



# Draper Parks and Recreation ADULT VOLLEYBALL RULES

## **MOST IMPORTANT RULES:**

1. **All teams must understand that this is a league for fun competition, for meeting friends and social exercise. Please exercise good sportsmanship.**
2. **This league will have a scorekeeper/referee. Teams are encouraged to work together to make right and honest calls. Please show respect to our referees and the calls they make, even if you do not agree. They are the final say**
3. **All players must sign the TEAM ROSTER before they are eligible to play**
4. **All players must try to have fun and be engaging.**

## **COURT:**

1. The court dimensions will be 52 feet by 26 feet with a 8 foot high net.
2. Back and sidelines will be clearly marked

## **TEAMS:**

1. Teams shall consist of a maximum of 6 players on the court and a minimum of 4 players. The maximum number of players on your team roster is 12.
2. All players must be at least 16 years of age and in High School.
3. **All players must have signed the official roster before they are eligible to play or participate.**
4. The game will be played between 2 teams of 6 players. Max. of 3 males, Min. of 2 females on the court at a time
5. **A team must consist of 4 players to be eligible to play. The minimum number of either males or females required to play is 1. Teams may use a maximum number of 3 males at any one time, but may use as many females as they would like. Therefore, a team may have 1 female but no more than 3 male on the floor. Women must alternate positions with men.**

## **REGULATION GAMES:**

1. Each game will consist of a series of 3 sets in order to determine the winner of the match.
2. Each of the first two sets is played to 25 points; a team must win by 2 points. (Cap at 27). In the event of a third set, it will be played to 15 (win by 2, Cap at 17)

## **RULES:**

1. Points are scored in rally fashion (A point is scored after each serve).
2. The team who won the previous point gains the right to serve.
3. One foot may go over the line on the serve on side closest to the wall.
4. A player continues to serve, provided they win the point. If their team loses the point, a new player must serve the next time that team regains serve. All players on the court must rotate through service equally at the beginning of each new serve.
5. During a rally, a team must advance the ball over the net with a maximum of 3 hits.
6. Cupping or holding the ball is NOT permitted.
7. Substitutions will be allowed after each point.
8. A player is allowed to reach ½ of their hand over the plane of the net. Anything more will result in the end of the rally and a point awarded to the opposite team.
9. Attacking or blocking of a serve is NOT ALLOWED.
10. A double hit on a hard driven serve is legal.
11. Any serve that touches the net and goes over is Legal
12. Serving order and positions on the court must be male and female alternated or vice versa.

## **OTHER RULES:**

- \* Foul language is not allowed.
- \* Alcohol is NOT allowed
- \* Coaches are responsible for controlling their team. We are adults...please act like it.
- \* **A team playing a non-rostered or an ineligible player will forfeit that game.**

**PLEASE PRACTICE GOOD SPORTSMANSHIP AT ALL TIMES!**

**THIS IS AN ADULT LEAGUE....PLEASE ACT LIKE IT AND HAVE FUN!**