



Adult Women's 4 v 4 Volleyball Rules

Updated 3.4.19

This program will be managed according to the following rules. Team Captains are responsible to ensure that their players understand the following information, along with the attached Player Code of Conduct.

LEAGUE RULES

Rosters:

1. A roster with names, signatures and phone numbers of all players must be turned in to the supervisor before the first game. Additional players may be added to rosters up until the end of the third week of play.
2. Women's teams may have up to 8 on the roster.
3. Individuals may only play on one team in the league.

Eligibility:

4. Individuals must be at least 16 years of age to play in SSAFC adult sports programs.
5. No person who is currently on a college or university volleyball team will be allowed to play in the SSAFC adult volleyball program.
6. To be eligible to play in the post-season tournament, participants must play in at least two regular season matches.
7. Matching jerseys are encouraged. It will make your team look good and intimidate your opponents.
8. Jewelry should not be worn while participating in SSAFC sports programs.

School Rules:

9. The administrators of South Summit Middle School have requested that no food or drink be brought into the gym. A water bottle for the players is the only exception.
10. ***Any children attending volleyball Matches must have appropriate supervision. Players are not considered appropriate supervision.*** Unsupervised children may result in the league losing its privilege of using the school facility.
11. Please stay off of the any closed bleachers.
12. Pulling and hanging on the nets will damage them. Please do not pull or hang on the nets or allow your children to do so.

Team Standings and Awards:

13. League standings will be computed on a win/loss system. The team with the most wins will be the league champion. If there is a tie for first place, the tie will be broken by head to head results.
14. League and tournament winners will receive awesome championship t-shirts (8 per team).

Players:

15. Teams consist of four players on the floor. Teams may begin a match with as few as three players. If players exit a game due to injury, teams may continue with as few as two.
16. Teams with three or more players present at game time must begin the first game.

Game Time:

17. Games will begin as close to the scheduled time as possible. If three or more players are not present at five minutes past game time a forfeit will be declared.
18. A five minute warm-up period will be allowed prior to the start of each game. The five minute warm-up period starts immediately following the previous game. When the official indicates the game is ready for play, the game will begin.
19. Each participant must check in at the score table prior to each game and sign in on the score sheet. If a participant comes late they must check in prior to entering the game.

Scoring:

20. Matches will consist of the best three out of five games. Games will be played with rally scoring to twenty-five points, and teams must win by two with a cap at twenty-seven points. If the fifth game is played it will be played with rally scoring to fifteen, with a cap at seventeen points. In the fifth game teams will switch side when a team has eight points.

Time Outs:

21. Each team has two 30-second time outs per match.

Substitutions:

22. Players must substitute in and out at the #1 position (The Server).

Opposing Court Boundaries:

23. Players may make a play on a ball that appears to be headed into the opposing court as long as they contact the ball before touching any part of the that court, including the sideline.

Player coverage:

24. The only player that cannot attack the net is the server which is the only back row player. The other three players are considered front row players.

RULES OF THE GAME

The following rules will govern play in SSAFC Adult Volleyball.

1. COIN TOSS: Each match will begin with a coin toss. The winner of the coin toss will choose either serve/receive or playing area. If a fifth game is needed, a coin toss shall be conducted between the designated captains of each team with the same options.
2. BALL PUT INTO PLAY: The ball shall be put into play by the player on the back row position from within the serving area of her own court. The server must wait for the official's whistle.
3. LEGAL SERVE: The server must hit the ball directly off the holding hand or hit the ball after tossing it from the holding hand. The serve must be made within five seconds of the official's whistle.
4. SERVING ORDER: The serving order must be followed by both teams. All players must serve before being substituted for.
5. ROTATION: Rotation does not occur until the first server from both teams has completed his or her first term of service. Thereafter, the team receiving the ball for service shall immediately rotate clockwise.
6. SERVING OUT OF TURN: If a player serves out of turn, a side-out shall be called as soon as the mistake is discovered and any points made by the serving team on the service before the error was discovered shall be cancelled. If a mistake in serving order occurs, but is not discovered until after the opponents have served, there shall be no loss of points.

7. **PLAYING THE BALL:** Teams have three hits to return the ball back across the net into the opponent's playing area. When the team's first contact is a simultaneous contact with an opponent or an action block, the next contact is considered the team's first hit. A player may not hit the ball twice in succession (except when blocking). No carries, lifts or throws will be permitted.

8. **SIMULTANEOUS CONTACT:** If two or more players of the same team contact the ball simultaneously, it is considered one play and the players involved may participate in the next play.

9. **CEILING:** A ball striking the ceiling or an overhead obstruction above the playing area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball and the ball is legally played next by the same team.

10. **SCREENING:** A screen is an act, intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. This includes but is not limited to the server being hidden from view by two or more teammates and serving the ball over their heads.

11. **DEAD BALL:** The ball is dead upon the official's whistle. The ball is dead when it touches the floor, basketball backboards/baskets, or other objects out of bounds.

12. **BOUNDARY LINES:** If a ball lands on the boundary line, it is good.

13. **NET PLAY:** A ball hitting the net may be played out of the net provided the player avoids touching the net. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to be made. If a player is attempting to block and is contacted by the ball, this player is eligible to participate in the next play, which shall be considered the first contact for the team. A player may step on the center line as long as part of the foot remains in contact with the line.

14. **BACK ROW PLAYER (Server only):** A back row player shall not participate in a block or an attempt to block. A back row player shall not attack and/or direct a ball which is completely above the height of the net while positioned on or in front of the attack line or its out-of-bounds extension. A foul shall not be called on a back row player until the ball is considered to have crossed the net. A back row player shall not play a ball while positioned completely across the center line or its out-of-bounds extension.