



Updated 9/1/2022

Adult Volleyball Rules

1. The Team

- a. Teams must have a minimum of 4 paid players on their roster with one being a female.
- b. Players cannot be added to the roster following Week 5.
- c. Subs can be from outside the league, the same division, one division above or any division below the division that the game is occurring in.
- d. Teams cannot play with more than the number of paid players on the roster.
- e. Teams need to have at least 2 players from their roster present and 3 players total to avoid a forfeit.
- f. No substitutions are allowed for playoffs.
- g. Injury substitutions may be granted at the League Director's discretion.
- h. No "ghost" rule in effect.

2. The Net

- a. There is no touching the net in A league (hair does not count)
- b. There is net contact allowed in B and BB. Net contact will be called a fault if the player interferes with play or the top band is touched. The following are examples of player

interference;

- i. Touching the top band of the net or top 80cm of the antenna during his/her action of playing the ball.
 - ii. Taking support from the net while simultaneously playing the ball.
 - iii. Creating an advantage over the opponent.
 - iv. Making actions which hinders an opponent's legitimate attempt to play the ball.
- c. Players may touch the post, ropes, or any other object outside the antenna, including the net itself, provided that it does not interfere with play.
 - d. It is at the referee's discretion what interferes with play.

3. The Length of Matches and Games

- a. Match winner will be decided by a best two-out-of-three sets.
- b. Rally scoring format is used for all sets.
- c. The first two sets are played to 25. The third set is played to 15. Winning team must win by 2 in all sets.
- d. Each team gets one 30 second timeout per set.
- e. Intermissions between sets will be a maximum of 1 minute.
- f. Teams switch sides and service each game.
- g. Forfeit time is 10 minutes after scheduled starting time. The 10 minute timer will restart for the 2nd set.

4. The Hit Characteristics

- a. The ball may touch any part of the body (kicking is allowed).
- b. The ball must be hit, not caught or thrown.
- c. In the case of a hard-driven ball, momentarily held or double-hit balls are NOT faults. If hitting with the fingers in cases of off-speed hit defense or setting, the action must be clean with no holding or double hitting.

5. The Faults

- a. Four hits - a team hits the ball four times before returning it.
- b. Assisted hit - taking support of a teammate or any structure/object in order to reach the ball.
- c. Held Ball - player does not touch the ball (unless in the case of rule 4c or when simultaneous contact by two opponents

over the net leads to a momentary held ball).

- d. Double Contact - a player hits the ball twice in succession or the ball touches two different parts of the player's body.
- e. Back row spiking or blocking in front of the attack line.
- f. Arguing with or swearing at the official - Ejection from a game results in an automatic one week facility suspension.
- g. Water is the only liquid allowed on the floor.

6. The Lift

- a. A held ball or lift is one that remains in a player's hands for more than a moment or that is hit with an open-hand underhand. Unlike a ball that is struck out of bounds or a player illegally contacting the net, the held ball infraction is a judgment call by the official.
- b. Legal Contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.

7. The Block

- a. Blockers may penetrate the net on any hit from the opponent but are not permitted to touch the ball before the opponent.
- b. Blocking does not count as one of the 3 allowable plays (hits) before the ball returns to the opponent's court.
- c. A back row player can come up to block but may not attack and jump in front of the 10 foot line.

8. Miscellaneous Rules

- a. One re-toss for the serve is allowed for each player each serving rotation.
- b. The ball must either hit the floor or be caught on the toss.
- c. The ball may contact any part of the body during a block.
- d. If a serve hits the net and goes over, it is in play.
- e. Players may not block or attack-hit a serve when the ball is entirely above the top of the net. If the ball is lower than the net, it is at the referee's discretion to allow it.
- f. If any foreign object enters the court during play, the ball becomes dead and the point will be replayed.
- g. The referee shall call all violations involving unsportsmanlike conduct.

- h. A ball may be played off of the volleyball net.
- i. A player may go outside the court to play the ball.
- j. Balls that hit the ceiling are still in play when over a team's own court and falls back into the team's own court, provided they still have hits left to get the ball across the net.
- k. Balls may not be played off the side walls or curtain.
- l. A ball that hits the wire over the net and between the antennas shall be replayed.
- m. If there is more than one hit made, one of the hits must be made by a female.
- n. How strictly games are officiated is dependent upon the division the game is being played in with B league being the most relaxed and A league being the most strict.
- o. In the event a team only has 4 players present, they do not need to rotate positions. The server still rotates.