

East Alton Parks & Recreation

Winter Co-Rec. Volleyball League

(10/16)

General Rules

1. Teams may consist of six (6) or eight (8) players. There must be an even number of males and females, and they must be staggered in their positions on the court. If a team cannot field a full team at game time, all games of the match are to be forfeited.
2. If a previous match has gone over the time allotted, the following teams will be allowed five minutes warm up time before beginning their match.
3. Players must be at least 16 years old, as of September 1, 2016, and listed on an active roster.
4. A toss of the coin determines who shall get the choice to serve, receive, or court side. Service shall alternate each game.
5. Each member of the team shall rotate and serve in turn. Server will have one attempt to get the ball over the net. Serves are can be **overhand or underhand**.
6. Players are not permitted to scoop, carry, or hold the ball; the ball must be clearly batted.
7. When a ball touches the boundary line, it is considered good.
8. The ball must be returned over the net on or before the third contact.
9. A female must play the ball at least once during a three-hit volley. Three consecutive hits by females during a volley is considered good.
10. One may play the ball twice during a volley, but no player may play the ball twice in succession.
11. In playing the ball, it is permissible to use any part of the body above the hips.
12. It is permissible to run out of bounds to play a ball. A ball which is knocked out of bounds by the opponents must be allowed to hit the floor or wall outside before being touched or, unless successfully returned, it counts against the player touching it.
13. Two players hitting the ball at the same time counts as one hit, then either player may hit the ball again.
14. A ball hit into the net may still be kept in play provided that any player does not touch the net.
15. The server shall stand with both feet behind the rear boundary line.
16. "Side Out" is declared when a served ball hits the net.
17. **Spikes are allowed.**
18. The ball must cross over the net before contact can be made; however, you may follow through after making contact with the ball. Players cannot attack the served ball.
19. A back-line player may not block. They are allowed freedom in moving about the court, but may not run up to net to block.

20. Substitutes must enter the rotation as the server, unless an injury/illness occurs. This includes late arriving players.
21. **We will use rally scoring for the games. All teams will play three games with rally scoring. The first two games will be played to 25 and the third game to 15.**
22. The referee's decision will be final on all calls.
23. A ball striking the ceiling or an overhead obstruction above a playable surface shall remain in play, provided the ball contacts the ceiling or obstruction on the side of the net occupied by the team which played last, and provided the ball is legally played next by the same team.
24. Foul or derogatory language will NOT be tolerated. **VIOLATION WILL BE TREATED AS UNSPORTSMANLIKE CONDUCT.**
25. Participants may only play for one team. If a player's name appears on two different rosters in the same league, the team which turns the roster in first will be the team that the player will participate with.
26. Teams that use non-rostered players will forfeit all games that the player(s) participated in. Make sure everybody signs the team roster before playing.
27. Each team is entitled to one (1) minute time-out per game.
28. **Strict supervision must be kept on all children attending volleyball games. Please keep them seated on the bleachers until games are over. Referee has the right to stop play if children are not controlled.**
29. Uniforms are not required. However, clothing must be suitable for mixed company athletics.

Roster Regulations

30. Rosters will be limited to 12 players and must be turned in to the Supervisor at the Captain's Meeting.
31. New players must be signed on the roster at the Keasler Complex by Friday in order to play the following week.
32. **ROSTER CHANGE DEADLINE is February 4, 2017.**
33. Roster checks will be done frequently by the gym supervisor and a player's eligibility may be questioned at any time by an opposing team or the Supervisor.