



## Arena Sports

### Volleyball Rules - Adult Leagues

**TEAM REPRESENTATIVE:** Each team shall have a designated team representative who will be the primary contact person for the team.

**REGISTRATION & LIABILITY/INJURY WAIVERS & RELEASE FORM:** Individuals shall not be allowed to participate in any league game, practice session, tournament, clinic, camp, drop in game or other sports activity until and unless a registration and liability waiver form has been completed and properly signed. Youth players, under the age of 18 must have a registration and liability waiver form completed and properly signed by their parent or guardian.

**ROSTERS:** A team roster, consisting of 4 to 12 players, will be submitted by each team prior to the first league game. All players must be listed on the team roster and must have a properly completed and signed registration and liability waiver on file to be eligible to play. Only properly registered players may participate. Players may only play on one team in a given league. Players may participate in more than one team if in separate leagues or divisions.

**PLAYER ELIGIBILITY:** A player must be age 16 or older on or before the start date of the session to be eligible to play in any adult league.

**NUMBER OF PLAYERS:**

**Coed 6-on-6 Teams:** All Coed Six-on-Six teams must have at least 4 players on the court to begin the match. A team may play with no more than 3 males on the court at any time, and no fewer than 2 females. You do not play short a male if you are short a female and vice versa.

**Coed 4-on-4 Teams:** All Coed 4's teams must have at least 3 players (1 male and 2 females or vice versa). Only the server is considered a back row player and therefore back row attacking rules apply. **Men's and Women's 4-on-4 Teams:** May not play with fewer than 4 players.

**JEWELRY:** No jewelry will be allowed except for flat wedding bands. Any medical ID or religious jewelry must be taped down to the body.

**HATS:** No headwear with a bill or other hard surface will be allowed (i.e. baseball caps or visors).

**OFFICIALS AND PROTESTS:** The referee's decision on all factual matters connected with play or in a game is final. Judgment calls on illegal hits and contacts are final. Any questions, complaints or protests concerning an official's ruling or the result of a match shall be submitted in writing to Management promptly after a match.

**COIN TOSS:** A coin toss will be conducted between a team representative from both teams and the official. Winner of the coin toss has choice of serve/receive, or side for the first game. The second game is the opposite of the first. For the third game a second coin toss will be held.

**TIME LIMIT:** 55 minutes for each match, 5 minute warm up and to switch teams between matches.



**MATCH AND SCORING:** 3 games, first to 25, win by 2, cap of 29. Time is the final determination. (The third 3 games may end with a 1-0 score). All three games are played in the match. (It is not a best 2 out of 3 set up.) Rally Scoring will be used.

**FORFEITS:** A forfeit game is scored 25 - 0. If teams have only 1 female or 1 male the match will be declared a forfeit. If a forfeit is declared, players may still use the court to scrimmage for the originally schedule game time. If players are running late time begins but play may begin when teams have enough, but will be limited on time. \*If a team drops below the legal number of players due to injury during the match, they may continue without penalty.

**TIME OUTS:** Every team will have 2 (30 second) time outs per games. In the event of an injury, the official will call an officials time out and the clock will be stopped for a reasonable amount of time.

**SUBSTITUTIONS:** There will be an unlimited number of substitutions allowed per game. Substitutions must be made during dead ball situations. (Males must enter for a male and females for a female however.) If a legal player wants to enter the game where a player is missing they may during dead balls only.

**ROTATION:** When the receiving team wins the rally, the team must rotate clockwise prior to serving.

**OVERLAPING:** Overlapping is determined by the position of the feet on the floor at the instant the ball is contacted for the serve. The adjacent players may not overlap with each other and the back row players may not be nearer to the net than the corresponding front row player (i.e. The center backs feet may not be closer to the right sideline then the right backs feet at the instant the ball is contacted)

**BACK ROW ATTACKS:** For 6's the players in the back row may not attack a ball that is above the height of the net at the moment of contact, from in front of or on the 10 foot attack line - white line on both sides of court 10 feet back from middle line. (i.e. setting a ball back to the opposing court, that is above the height and had left the floor in front of the 10 foot attack line).

**BLOCKING:** In blocking, a player may place hands and arms beyond the net, inside of the antennas, provided this action does not interfere with the opponents play. Blocking the ball across the net above the opponents team area shall be permitted provided: (1) the block is made after the opponent has made an attack/hit; or (2) the block is made after the opponent has hit the ball in such a manner that, in the referees judgment, it would clearly cross the net if not touched by a player and no member of the attacking team is in position to make a play on the ball. Any third hit by the opponent is considered an attack and may be blocked at any time after contact. A block contact is not considered as a team's first hit. **Players may not block a serve.**

**SERVICES:** After the official blows their whistle for the serve, the server has 5 seconds to serve the ball. The server may serve from anywhere behind the baseline. On the toss, if the server decides not to serve the ball he/she must let the ball drop to the floor. Only one re-serve is allowed during a player's term of service.

**NET SERVICES:** If a ball contacts the net and remains in play on the opponent's side of the court, it is a live ball. Any served ball that contacts the antennas or is served outside legal playing area is out.



**BALL CONTACT:** The ball may be played off of any part of the body. A legal hit is one that rebounds immediately and cleanly after contact. When the ball rolls off or comes to rest momentarily in the hands or arms of a player, it is considered an illegal hit. Scooping, lifting, pushing or carrying the ball are all illegal hits.

A player may not contact the ball twice in succession, except when blocking (blocking is not considered one of the three hits) and on the team's first hit. **EXCEPTION:** During the first hit of the team, the ball may be a multiple contact by one person as long as it is one motion. (i.e. During the team's first hit, successive contacts with various parts of the body is permitted in a single action of playing the ball. This includes contacts involving finger action on the ball. A ball may not be caught or thrown.

For 4's there will be no open handed dinking (re-directing with the fingers) allowed.

No attacking a served ball that is above that height of the net.

**COED RULE:** during play, if a team contacts the ball more than one time during offensive action, a female player must make one of the contacts. Blocking does not count as one of the 3 team hits, therefore a male player may touch the ball on a block and then a male may hit the ball over the net.

A ball contacted more than once by a team, without a female player having contacted it, remains in play until it fully crosses the plane of the net or is touched by an opponent.

**NET CONTACT:** It is a fault to touch any part of the net or the antennas, except for incidental contact by player's loose hair and insignificant contact by a player not involved with the action or ball play

**PLAYOFFS:** A team's place as established in League Standings and Tiebreakers will determine its eligibility and standing for playoff game(s). If more than one round of playoff games are played, the winning team will advance to the next round. If a championship game is played, the winning team will be the champions.

**LEAGUE STANDINGS:** A team's place in league or division will be determined by the total number of games won, over the course of the season (It is not based on best 2-out-of-3 for the match winner).

**TIEBREAKERS:** If two or more teams in the same league or division are tied, then these tiebreakers will be applied, as needed in descending order, to determine the higher placed team.

- (1) Games won
- (2) Head-to-Head
- (3) Fewest points allowed
- (4) Point differential (total points scored less total points allowed)
- (5) Most points scored
- (6) Coin toss to be determined by management

The United States Volleyball Association (USAV) Rulebook will govern any situation not addressed by these Rules.



## Arena Sports

### House Rules

- (1) Individuals utilizing this facility do so at their own risk. Arena Sports will not be held responsible for any injuries that may occur to players or participants.
- (2) Good sportsmanship is expected of all players, participants and spectators. No swearing or abusive behavior is allowed. Fighting and/or instigating a fight will not be tolerated. Please show courtesy and respect to others.
- (3) Arena Sports does not assume responsibility for lost, stolen or damaged property.
- (4) No alcohol is allowed except in designated areas in the concession stand. Please avoid alcohol (or drug) use prior to a game. Patrons who appear intoxicated will not be allowed on the play court or in team areas, and may be required to leave the facility.
- (5) Smoking is prohibited inside of the facility and within 20 yards of all outside entrances.
- (6) Only water is permitted on the volleyball sport courts. All other foods, beverages, gum, snacks and tobacco are prohibited on the sport court flooring. No glass containers are allowed.
- (7) No spitting is allowed except in trash containers.
- (8) No pets or animals are permitted inside the facility (Working animals may be excepted).
- (9) Coaches and team representatives are responsible for monitoring the behavior of team members on and off the court and in team areas.
- (10) Ball play is restricted to the play field (s) and to designated warm up areas.
- (11) Parents or responsible adults must supervise their children at all times while visiting our facility. Arena Sports will not assume responsibility for unsupervised children.
- (12) We reserve the right to refuse play and/or to refuse service to anyone.
- (13) Fighting - Zero Tolerance Policy!! Fighting, instigating a fight, stalking or threatening a player, game official, staff member or spectator will NOT be tolerated. Any patron who engages in fighting, aggressive acts or threats will be subject to disciplinary sanctions, including but not limited to immediate ejection from the facility.