



SOUTH WINDSOR PARKS AND
RECREATION DEPARTMENT

MEN'S LEAGUE RULES
ADULT VOLLEYBALL SEASON 17/18

1. **MATCH:** Consists of 3 games rally point scoring to 25 points. No cap, you must win by 2 points. Maximum 60-minute match.
 - In regular season, teams will switch sides at 13 point mark in 25 point third games.
 - In Playoffs, 2 out of 3 game matches. All games go to 25. If necessary switch at 13 in 25 point 3rd games.
 - In Playoff, 3 out of 5 game matches. If match goes to deciding fifth game. Deciding game goes to 15, switching sides at 8.
 - In both cases. Team must win by 2 points. No cap
2. **FORFEITS:** For all match times: 7:00, 8:00 and 9:00, a team will forfeit one game if the minimum amount of players required are not on the court at the scheduled time start. If 4 or 5 players are available prior to 7:10 you will be required to play. At 15 minutes after the hour, the team will forfeit the match if the minimum amount of players required are not on the court. Exception: 10 minute grace period for 7:00 game only.
3. **NUMBER OF PLAYERS:**
 - A. Minimum of 4 players - maximum of 6 on court
 - B. If a team starts a game with a certain number of players, (4 or 5) a player may be substituted into the game immediately, but a timeout will be charged. If no timeouts are available, the player wait until the next game to enter. Exception is an Injury to a player.
 - C. When playing with 4 players, you must take correct positions on the court and you must rotate for service.
4. **SUBSTITUTIONS:** Unlimited substitutions on a place-for-place basis or a set pattern of rotation is allowed. The method of substitution once selected, may not be changed during the game.
5. **BOUNDARIES:**
 - A. IN-BOUNDS - All balls hitting off ropes, ceiling, rafters, and beams, over fair ground on the first or second hit on your own half are playable.).
 - B. OUT-OF-BOUNDS
 1. All obstacles struck by ball on the serve will be side out. Exception side baskets and backboard struck by serve will be automatic replay. A second serve attempt hitting basket will be considered a "double fault" and ruled side out.
 2. All gymnasium walls, curtain and net standards (base & pole) are out-of-bounds.
 3. All balls crossing the net and striking the ceiling and rafters, are out-of-bounds.
 - C. BASKETBALL GOALS: All goals (and their parts from rafters down) struck by the ball will be judged at the referee's discretion. A whistle will stop play and the ball either replayed or announced side out. Exception side baskets struck by one serve per term of service will be automatic replay.

6. **SWITCHING:** Switching is allowed laterally and front to back after server makes contact. A backline player switching with a front line player loses the privilege of spiking and blocking.
7. **HITS:** Three hits per side. A block is not considered a hit (net judge discretion).
8. **SUCCESSIVE CONTACTS:** Unintentional double hits are allowed by a player making one attempt to play the first ball. Any allowable double hit will count as only one hit. A block is not included here as it does not count as a first hit.
9. **SERVE:**
 - A. **OFFENSE:**
 - Teams must rotate on first service.
 - One step onto the court, over the baseline, is allowed on the serve.
 - Server will have 5 seconds to contact the ball for service. Server may elect not to hit an unsatisfactory toss on an overhead serve, but may catch or touch the ball the ball before a recognized second attempt. A player shall be permitted a re-serve once during each service attempt without penalty.
 - Ball must be released or tossed. May not be hit from the hand.
 - Serving is allowed anywhere along the baseline.

-- Let serves allowed
 - B. **DEFENSE:**
 - A serve may be received with a setting action. It may be an unintentional double hit, but prolonged contact is not allowed. **(NO LIFT)**
 - Defensive team CANNOT block or spike the serve.
10. **NET PLAY:** Over the net is allowed on the follow-through on a spike. Defensive player may reach over net to block an attacking shot. A defensive player may not touch the ball until an offensive player makes contact (judgement of net referee). In no instance may any player make contact with the net.

NET CONTACT: No net violations are allowed. Exception- Contact made by head hair is allowed.
11. **SPOKESPERSON:**
 - A. The team captain or designee is the **ONLY** spokesperson for the team once the match begins. Referees will only discuss questions/problems with captains. (sec. #13C)
 - B. Each team is allowed 2 - 30 second time-outs per game. Unused time-outs cannot be carried over to succeeding games.
12. **ROSTERS:**
 - A. NO PLAYER may appear on multiple rosters or play on more than one team, regardless of Division.
 - B. A player must play at least 30% of the regular season games to be eligible to participate in the playoffs. EXCEPTION: Injury to player prevents this.
13. **COURT COURTESY:**

- A. On any stoppage of play, the game ball must be returned to the referee (time outs and between games).
- B. Between rallies or on any dead ball, the ball must be returned under the net in a sportsman like manner.
- C. Violations and unsportsmanlike conduct will receive verbal warning on first offense and receive yellow card.
 - 1st Offense= Yellow Card Warning
 - 2nd Offense= (of any kind) by same player= Red Card (Side Out or Point Pent.)
 - 3rd Offense= Player ejection from the game, not match
 - 4th Offense= Automatic match ejection

Depending on severity of infraction, referee may choose to skip early warnings and award red cards and/or ejections immediately. Also, Recreation Department Management Staff have permission to eject any player or team from league due to inappropriate/unsportsmanlike conduct dependent on severity of infraction and statement from referee.

- 14. **PROTESTS:** Unsettled disagreements on rule interpretations only will be resolved immediately by the referee and the two captains (or designees). All other protests must be submitted in writing to the Recreation Department within 48 hours.
- 15. **GAME CANCELLATIONS:** In the event that schools are closed due to emergencies or inclement weather (announced on local radio stations in the morning), league play is cancelled. If you have questions about cancellations, please call the Recreation Department @ 648-6355. After 5:00pm, cancellation messages will be available on our hotline @ 648-6349.
- 16. **ALCOHOL:** Zero tolerance - Expulsion from league for remainder of season, or next season if occurrence is beyond halfway point of current season. Forfeit all fees paid, no refunds. It is the responsibility of league participants to help communicate to their spectators that no alcohol is permitted on school grounds. Police will be notified if alcohol is present at the school.
- 17. **REFUNDS:** If a team can no longer participate in the league after the season schedule has been released, the team will not be refunded their deposit. Once the season begins, if a team forfeits out of the league they will forfeit their entire league fee. It is up to each team to commit to the season in full and find players to fill vacant spots.