



WATERVILLE PARKS AND RECREATION COED RECREATIONAL VOLLEYBALL RULES AND GUIDELINES

GENERAL LEAGUE RULES

- 1) This is a coed recreational volleyball program. No previous volleyball experience is required. Please keep in mind that all participants will have varying levels of abilities.
- 2) **ROSTERS** - Rosters are required to be signed. These will be kept by the gym supervisor. ***During the winter season, you may only participate on one team. The only exception would be if the opposing team captain agreed to allow you to play to avoid a forfeit due to a shortage of available players. If the other captain does not agree, you cannot play for the team.***
- 3) **PLAYERS** - Players must be 16 years of age or older. Any player under the age of 18 must have a parent or guardian sign the roster for the player. If a minor does not have the parent/guardian sign, they are ineligible to play until that is received.
- 4) **FEE PER GAME** - There is a \$2.00 fee per participant for each game played. If you play the first game of the evening, and then play again for the second game, you must pay \$4. Please pay the gym supervisor prior to the start of each game.
- 5) **TEAM SIZE** - Recommended size of teams is 6-9 players. A maximum of six players is allowed on the court with extra players rotated in. Teams must have at least two women on the court at all times; teams are strongly encouraged to have three women on the court at all times.
- 6) **PLAYER ROTATION** - Teams rotate after every side out in a clockwise motion with a new person rotating in at the serving position and the left hitter position. All players must be in the rotation unless doing so would violate rule number 5.
- 7) **SHOES - PLEASE** do **NOT** wear street shoes on the courts.
- 8) **YOUTH PROGRAMS** - If there are youth teams in the gym, you may **NOT** enter until they have finished practice/game. Make sure all members of your team abide by this rule.
- 9) **GRACE PERIOD** – There will be a 15-minute grace period for all **playoff games only**. This is only if the team is waiting for the minimum number of players required. If a team has enough players to start, the games will start at the scheduled time.
- 10) **FORFEIT RULE** – In the fall league, teams are allowed 2 forfeits. After 2 forfeits the team may be removed from the league. In the winter league, teams are removed from playoffs after 2 forfeits, and may be removed from the league after 3 forfeits.

PLAYING THE GAME

1. GAMES

- a) Five games will be played.
- b) Best 3 out of 5 games wins.
- c) At the end of each game, teams will switch sides of the court.

2. SERVING

- a) The first serve is determined by the “volley to serve” method. Each subsequent game shall be served by the previous game loser.
- b) The server must serve from behind the end line until after contact.
- c) Ball may be served underhand or overhand.
- d) Ball must be clearly visible to opponents before the serve.
- e) The served ball may graze the net and drop to the other side for a point.



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- f) The serve **CANNOT** be blocked or attacked in any way. However, anyone can bump or set the serve.

3. IN PLAY

- a) The basketball goals, ceiling, ropes, and lights are **IN PLAY** during volleys only on teams' own side of the net (except on third hit).
- b) Any part of the ball that contacts a boundary line is considered legal and **IN PLAY**.
- c) A ball striking any wall or area out of bounds is **NOT IN PLAY** and will result in a loss of serve.

4. NET PLAY

- a) Players may block across and above the opponents' court only if:
 - ◆ The opposing team has spiked the ball.
 - ◆ The opposing team has had its allowable three hits.
- b) Players may not contact the net at any time whether it is accidental or otherwise. Contact with the net will result in a loss of serve. Simultaneous contact by opposing players will constitute a replay of serve.

5. PLAYING THE BALL

- a) Players may hit the ball with an open or closed hand. However, players may **NOT** scoop, throw, lift, or push the ball in any way (carry or held ball). These actions result in a loss of serve. It is recommended that players use a closed hand when hitting the ball underhand so as to avoid "carrying" the ball.
- b) **Open hand** spiking is allowed by any front-line player. **At no time will a closed hand spike be allowed.** Back-line players may spike the ball **with an open hand** providing that they take off with both feet behind the attack line ((the attack line is 10' from the center line (or net)).
- c) **CLOSED FIST SPIKING IS PROHIBITED and will result in a loss of serve.** Continuous violations may result in disciplinary actions at the discretion of the Waterville Parks & Recreation Department.
- d) There is **NO KICKING** of the ball allowed.
- e) If two or more players hit the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- f) Ball may be played off the net during a volley and on a serve.

6. SCORING

- a) Rally scoring will be used.
- b) There will be a point scored on every score of the ball.
- c) Offense will score on a defensive miss or out of bounds hit.
- d) Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- e) Game will be played to 25 points.
- f) The first team to win by 2 or reach 25 is the winner.

UPDATED SEPTEMBER 2018