



ADULT VOLLEYBALL LEAGUE RULES

LEAGUE OPERATION

The Carmichael Recreation and Park District Volleyball Leagues will operate according to the rules stated below. All rules not covered specifically on these pages will be in accordance with the Official Rules of the United States Volleyball Association.

TEAM PLAYERS

1. A team may have a maximum of twelve (12) players on its roster
2. Teams shall be composed of six (6) players with a minimum of four (4) to begin play.

Women's Quads = Teams of 4 with a minimum of 2 to begin play.

Reverse Co-Ed Quads = Teams of 4 with a minimum of 2 to begin play with at least half of those playing must be women. No 3 to 1 ratios allowed.

3. All players must be 18 years of age or older. If younger than 18 a permission form must be filled out and returned to the office by the legal guardian.
4. No player may play on more than one (1) team in his/her division.
5. All teams must have a team roster with a signature of all players on their team. If a player is not on the roster the official will not allow him/her to play.
6. All teams must have a completed team roster turned in to C.R.P.D. by their 2nd scheduled team match or game. Any team without a completed team roster turned into the La Sierra office by the 2nd scheduled team match will be ineligible for play-offs or league championships. Without a completed team roster all team games will be considered a forfeit at the end of the season.
7. There will be no gender crossing in C.R.P.D. Leagues. Men's Leagues are for Men, Women's Leagues are for Women, Co-Ed Leagues are for both.

ROSTER CHANGES

All players must be added by the 5th league game. Changes must be made with the gym supervisor at the game. Changes must be authorized by the league director.

SUBSTITUTIONS

1. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins.
2. Substitutes can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
3. No free substitution will be permitted, except when a team has less than 6 starting players, when the player shows up they may enter after a side out, and must start in the back row.

PLAY

1. A lift will be called if a player obviously throws, catches, or slings the ball.
2. A foot fault will be called if the player's entire foot is beyond the center line.
3. All line shots are considered good.
4. Players may not touch the net during play, with the exception of the USVBA blocking rule.
5. Hair contact is allowed. If ball knocks net into the player, it is allowed.
6. Balls may be played out of the net.
7. It is legal for a player to hit the ball with any part of their body.
8. Co-Ed ball may be hit directly across by either male or female team member but if there is more than one hit, a female must touch the ball before it goes over.
9. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plain of the net.
10. Attach blocking the set is not permitted.
11. Co-Ed Inter-change is allowed. Back row male my block but not attack.
12. Clocks do not count as a hit.
13. Only front row players my block. (With the exception of the Co-Ed Inter-change rule) Co-Ed leagues and above, if your team contacts the ball more than once (after the block) to send it over the net, a female must contact the ball.
14. On the third hit over, players can completely place his/her hands over the net for a block as long as the third ball striker touches it first.
15. Co-Ed D League can have any sequence of players sending the ball over the net.
16. All leagues must rotate on all side outs (includes first serve)
17. Multiple contact is allowed on any first ball (no double hit can be called) over the net provided the ball is not lifted.
18. Sets and Double Calls – We allow an official judgment call on spins if the setter is making an “athletic attempt” on the ball.
19. Players who are listed on another roster in a higher division will be handled on a case by case basis. Generally, they may not play in any lower leagues.

MATCH PLAY

1. Warm Up Period – Teams are allowed a 5 minute warm up period between games. This excludes the first game of the night.
2. Warm Up Balls – Warm up balls are located in the Big Gym Snack Bar. Please ask the Gym Supervisor for them and return them prior to game time.
3. Game time is the scheduled time of play.
4. Game Balls – Teams are allowed to play with personal balls if both managers agree to it prior to the game. Game balls cannot be switched during game play unless there is an equipment failure.
5. Forfeit time is five 5 minutes after game time for the first game, 10 minutes for the second game, 15 minutes after game time is match forfeit.
6. A game shall be won by the team which has scored 25 points and is at least two (2) points ahead, with a game maximum of 27 points. Thus, if score is tied 26 all, the next team to score a point wins.

- a. Each team will be permitted one (1) 30-second time out per game.
 - b. There will be one (1) minute between games.
4. A match will be three (3) games to 25 points, with rally scoring being used. If the first two games of the Match lasts 40 minutes or more, the third game will be up to 15 points with rally scoring being used. There will be a 17 point cap. Both teams will be notified before the start of the third game.
 5. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.
 6. Start of game: Official will write down the time the match begins. Both captains will be notified at the start of the match.
 - a. The serving team will be determined by a coin toss. The winner having the choice to serve or choose sides.
 - b. The team not serving first for the first game will serve first the second game. Teams will subsequently alternate.
 - c. Players must be in their starting positions during the serve then they may move about the court.

SERVICE

1. Officials will allow adequate time for teams to set up defensively before blowing the service whistle.
2. Let serves (Serves touching the net) are legal.
3. It is illegal to serve out of order or before the whistle is blown.
7. When a serving error is made, all points served during that serve will be forfeited, if discovered during play.
8. When the error is discovered after the serving turn is completed, no penalty shall be assessed. Positions, however must be returned to the proper established order.
9. No blocking or spiking the serve will be allowed.
10. Only one toss is allowed for serving, and you have 8 seconds to serve after the whistle has blown.

COURT PLAY

1. Entering the adjacent court is not permitted if that court is occupied.
2. Officials shall blow the whistle and stop play if a ball from the other court rolls into their court.
Play must immediately stop until the ball is off the court. A replay will occur.

PLAYOFFS

1. League playoff information noted on schedule.
2. Playoff notification and brackets will be completed after the last scheduled games and qualifying team managers will be notified.
3. Individual player awards will be given to the league champions.
4. If a teams are tied for a final spot in the playoffs, the tie breaking method will be as follows: 1) Head to Head, 2) Total points scored between teams involved in head to head, and 3) Coin Toss.

INJURIES

Injuries sustained during an official game by a player, officials or spectators are not the liability of the Carmichael Recreation and Park District. Our first aid kit and ice are located in the snack bar in the Big Gym.

REVERSE CO-ED VOLLEYBALL 4 PERSON RULES (Specific Rules)

1. Ball contact will be called by USA Volleyball Indoor Rules (with the following exceptions):
 - a. No open hand dinks (must use roll shots, knuckles, etc).
 - b. Sets over the net must be square with shoulder.
- 2) Teams will consist of a maximum of 4 persons (2 males and 2 females) to a minimum of 2 people.
 - a. No 3 to 1 combinations will be allowed
- 3) Any combination of the players may play the ball over the net.
- 4) Male players may jump serve.
- 5) Male players cannot follow through under the net from an attack line approach.
- 6) Male players inside the attack line must put a distinct arch on the ball if they play it over the net.
- 7) Male players may not block.

PLAYER CODE OF CONDUCT

The Carmichael Recreation and Park District has adopted the following "Player code of Conduct." These rules of conduct will be strictly enforced during the season. A violation committed in any activity conducted under the auspices of one of this organization will be honored by ALL members there of.

- 1) **NO PLAYER SHALL:** Refuse to abide by officials' decisions. The manager may have a polite and short discussion with the official regarding a calling on the side (not yelling from the court). Once an official has made a final decision, no protests will be permitted. Any disrespectful behavior or further questioning of calls will result in a Red Card and point for the other team. Any further protest officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until the League Supervisor has considered his/her case.

Minimum Penalty: Placed on probation for the remainder of the season.

Maximum Penalty: Suspension for one or two league games and placed on probation for remainder of the season.

- 2) **NO PLAYER SHALL:** At any time lay a hand upon, shove, strike, or threaten an official. Officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until his/her case has been considered by the League Supervisor.

Minimum Penalty: Suspension from one or two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for life and/or assault charges filed.

- 3) **NO PLAYER SHALL:** Be guilty of using unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Officials are required to immediately suspend players from further play and report such player to the League Director.

Minimum Penalty: Placed on probation for the remainder of the season.

Maximum Penalty: Suspension for one or two league games and placed on probation for remainder of season.

- 4) **NO PLAYER SHALL:** Be guilty of physical attack as an aggressor upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Player will remain on suspension until the League Supervisor has considered his/her case.

Minimum Penalty: Suspension from one or two league games and placed on probation for remainder of season.

Maximum Penalty: Suspension for life and/or assault charges filed.

- 5) **NO PLAYER SHALL:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Should the verbal attack occur either before or after the player's game is completed, or from with the spectator area, said player will still be reported to the League Director, with possible suspension being the result of said player's actions. Player shall remain on suspension until the League Supervisor has considered his/her case.

Minimum Penalty: Placed on probation for remainder of season.

Maximum Penalty: Suspension for the remainder of the season.

- 6) **NO PLAYER SHALL:** Appear upon the field of play at any time in an intoxicated condition. Officials are required to immediately suspend player from further play and report such player the League Director for further consideration.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for remainder of season.

- 7) **NO PLAYER SHALL:** Be guilty of gambling upon any play or the outcome of games with any spectator, player, or opponent. Officials are required to report violation of this rule to the League Director.

Minimum Penalty: Placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season.

- 8) **NO PLAYER SHALL:** Smoke while coming off or going on the field of play, or while on the field of play or in the dug-out.

Minimum Penalty: Warning from official.

Maximum Penalty: Removal from the game.

Special Notes:

- Any player being placed on probation for the remainder of the season and reported again for violating the “Code of Conduct” will be suspended for the remainder of the season.
- Any player removed from the game must leave facility immediately. Failure to do so will carry a maximum penalty of suspension for the remainder of the season. Any suspended player cannot attend league games during their suspension.
- Appeals may be lodged with the League Director or League Supervisor ONLY!