noon at [recprograms@blissfieldmichigan.gov](mailto:recprograms@blissfieldmichigan.gov) or 517-403-0846

## **UNIFORMS**

- Each participant will be given a T-shirt provided by the Parks & Recreation Department.
- Tennis shoes/running shoes must be worn during games and practices.

## **EQUIPMENT**

- Net Height: 7'4 1/8"
- Game Ball: Regulation (standard) volleyball

## **GAME**

- Before the first game, will start with a Rock, Paper, Scissors between captains, the winner can choose either (a) first serve, or (b) playing area (which side of the court to start on). The loser chooses the remaining option. Before the second game, first serve and playing area will switch. Before the third game, the choice for serve or side goes to the original winner of the Rock, Paper, Scissors to determine side and serve.
- The game will start with one team serving and the other receiving. Once the receiving team gets a side-out, THEY MUST ROTATE.
- Rally Scoring, 3 sets to 25 points with a 27-point cap. There is a 50 min time limit for each match.
- 1 time out per set is allowed (30 seconds).
- 1 minute break between each game. Teams will switch sides between the first and second game and be determined by a coin toss for the third game.
- All three games are important and will contribute to the standings. Even if you win the first two you will play all three because total point count contributes to your standings as well as games won.

## **PLAYING TIME REQUIREMENTS**

Games are limited to 50 minutes.

## **SERVE**

- Must begin serve from behind the end line.

- The game will start with one team serving and the other receiving. Once the receiving team gets a side-out, THEY MUST ROTATE.
- Once the player serving has possession of the ball, they have 10 seconds to serve the ball.
- Re-Serve: A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. This shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new ten seconds for the re-serve. One re-toss is allowed for each service attempt.
- THERE IS A 5 POINT SERVE RULE PER PLAYER. ONCE THE PLAYER REACHES 5 SERVES THE TEAM WILL ROTATE AND THE NEW SERVER WILL START.

### **PASSING**

- A serve may be received with a forearm pass or overhead pass.
- A double contact on any first ball over is legal, the ball may never be held or lifted.
- Double contact is penalized when a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
- The ball may touch any part of the body, excluding the bottom of the feet, provided that the contacts take place simultaneously.
- Three contacts – each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent's area.

### **SETTING**

All lifts, carries or obvious double contacts are considered an illegal set. This will result in the ball going to the opposing team.

### **BLOCKING**

- A block must be contacted no further than a foot and a half from the net.
- A block is not considered to be one of the three touches allowed on each side.
- A serve may not be blocked or attacked.
- No backrow player may participate in a block.
- In the action of blocking an attacked ball, the touch, or contact resulting from the block attempt does not constitute one of the 3 successive contacts

### **SUBSTITUTIONS**

- Teams MUST rotate EVERY side out.
- Player for player substitutions. If a team needs a sub, they must notify the other team captain after play is dead.
- All players MUST receive equal playing time in every match and cannot serve more often than once every 6 rotations. Teams must rely on good sportsmanship to monitor playing time to make sure teams stay in rotation, and every player is receiving equal playing time.
- If you feel the team is not following these guidelines, contact Emilio Rosas.

- This can include not subbing certain players in or out due to their skill level; having a certain player serve more often than every 6 rotations; or any other illegal substitutions.
- The penalty is a side out. One point and the ball will be awarded to the opponent.

### **CO-ED RULES**

- Males and females must alternate positions on the court if there are 2 or more males.
- The males must rotate in and out to give equal playing time to all participants per team.
- CO-ED teams (having more than one male) must rotate boy – girl OR make sure males and females' alternate positions on the court.
- Minimum of 2 females on the court at all times; No male requirement.

### **SPORTSMANSHIP**

Poor sportsmanship by Players and Spectators will not be tolerated. This includes, but is not limited to the following:

- Yelling at, or negatively addressing player for ANY reason.
- If spectators or players have an issue, they need to address it after the match is completed and with their own captain first. If necessary, the problem will escalate to the Village Office.
- Disrespecting the facilities. This includes vandalism of any kind and not picking up your trash.
- Physical contact with any Player such as shoving, hitting, kicking or throwing things. This will result in immediate removal from the program.

### **SCHEDULING**

If you are in danger of forfeiting a game, you may negotiate schedule alternations with other captains, but all affected parties must agree. The game alternations must also be approved by the Village Office. If you cannot get every party to agree your team will have to forfeit.

### **FORFEIT**

If a team is not ready to play five minutes after the scheduled game start time, they will forfeit one game. If at 15 minutes of the scheduled game time the team is still not ready to begin the rest of the match will be forfeited as well. If a team forfeits, they can still play but the scores do not count.

Any participant or spectator that is unable to follow these rules may be asked to leave the facility.

Players and/or spectators will be reported first to the team captain. If the behavior continues, the players or spectator will be reported to the Village of Blissfield and the program coordinator. It is everyone's responsibility to uphold themselves and their opponents with the highest respect possible. This is lesson that should be learned not just for the sake of volleyball, but for life.

**PLEASE REMOVE ALL TRASH AND PERSONAL ITEMS BEFORE LEAVING THE GYM. THE VILLAGE SHALL NOT BE RESPONSIBLE FOR ANY LOST, STOLEN, OR DAMAGED ITEMS.**