

ADULT CO-ED VOLLEYBALL RULES

(Updated October 2019)

Please read league rules before playing your first match.

All Players must sign their own waiver prior to playing their first match. Waivers will be available on Denisonrec.com or at the volleyball courts during league play.

1. Team Composition/Players

Players must be 18 or older and are not currently in high school.

There are 6 players to a team.

- Teams consist of 3 men and 3 women. A line-up will be allowed with 5 players as long as there is a 3:2 ratio. A team with 4 players can play but must have at least 1 person of the opposite sex playing. If a team has less than 4 players, it is a forfeit
- Participants must behave respectfully and courteously in the spirit of fair play, towards teammates, opponents, and spectators. Team captains are responsible for making sure their team members get a schedule, know the rules to play by, and are contacted in case of weather cancellations.

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2. Games

Teams will change serve and side after each game.

- **ALL** 3 games will be played and recorded.
- All Games will be played by rally scoring to 21 with the team having a minimum of a 2-point lead. In case of a score not settled at 21, a team must still win by 2 **OR** the first team to 25 regardless if there is a two-point difference.
- Teams will have a 5-minute warm up period before the start of their first game, which will begin at the end of the previous match, or 5 minutes before your scheduled match. If scheduled matches are running behind, the warmup may be cut short or done away with all together.

3. Legal Volley

A female must touch the ball during one of your three hits. The only time a female would not have to touch the ball during your possession is if it is a one hit over. Using your feet is legal to save the ball but it counts as one of your three hits

4. Legal Serve

You may serve from anywhere behind the end line. If it hits the net on the serve and makes it over it is a live ball and must be played.

5. Receiving the Serve

A team must bump or set the first hit when receiving the serve. Blocking or spiking the serve will not be allowed.

6. Rotation and Tardy Players

Rotation of players is allowed. We will not allow players to stand anywhere else on the court due to safety concerns. If a team has less than 6 people and the match has started, then the late player can immediately step in at the next point. If they have 6 players, then the late person can rotate in on next team service.

7. Misc Play Rules

- You are calling your own matches. If you have a dispute over a call, replay it instantly.
- A double hit when trying to block a hard-driven spike is a legal hit as long as it is in the same receiving motion.
- Because we are playing with two courts, you can play it up to the other court's sideline but if it goes into the other court you should replay it.
- Basketball Hoops are in play.
- If the ball hits anything in the ceiling (i.e. rafters, speakers, etc.) it is a dead ball and must be replayed.
 - If it makes it through without hitting anything then it is still live.

8. League Standings

Standings will be determined by the total games won. The after the last week of the regular season, you will need to check on-line for start times for the tournament. On the last night, if two teams are tied in the standings, position will be based on season head to head match-up. If the two teams split the season match-up then it will be determined by a flip of a coin.

9. Team Rosters and Waiver Forms

- Rosters will be required.
- Players must be on your roster to play during tournament play.
 - No recruiting new players.
 - No borrowing players during tournament play.
- Waiver forms must be completed by everybody before they play. **NO EXCEPTIONS.** The clipboard will always have extras for you to fill out. After the form is filled out leave it attached to the clipboard.

10. Borrowing Players

- Borrowed players must be okayed by the opposing team before they can play.

11. Cancellations and Make-ups

Decisions to cancel a night due to inclement weather will be made by the Director no later than a 1/2 hour before the match is to begin. Cancellations will be announced on the website and the team captains will be contacted. It is the captain's responsibility of informing the other members of the team. If an entire night is cancelled, it will be added to the end of the regular season. If a team is unable to play a scheduled night, they must contact the Director, and these games will be deemed as forfeits. **If both teams forfeit, it will be ruled as a draw and neither team will be awarded wins.**

12. Game Forfeit (Recap)

- If a team does not have the required number of players or the right ratio of players present 5 minutes after scheduled game time.
- If a team is not able to play a scheduled night.
 - If both teams forfeit, it will be determined a draw.
 - Regardless of which team contacts the Director first.

13. Misc Information

- Please respect the equipment.
- You must carry in your court shoes each Sunday.
- Please if at all possible do not bring your children. They cannot play in the hall or lobby; they will be required to sit in the gym or at a table in the lobby.
 - If you must bring them, please have something to keep them preoccupied other than running around the halls.

We are not here to babysit and you will be responsible for anything that is broken.

HAVE FUN! Remember, we are here to have a good time!

Teams and players who do not abide by these rules and other policies established by the Denison Parks & Rec may be dropped from the league at any time with or without prior notice. No refunds will be given.