

SALINA PARKS & RECREATION

ADULT VOLLEYBALL RULES & REGULATIONS

General Adult Volleyball Rules (Pages 1-4)

Coed Volleyball Rules (Page 5)

All rules & interpretations will be covered under Kansas State High School volleyball rules with the following emphasis and exceptions listed below. The Athletic Supervisor sets the rules and reserves the right to interpret the rules in the best interest of the Salina Parks & Recreation Adult Volleyball League.

1. **Organization:** Leagues will be organized by the Salina Parks & Recreation. Leagues shall consist of 8-10 week schedule, when possible, facility permitting.
2. **Team Eligibility:** Teams inside and outside the City of Salina are welcome to participate in Salina Parks & Recreation leagues.
3. **Player Eligibility:** Participants must be **16 years old to play the women's division, 18 years old for the coed division.** Players currently playing for their respective high school or college during season are not eligible. Any person declared ineligible for age purposes will be ineligible for the remainder of the season and the following year.
4. **Team Rosters:** All team managers shall file a registration form with a roster listing the players' first and last names, & phone number. This roster along with team entry fee must be turned in at the Salina Fieldhouse by the entry deadline. All roster changes must be done through the Program Supervisor.
 - a) **Player Restrictions:** A player may play on more than one (1) team. However, that player will not be allowed to play on more than one team in the same league, if there are enough teams to separate divisions. The player must be listed on the official roster of each team. No player will be allowed to return to a team for the rest of the season once his/her name has been removed from the roster (A season begins with the first game in which a person plays).
 - b) **Non-Rostered Substitution Player:** Non-rostered subs are allowed to play on any team that does not have a total of 6 players.
 - c) **Minimum Players:** Teams must carry a minimum of 6 players on their roster.
 - d) **Maximum Players:** Teams may carry a maximum of 12 players on their roster. More than 12 players must be approved by Athletic Supervisor.
 - e) **Adding Players:** Players must be added to the roster from matches **1-10** before that player is eligible to participate. This may only be done by the team manager in person at the Salina Fieldhouse. After the **10th** match (which includes any post-season tournaments), no changes can be made to the roster. Exceptions (i.e. injury, moved out of Salina, etc.) will be cleared through the Athletic Supervisor.
 - f) **Removing Players:** Players may be removed from the roster at any time by the team manager in person at the Salina Fieldhouse.
 - g) **Transferring Players:** Transfers from one team to another in the same league will not be permitted.
 - h) **Ineligible Players:** Any team playing a player who is ineligible in any way will forfeit all games in which that player participated.
5. **Match Schedules:** Once a match is scheduled, it will be played according to the date, time and place listed. No postponements or changes in the schedule will be allowed unless made by the Athletic Supervisor due to facility availability or inclement weather.
6. **Game Time:**
 - a) **Minimum Players:** Teams failing to court (4) four players at the scheduled starting time will forfeit the 1st game. If a team has at least four players present at game time, the game must be started on schedule. If the team is not ready to play 10 minutes after the scheduled starting time, they shall forfeit the match. A team must have four players to continue to play.

- b) **Adding Players:** Rostered players may be added in the middle-back up to a total of 6 be added the line-up. No additional players may be added after the 2nd complete set.
 - c) **Pick-up Players:** Teams are permitted up to a maximum of 2 non-rostered pick-up players in order to make up the minimum line-up of 4 players. Pick-up players are not allowed for the 5th & 6th players or to make a full line-up.
 - d) **Time:** Game time begins on the first serve of the game which will be recorded in the scorebook.
 - e) **Maximum Players:** A team may start the game with 4, 5, or 6 players.
 - f) **Forfeited Matches:** The time reserved for forfeited matches belongs to those who showed. They may use the court for practice or for a "pick up" game. Officials shall work such a match and shall call the match 10 minutes before the scheduled starting time of the following match.
 - g) **Inclement Weather Matches:** Will be rescheduled as facilities and schedules permit.
 - h) **Regulation Matches:** Matches that are not considered regulation shall be replayed from the beginning.
7. **Court Dimensions:** Approximately 60ft long and 30ft wide or according to the designated boundary lines.
 8. **Net Dimensions:** Approximately 3ft wide and 32ft in length. Net height is 7' 11 5/8" for coed and men. 7' 4 1/8" for women. The official height measurement is made in the center of the net. The height of the net at the sidelines can be no more than 3/4" higher than the official height.
 9. **Balls:** Teams will warm-up with their own volleyballs. Parks and Recreation will provide official game balls. Approximately 65-67 cm in circumference and not to weigh less than 9-10oz.
 10. **Shoes:** No outdoor or hard-soled shoes allowed! Players are recommended to bring separate clean athletic shoes.
 11. **Uniforms:** Shirts, shorts or pants, and shoes must be worn. Leagues do not require uniforms that are alike. Absolutely no derogatory wording on uniforms!
 12. **Staff/Officials:** Staff and or official(s) shall be in complete charge of the match.
 13. **First Serve and Playing Area:** For the first and third sets of a match, the choice of serve or playing area shall be decided by a coin toss between a team manager/representative from each team. The teams will change sides between sets 1 and 2. The team who did not serve the 1st set will serve the 2nd set.
 14. **Match Length:** A match will consist of the best 2 out of 3 sets or approximately 45 minute time limit.
 15. **Rally Scoring:** A point is scored each time during a volley when there is a side out. Sets 1 and 2 will be played to 25 points with a cap of 30. If set 3 is needed, it will be played to 15 points with a cap of 20. If the score is tied, play will continue until one team has a two point advantage or the caps occur.
 16. **Serving Delivery:** The player must deliver the ball behind the service line and can move freely behind service line. At the moment of the service hit or takeoff for a jump serve, the server must be completely in the service zone and not touching the court or the playing surface outside the zone.
 17. **Let Serve:** A ball contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.
 18. **Rotation:** Rotation is clockwise. Players must play a full rotation. Rotation substitutions must be made when ball is dead, and at center back position. Rotation is to remain constant and be kept the remainder of the set. League does not follow libero rules or guidelines.
 19. **Substitutions:** There will be a number of unlimited substitutions per set. The two types of substitutions that may be used are the following: 1) substitutions must be made at the center back position. (After the serve, the server will rotate out). Once teams have used substitution rotation, they must continue with this rotation during the game unless there is an injury. 2) High school substitution may be used. Teams must notify which type of substitution they will use during each game and continue with it until the end of the game. A player may come in at any position when replacing a player due to injury, etc... An injured player may return to the game when ready, by rotating into center back position.
 20. **Libero:** A team will have an option of playing with a Libero. The Libero is allowed to replace any player in

a back-row position. He/she is restricted to perform as a back row player and is allowed to complete an attack hit from anywhere in the back-row. Once a team elects to play with a Libero, that team must finish the set with a Libero. All rules & requirements of a Libero must follow KSHSAA guidelines.

21. **Contact:** A legal contact is a touch of the ball by any part of a player's body (other than the feet) which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body:
 - a) Multiple contacts are permitted only when the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to: 1) block; 2) serve 3) save a hard-driven spike on the team's first hit, provided there is not setting action.
 - b) Back row players cannot spike or block the ball in front of the 10' line.
 - c) Please try to avoid carries, lifts, or throws.
22. **Over the Net:** A player shall not contact a ball that is completely on the opponent's side of the net unless the contact is a legal block.
23. **Center Line:** A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
24. **Blocking:** Blocking a serve is not permitted. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack.
25. **Non-playable Areas:** Non-playable areas include, but are not limited to: walls, bleachers, seating areas, and adjacent courts. When the ball comes in contact with these areas, it is considered a dead ball. In addition, when the ball contacts the ceiling or any overhead obstruction, the ball is dead if it goes to or contacts the opposite side. The ball shall remain in play if it contacts an overhead obstruction and/or ceiling staying in its own team's playing side.
26. **Replays:** Interruptions of play (i.e. ball from adjacent court, foreign object, etc.) are considered a replay.
27. **Timeouts:** Each team will receive two 1-minute time-outs for the 1st through 2nd sets of the match. Only one 1-minute time-out granted per team in the 3rd set with no carry over from the first 2 sets.
28. **Protests:** There will be NO protests concerning on-court calls made by opposing players. Judgment calls will be settled by staff or both teams. If the judgment call cannot be agreed upon, a "re-serve" will replace the prior play.
29. **Grievances:** All protests, grievances, rule interpretations and issues must be submitted in writing to the Athletic Supervisor (judgment calls are not to be construed as a rule interpretation). Judgment calls during a game or any action of disciplinary nature taken by staff will be supported by the Athletic Supervisor.
30. **Conduct:** All players, managers, spectators and staff are expected to display good sportsmanship and conduct at all times. Examples of unsportsmanlike conduct include, but not limited to:
 - a) Use of profane language directed towards any staff member, player and/or spectator;
 - b) Arguing, bickering, heckling or excessive display of emotion towards staff;
 - c) Making unnecessary gestures towards staff, game participants, or spectators;
 - d) Throwing equipment; resorting to unnecessary roughness on the court.
31. **Disciplinary Procedures Progression:** Team Manager, Player or Spectator
Depending on the severity, staff and/or the official have the right to issue a warning or ejection from the game. Once a player has been ejected from the game, he or she has 2 minutes to leave the facility or the police will be called and the match will be declared forfeit.
 - a) **1st Ejection:** Ejection from the game and facility with a written warning from the Athletic Supervisor.
 - b) **2nd Ejection:** Ejection from the game and facility along with a two (2) week suspension from playing or coaching any SPRD sponsored team or league in which the player is a member (adult and/or youth). The individual will be required to meet with SPRD disciplinary review committee prior to reinstatement at end of 2 week suspension.
 - c) **3rd Ejection:** Ejection from the game and facility along with a suspension for the remainder of the season

from playing or coaching any SPRD sponsored league or team in which the player is a member, including tournaments (adult and/or youth). The individual will be required to meet with the community sanction committee organized by the Salina Area Youth Sportsmanship Initiative (SAYSI) prior to reinstatement the following year. Depending on the severity of the offense(s), may be subject to additional sanctions and/or permanently banned from any and all Recreation Department activities.

32. **Law Violations:** Violations of any law (battery, assaulting an umpire or SP&R representative, possession of illegal substances including consumption of alcohol by minors, disorderly conduct, damage to property, etc.) by players, coaches, managers, or spectators during practices, league games and/or tournaments will result in immediate removal from the facility and will be prosecuted to the fullest extent through all legal channels.
33. **Smoking and Alcohol:** Smoking and alcoholic beverages are not allowed in facilities. Disobeying these rules will automatically dismiss the person(s) from all leagues.
34. **Unsupervised Children:** Unsupervised children should not be in the gymnasiums or buildings. Delays in games due to unsupervised children could result in forfeiture of games, and privileges to facility.
35. **Inclement Weather:** Any games postponed or canceled due to inclement weather will be posted on Reczone: subscribe to Reczone by signing up at www.salina-ks.gov and select the link at the bottom of the page on the Salina Parks & Recreation web page.
36. **League Tie-Breaker Procedure:** The procedure for teams who are tied in league/division is as follows:
 - a) League/division win/loss record
 - b) Head to head games
 - c) Non-division win/loss record
 - d) Sets won in the head-to-head matches between the teams involved in the tie (Fewer sets would determine criteria)
 - e) If same amount of sets played; points allowed in head to head games (Least amount of points determine criteria)
 - f) Highest margin of victory using set scores

LEAGUE SPECIFIC RULES

37. **Competitive & Intermediate Leagues:**
 - a) Jump serves are permitted.
 - a) Play will continue until the best out of 3 sets is determined.
 - b) There will be one official assigned per match, unless otherwise designated.
38. **Recreational League:**
 - a) Players may not jump serve.
 - b) Play will cease at the designated time limit no matter where the teams are at in the match.
 - c) Spiking is not permitted behind the 10' line.
 - d) Teams may add pick-up players up to 6 to have a full line up.

COED VOLLEYBALL RULES

Coed Volleyball Leagues will be played under the previous Adult Volleyball League Rules mentioned above with the following additions and exceptions:

39. **Team:** A team **must** have an equal or greater number of women on the court at all time. There can **NEVER** be a greater number of men than women on the court. If two men serve in a row, an automatic side out will be assessed and it will be the other teams serve.
40. **Game Time:**
- a) **Minimum Players:** Teams failing to court (4) four players at the scheduled starting time will forfeit the 1st game. If a team has at least four players present at game time (2 Females & 2 Males are the only exception), the game must be started on schedule.
If the team is not ready to play 10 minutes after the scheduled starting time, they shall forfeit the match. A team must have four players to continue to play.
 - b) **Adding Players:** Rostered players may be added in the middle-back, up to a total of 6. No additional players may be added or subbed until the game is complete.
 - c) **Pick-up Players:** Teams are permitted up to a maximum of 2 non-rostered pick-up players in order to make up the minimum line-up of 4 players; pick-up players are not allowed for the 5th & 6th players or to make a full line-up.
 - d) **Time:** Game time begins on the first serve of the game.
 - e) **Maximum Players:** A team may start the game with 4, 5, or 6 players. The team may play with more females than males.
 - f) **Forfeited Matches:** The time reserved for forfeited matches belongs to those who showed. They may use the court for practice or for a "pick up" game. Officials shall work such a match and shall call the match 10 minutes before the scheduled starting time of the following match.
 - g) **Incident Weather Matches:** Will be rescheduled as facilities and schedules permit.
 - h) **Regulation Matches:** Matches that are not considered regulation shall be replayed from the beginning.
41. **Court Positions:** Defensive positioning shall start point play in alternating male and female positions. All players must remain in alternating positions until the ball is served. After the ball is served, players may take any position on their side of the court. (Example: if man and woman want to switch spots so man is hitting on left side and woman sets in the center, may move after ball is served and stay in positions until side out or dead ball.) However, the back row players cannot spike or block the ball in front of the 10' line, resulting in a side out/point given to opponent.
42. **Serving:** The leadoff server may be of either sex; however, the following servers must be of alternate sex throughout the remaining serving order. A serve cannot be attacked or blocked at the net.
43. **Contacts:** The ball must be hit by a woman before it is returned to the opponent's court if the ball is hit more than one time. If a team would like to disregard this rule it has to be agreed upon by both managers before the start of the game.
44. **Substitutions:** Substitutes who rotate in must replace a player of the same sex. If there is only one substitute and he is male, then a substitute will rotate in every other time his team rotates. If a player is injured during play and a player of the same sex is available, the substitute may take the injured player's place.
45. **Libero:** A team will have an option of playing with a Libero. The Libero is allowed to replace any player in a back-row position. **She** is restricted to perform as a back row player and is allowed to complete an attack hit from anywhere in the back-row. Once a team elects to play with a Libero, that team must finish the set with a Libero. All rules & requirements of a Libero must follow KSHSAA guidelines.