



Co-Ed INDOOR VOLLEYBALL RULES

Indoor volleyball league is recreational and follows USA Volleyball standard rules of play, unless noted below:

Players and Substitutions

- All players must complete registration, which includes filling out a league waiver and having a current membership, to be eligible to play.
- Roster limit is 10
- Team requirement - A team consists of 6 players, but may start with a **minimum 5** players. A team must have at least two on the court at all times. There is no maximum number of females that can be on the court. If a player is late they will be allowed to join the rotation.
- In order to receive a forfeit win, a team must not have the minimum number of players
 - if neither team can field a team, it is a double forfeit
- It is highly recommended that players NOT wear jewelry (i.e. chains, rings and earrings).
- Players must wear athletic shoes.

II. Rosters

- No roster additions/changes will be accepted after July 1st.
- A team will forfeit any game in which it is determined that a player has participated who is not listed on the team roster or is not of legal age of the league.
- Maximum a team roster is 10 players including the teams captain/manager.

III. Pre-game Preparation

- **FORFEIT TIME IS 5 MINUTES AFTER SCHEDULED STARTING TIME**
- At the beginning of the game, a coin is tossed with the winning team choosing to either (1) select to serve or receive first ball OR (2) which side they want to start on. The team losing the toss takes the remaining choice.

IV. Length of Matches and Games

- Best two-out-of-three games decides match winner.
- Rally Scoring Format is used for all games.
 - Each team is entitled to a maximum of 3 hits to return a ball to the opponents. Hits include intentional and unintentional hits made by a player on any part of their body
 - When an opponent's hit is blocked at the net, that initial contact is not counted toward the 3 hits to return the ball to the opponent's side
 - The opponent shall score a point each time a fault is committed
 - If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve
 - Each time a team gains a serve; it must rotate one position clockwise before serving
- First two games are to 25; third game is to 15 - must win by 2 in all games, unless cap of 30 is reached in first 2 games, or 18 in the final game.

- Each team gets one time out of 30 seconds duration per game.
- Intermissions between games will be a maximum of 1-minute.
- Teams switch sides and service each game, with another coin toss prior to third game.

V. Hit Characteristics

- The ball may touch any part of the body (kicking IS allowed).
- The ball must be hit, not caught or thrown.
Plays involving finger action - if the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-hit balls are NOT faults. If hitting with the fingers in cases of off-speed hit defense or setting, the action must be clean with no holding or double hitting.

VI. Faults

- Four hits - a team hits the ball the ball 4 times before returning it
- Assisted hit - taking support of teammate or any structure/object in order to reach the ball
- Held ball - player does not hit the ball (unless when in defense of a hard-driven ball or when simultaneous contact by two opponents over the net leads to a momentary held ball)
- Double Contact - a player hits the ball twice in succession or the ball touches two different parts of his/her body
- Back row spiking or blocking in front of the attack line.

VII. Other Playing Rules

- Ball may contact any part of the body during a block.
- Blocking does NOT constitute a team contact, and any player may make the second contact of the ball after the block. The blocking team will have 3 contacts after the blocking contact.
- Any front row player can block.
- Players, including their clothing, cannot touch the net during play. It is NOT a fault if a ball driven into the net causes the net to touch the player.
- Players may go completely under the net to play a ball, but may not interfere with an opposing player.
- If a serve hits the net and goes over, it is in play. ("let serve rule")
- Players may not block or attack-hit a serve when the ball is entirely above the top of the net.
- If any foreign object enters the court during play, the ball becomes dead. Replay the point.
- The ref and/or site supervisor shall call violations involving unsportsmanlike conduct.
- A ball may be played out of the net.
- A player may go outside the court to play the ball.
- Balls in the rafters are still in play when over a team's own court and falls back into team's own court, provided they still have any hits left to get it across. Balls may NOT be played off of the side walls and/or curtain.

VIII. Uniform

- Each player must have shirts the same color with an iron-on screen printed number on the front **AND** back of the shirt. Numbers must be at least six inches on the front and 8 inches on the back of the shirt, Which Uniforms will be provide by Nash County.

Disciplinary Actions by League

Examples of disruptive/unsportsmanlike act shall include, but are not limited to:

- loud or abusive language
- disrespectful comments to official(s)
- disrespectful comments to opposing teams
- throwing of objects
- displaying disgust in an overt manner
- interfering with proper officiating of the match

IX. Substitutions

- Teams may utilize a traditional substitution format or a continuous rotation, as long as each player does not occupy more than one position in the service order in a single game.
- Rotation order must stay the same throughout the game, but can be changed between games in the same match.
- Players must start in their rotational positions, but may switch right after the serve.

X. Miscellaneous

- Profanity and unsportsmanlike conduct can result in ejection and/or disqualification from future matches.
- Refunds will NOT be issued for ejections or suspensions for unsportsmanlike conduct.
- Any person using profane or vulgar language will be removed from the court. If a player is removed from the court for unsportsmanlike conduct, he/she shall be automatically suspended for the next game played, as well as being in jeopardy of being banished from the league, pending review by the Recreation Department.
- **Ejections:** A player who is ejected from a game will be required to leave the sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the officials. Managers, see that your player leaves promptly.
- Alcoholic beverages will not be allowed at any time on County property or properties used by Nash County. If in the opinion of the officials, League Director, or any NCPR staff, a player or manager/coach has been drinking and is not removed from the game after the manager of the team involved has been notified, the game will be forfeited. When a player is known to be intoxicated, he/she must leave the gym-this is each manager's responsibility.

- Anyone that has possession or threatens the use of a weapon on County properties and facilities or property used by the participants of NCPR programs will be suspended indefinitely from all NCPR programs and facilities.
- Anyone who threatens NCPR personnel/staff, officials, participants, coaches, or fans will receive a minimum of one-year suspension from all programs and facilities.

XI. Ejections

- A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the official. Managers should see that your player leaves promptly.
- If any player is ejected from the game he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by NCPR staff. Additional punishment could be handed down pending review by NCPR staff.

Possible actions include:

- One game suspension
- Multiple game suspensions and a meeting with the Recreation Department
- Season suspension and a meeting with the Recreation Department
- Indefinite Suspension

- If the player is ejected a **second time**, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of Nash County Recreation Department indefinitely, pending review by NCPR staff.

Factors that may suggest a more lenient penalty include:	Factors that may suggest a harsher penalty include:
<ul style="list-style-type: none"> • First Offense • Apparent desire to reform • Leaving sight and sound of facility within 2 minutes 	<ul style="list-style-type: none"> • Personal attack on NCPR staff • Failure to leave sight & sound of facility within 2 minutes • Violation of law

- A. Ejection Review Process: Within 48 hours of a player being ejected, the Recreation Department will initiate review process consisting of:
- a. Gather written reports and document eyewitness accounts of the event(s) that took place from individuals involved. This may include the site supervisor, game officials, and other players.
 - b. After all information is gathered, the Recreation Department will review all documentation. Once all documentation is reviewed, severity of the penalty will be determined as outlined in this manual. NCPR has the authority to decide the severity of situation.

The player will be informed by the Recreation Department of the penalty and at this time, a meeting with the involved player, their team manager, and Recreation Department may be scheduled