

## **City of Glenwood Springs Parks & Recreation Department**

### **Adult Volleyball Rules**

City of Glenwood Springs General Rules:

1. The City of Glenwood Springs Adult Volleyball League will abide by the USVA Rules and the City of Glenwood Springs amended rules.
2. The Glenwood Springs Parks and Recreation Department reserves the right to not allow a team/player(s) to participate in certain leagues based on experience.
3. The Glenwood Springs Parks and Recreation Department reserves the right to place teams at appropriate levels and make modifications to rules as needed at Athletic Supervisor's discretion.
4. Managers, please remind your players about sportsmanship. Misconduct will not be tolerated by any manager or player. Remember family members and kids are watching.
5. The Glenwood Springs Parks and Recreation Department reserves the right to ask any patron to leave the facility if they are demonstrating disorderly conduct, safety concerns, or inappropriate behavior.
6. We understand the need for some parents to bring children to matches, however; it is important to remember the safety of the child while in the gym and around the court; misplaced shots place your child at risk. Therefore, we ask you to keep your child away from the playing areas (including warm-up areas), and to understand and comply with our requests concerning your child, noise, and play objects during volleyball matches.
7. Please, no food or drink in the gyms area, water is allowed in sealable containers only.
8. Shoes- Non marking soles are required on any of the gym's surfaces. Tennis shoes must be worn at all times (no bare foot or sandals).

#### Team Composition/Playing Rules

1. Each team is guaranteed 10 matches
2. Players must be sixteen (16) years old or older to participate in all Adult Volleyball league. If age is being questioned, a birth certificate may be required.
3. No more than twelve (12) players will be permitted on a team roster.
4. Additions must be made to the roster by the fifth week of matches/season.
5. Home Team can choose either to serve or receive OR which side of the court they would like. Once the choice has been made then the visiting team manager makes the other choice.

1. The Recreation Supervisor will provide a game ball or a team can provide one, once the volleyball is approved by both managers, and the same volleyball will be used throughout the game.
2. Players can only play on one team. Players playing on multiple teams can result in protests and further discipline.
3. Managers must sign off on the score at the end of the night to ensure there are no errors.
4. All games must be won by 2 points.
5. Teams participating in the 6 on 6 leagues will be permitted to play with as few as three (3) players. A COED team should have an equal number of men and women. However, a coed team must have more women than men if playing with less than 6 players, the team must consist of two (2) females and use the six (6) person rotation method.
6. Players must be on the court or at court side when the official's whistle is blown to line-up. If a team is delaying the line-up, a team yellow card will be issued if deemed necessary by the official. A player who arrives late to a game may sub into the middle back position during the next dead ball.
7. Only team managers may address officials. Others addressing officials may be assessed sanctions by either yellow or red card penalties.
8. Each team is allowed two (2) time outs per game. Each time-out will be thirty (30) seconds long. The team requesting the time-out terminates the time-out as soon as they resume positions on the court. Play will begin immediately, regardless of preparation of the opposing team. Please do not leave the court area during time-outs as clock does not stop.
9. Teams playing with more than six players have two (2) options for substituting:  Players may rotate out off any position on the court. This will allow players to take advantage of the serving area, or players can rotate in just before the serve and come in as the server. COED – Male players will only substitute for male players and female players will only substitute for another female player.  Specialized Substitution: A player may enter a game an unlimited number of times for another player, but it must always be for the same player per game.
16. Scheduled game time is start time; game will be a forfeit if teams do not have appropriate amounts to start. Teams may use the court until 15 minutes prior to next game without staff or officials.
17. Any team that forfeits more than one game without notification to recreation coordinator will be fined \$75. Penalty fine will be applied to manager's account and if not paid by end of season will result to suspension of the team for one season.
18. Any team found to have an illegal player on a roster check will forfeit the game but continue to play. If a roster check is called both teams will have a roster check done.
19. If teams do not turn in roster by 4th week of play any protest will be an automatic loss.

## Scoring

1. Teams are scheduled for 50 minutes per match
2. Regular season game scoring and time limits are as follows: Three games are a match, with a fifty (50) minute time limit. Clock will run continuously and only stop for injuries. First two games played to twenty-five (25) points and third game to (15) points. First team to reach 25 points, ahead by two points wins. Teams DO have to win by 2. In the third game when the fifty (50) minute clock expires, a final serve will be called for. All games will be played with rally scoring.
3. If a tie in records occurs team sideline looks at a variety of factors to break the tie. This includes winning percentage, head-to-head competition, head-to-head differential, common opponents, strength of schedule, total points differential, lowest number of forfeits, and coin toss.

## CO-ED ONLY Rules:

1. CO-ED serving order and positions on the court at service time will alternate male and female. The male-female placement on the court must stay consistent throughout the rotation. All teams must use clockwise rotation and everyone on the court must rotate.
2. When the ball is played by more than one male player on the team a female player must make at least one of the contacts before the ball goes over the net.
3. A male must sub for another male and a female must sub for another female.
4. If you are playing with only 4 players, 2 of the players must be female. If you are playing with 3 players 1 must be female.
5. Only hard-driven spikes or serves can be passed legally by a double hit (rolls on arm or hits forearm and shoulder). <sup>2</sup> Hard-driven spikes or serves are defined as follows: A hard-driven spike is a hard-hit ball that travels forcefully down towards an opponent's court without an arch to the spike.
6. CO-ED back row players are not permitted to block except in the competitive league. They may however, not hit the ball.

## 4v4 ONLY Rule:

1. Players may not use an open hand to tip. Players may attack from anywhere on the court (back row is not illegal). If a player is setting the ball over the net the player must face the direction of the set. <sup>2</sup>
2. Foot digs are not allowed unless foot is planted on the ground.
3. Players may serve from anywhere behind the black line within the sideline areas.

4. The ceiling/backboards are playable; however, if a ball hits the ceiling and goes over the net it is out of bounds and a point is awarded to the other team. Walls are out of bounds.
5. Net Violations: Arm, or hand contact with the net by a player will be considered a fault and a point will be awarded to the opposing team. Stomach, chest, or hair contact minimally with the net will be allowed. The volleyball can contact the net.
6. A back row player may only attack the ball if the player(s) approach was initiated behind the ten-foot line (Jump before the 10 ft. line).
7. Any ball that momentarily comes to rest on a player's hand or arms will be considered a lift. (This is to include spiking, passing and/or setting).
8. If objects enter the court from adjacent areas, play continues until the official blows play dead.
9. Blocking or attacking a service is illegal.
10. In blocking a player may place his/her hands and arms beyond the net provided that this action does not interfere with the opponents play. A defensive player is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.
11. A held ball is when two players contact the ball at the same time, causing the ball to be held between those two players and in the judgment of an official a replay may be called.
12. When a ball is served, it is allowed to touch the net during service of ball. Any part of the ball that touches the end line is considered in play. Any volleyball that hits the net is playable.
13. Foot violations occur in one of the following three ways: ☐ On the serve, the server's foot steps on or over the service line. ☐ A player's foot or body crosses the center line and interferes with game play or a player from the opposing team. ☐ All violations result in a point awarded to the opposing team and possession of the serve.
14. There is no screening allowed. Players must keep their hands down on the serve.
15. While blocking you are not allowed to break the plane, if another player from the other team is going after the ball. When there is no one going after the ball you still may not cross the plane and snap your wrist down.
16. Your foot is allowed to cross the center line as long as it does not interfere with the other team. ☐

#### Penalty Cards

1. Penalties – When a yellow or red card is issued to a participant the following will occur ☐ A yellow card results in a warning. ☐ A red card results in a player's removal from the match. A point will be awarded to the opposing team. If the player receiving the red card does not exit the building in 2 minutes this will result in a forfeit for the team. The participant receiving a red card could face a suspension for the next match to a suspension of one year from the Adult Volleyball Program.
2. If a player receives a yellow card in game 1 the penalty will carry over to game 2 or 3 of the match.

3. Kids or objects on the court during the match will result in a team yellow card (team warning). A second infraction will result in a team red card (point and change of serve, if the team getting the card was serving). Multiple red cards may be given upon each infraction after the first offense. If red card is given to a player, that player has two (2) minutes to leave gym.

#### Tournament Play

1. Teams rosters are set after the fifth week of the season.
2. Teams will be required to bring a photo ID (Driver's license, School ID, etc.) that will be checked by the court supervisor before each tournament game. If there is an illegal player on the team and that team continues to play their game that night, it will be an automatic forfeit.
3. The winner is determined by the team that wins best two (2) out of three (3) games. There shall be a time limit of 50 minutes per match. Rally score to 25 points for first two games, with the third game to 15 points, must win by 2 points for each game. Clock will run continuously and only stops for injuries. Awards will be given to the top finisher of the tournament.
4. In tournament play if time has expired at the end of the second game with a 1v1 split. Five (5) minutes will be added to the clock to play the third game.
5. After five minutes is a game if still tied a last serve will be called for.
6. Please remember teams may play at any time during the tournament and most likely more than once in a night. Additionally, any team may play occasional matches on nights other than your regularly scheduled league night and weekend play.
7. During tournament play, in the championship game, at two minutes the clock will stop for time outs.
8. Tournament games will be 50 minutes. ☒

#### Protests

1. Protests must be brought to the attention of the official/supervisor before the game or at the occurrence of the event. Official will make note of it.
2. Protests must be filed immediately to have any possibility of a ruling (this is important during the tournament). If you feel a protest is warranted, you must note it immediately on the City of Glenwood Springs Adult Sports Protest Form and with the officials. Describe in detail on the Protest Form what exactly you are protesting and post a \$35.00 check with the recreation center front desk by noon the next day. If your protest is upheld, your money will be refunded. If your protest is overruled, your money will not be refunded (this is to discourage frivolous protests).
3. Misapplication of rules are protestable grounds. Rule interpretations and decisions based on the judgment of officials are not protestable. The United States Volleyball Association Rule Book will be for rule interpretation. The Recreation Supervisor will inform the protesting party of final decisions. ☒

Terms Defined to What officials are looking for to make a call

1. Open hand tip – Does not use an approach or a follow through. Hand is open and fingertips are used.
2. Lift- The motion of the ball stops at your hands. The hand moves at the same rate as the ball. The ball comes to rest on the hands for more than a second.
3. Double- Hands contact the ball at opposite times.
4. Illegal Block- Breaking the plane and interfering with the other team or snapping the wrist to throw the ball down. \*\*\*\*Thank you for your continuous support in our Adult Volleyball Program. Without all your effort, our program could not succeed. Thank you. \*\*\*\*