

City of Glenwood Springs Parks & Recreation Department

Volleyball General Rules

Players must be at least 18 years old and must enroll on the team roster using their Team Sideline Account.

We reserve the right to ask any player at any point in the game to show proper photo identification to continue play. If a player is determined to be ineligible or unable to provide proper photo identification, game can continue with restrictions (see sport specific rules for details) or can be forfeited.

Registration

Rosters: Rosters, team managers are responsible for insuring they are complete. Rosters are online at glenwoodrecsports.com To do this you must log onto your team sideline account, where it will then say manage rosters on the homepage. Your Roster Status is Open. Follow these steps to add team members and change your Roster Status from Open to Submitted.

1. Click the Add to Roster button to add team members. You can also click the Copy Roster button to add all team members from a previous Team Roster.
2. Add a team member, an invitation is emailed to the team member to prompt them to enroll on your team.
3. A check mark displays in the Enrolled column for each team member that has completed enrollment.
4. When the minimum number of team members have enrolled, click the Submit button to change your Roster Status to Submitted.

General Rules

1. The City of Glenwood Springs Adult Volleyball League will abide by the USAV Rules and the City of Glenwood Springs amended rules.
2. Managers, please remind your players about sportsmanship. Misconduct will not be tolerated by any manager or player. Remember family members and kids are watching.
3. 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.

4. 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. Spectators are required to remain in the gymnasium.
5. Participants are not allowed to wear jewelry (with the exception of medical bracelets, wedding rings, and stud earrings that must be fully covered), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.
6. Please, no food or drink in the gym area, water is allowed in sealable containers only.
7. 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).
8. 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.
9. All spectators need to remain in the gymnasium.
10. 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.
11. All spectators must remain in the gymnasium.
12. If objects enter the court from adjacent areas, play may be stopped and point replayed.

Team Composition/Playing Rules

1. All players must be on a roster before playing a game. This will be done through your manager and the GlenwoodRecsports.com TeamSideline account.

2. Players must be Eighteen (18) years old or older to participate in all Adult Volleyball leagues. If age is 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 final week of regular season play.
5. For indoor Volleyball: Home Team will start on the Home side, left, of score table. For outdoors the Home Team can choose either to serve or which side of the court they would like. Once the choice has been made then the visiting team manager makes the other choice.
6. The City of Glenwood Springs Athletics will provide one game ball, or a team can provide one, once the volleyball is approved by both managers, the same volleyball will be used throughout the game.
7. Players can only play on one team. Players playing on multiple teams can result in protests and further discipline.
8. All games must be won by 2 points.
9. We encourage COED teams to have an equal number of men and women. Teams participating in the 6 on 6 leagues will be permitted to play with as few as three (3) players. One (1) female is required to start a game with four or fewer players, two (2) females are required if you have five (5) or more.
10. When playing with 6 players, the team must consist of two (2) females and use the six (6) person rotation method.
11. Players must be on the court or at the court side when game horn sounds.
12. Only team managers may address scorers table with rules applications and any protests.
13. Any team found to have an illegal player on a roster check will forfeit the game but may continue to play. If a roster check is called both teams will have a roster check done.
14. 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
15. Teams will be responsible for making game calls. Any disputes may be brought to scorers' attention for resolution.
16. 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.

17. 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.
18. 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. Volleyball can contact the net.

Scoring

1. Regular season games are scheduled for 50 minutes per match.
2. Regular season game scoring and time limits are as follows: Three games is a match, with a fifty (50) minute time limit. Clock will run continuously and only stop for injuries. The first two games are played to twenty five (25) points and third game to (15) points. The 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. Tie break rules include winning percentage, head to head competition, head to head differential and fewest number of forfeits.

6v6 CO-ED 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 4 or fewer players, 1 of the players must be female.
5. CO-ED back row players are not permitted to block.
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).

4v4 ONLY Rule:

1. 1.Players may attack from anywhere on the court (back row is not illegal).
2. There is no mandatory player rotation when it comes to 4v4 volleyball
3. If a player is setting the ball over the net the player must face the direction of the set.

Tournament Play

1. Teams rosters are set before the final week of the season.
2. Teams may be required to produce 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. Rally scoring to 25 points for first two games, with the third game to 15 points, must win by 2 points for each game.
4. Please remember teams may play at any time during the tournament and most likely more than once a night. Additionally, any team may play occasional matches on nights other than your regularly scheduled league night and weekend play.

Protests

1. Protests must be brought to the attention of the league supervisor before the game or at the occurrence of event.
2. Protests must be filed immediately to have any possibility of a ruling.

Teams are responsible for knowing the rules and making the call on rules infractions. We do not have officials; the scorer may assist with what they saw and rules applications.

****Thank you for your continuous support in our Adult Volleyball Program. Without all your effort, our program could not succeed. Thank you.****