

Sauk Prairie Community Recreation Department Volleyball League Rules & Regulations

Updated 5/29/24

Player Registration

1. Each team must have a signed player contract on file and all fees paid for each player before participating in any volleyball games.
2. Players & subs must be 18 years or older and have completed high school.
3. **Subs must also sign a liability release form before playing (found in the folder).**
4. **Float Sub Rules** – If you choose to be a **float sub**, you may play for **any team**.
5. **Regular Player** - If a player is a **regular player**, they may **NOT** play on **any other team** that night for any reason.

Equipment Set Up & Tear Down

1. **Set up and tear down of equipment will be done by the volleyball teams.**
2. **SET UP:** Equipment is in the storage connected to Chuck Hall. Use keypad with code provided to the captains, key for storage door is hanging inside. Volleyball nets and boundary lines stay set up.
3. **TEAR DOWN:** Teams playing the last game should put all equipment away in the storage room. (just volleyballs and binder)

Other Equipment

1. Every player must wear a shirt or jersey during playing time.
2. **To prevent injury, it is recommended that no hats, jewelry or watches shall be worn while playing.**
3. All clothing and equipment should be off the playing area.

Rules

1. **Be honest! You have to live with your lies if you don't, and it's not good! Call your own faults. Teammates can also call faults on teammates.**
2. **The first serve of the match will be decided by a coin toss. Winner of coin toss may choose to Serve or choose side of court and give up serve. For the remaining games of a match, the LOSING team shall serve first.**
3. Rally Point Scoring.
 - A. Teams are scheduled court times and are in at least a 1-hour block. COIN TOSS TO DETERMINE FIRST SERVE.
 - B. A game is won when either team gains a 2-point lead with 25 or more points. If one hour is up on the clock, and the score is tied, next point will win.
 - C. 3 game rally score to 25, win by 2.
4. **Failure to field 4 players** 10 minutes after the scheduled game time results in forfeit of the first game. Failure to field 4 players 15 minutes after scheduled game time results in forfeit of all 3 games

5. **Number of Players:** A minimum of 4 players must be present in order to play a match. Coed teams must always have a minimum of 2 men and 2 women present in order to begin and complete a match. If a team does not have an equal number of men and women, such as 3 women and 2 men, the match can legally begin with a 3/2 configuration. If a legal sixth player appears during any game, they may enter at the earliest dead ball. If a team is playing a match with less than 6 players, they have the must use a Ghost Player (see below). A team may not play with less than six players if there is a legal eligible substitute/player available.

Ghost Player: Teams may play with one ghost player. If a team starts with 5 players, the 6th player must be a ghost player. When it is the ghost player's turn to serve, we will have a side-out to the receiving team.

- A. This is acceptable:
- | | |
|----------------|--|
| 1 man, 5 women | |
| 2 men, 4 women | |
| 3 men, 3 women | |
- B. This is not acceptable:
- | | |
|----------------|----------------|
| 0 women, 6 men | 2 women, 4 men |
| 1 woman, 5 men | 6 women, 0 men |
| 3 men, 2 women | |

In order to have more men than woman, the team you are playing must approve before the match begins. If this can't be agreed upon, a ghost player must be used.

Exception to Ghost Player rule; if both teams, who are playing each other, have agreed on terms other than stated, then play in that manner, however, if both teams do not agree on the terms then the game should be played as per the league rules.

6. Back line players are not to participate in a block.
7. Back line players with both feet behind the attack line at the time of takeoff may make any kind of attack hit (spiking, etc.) Back line players within the front zone may make an attack hit only if the ball is below the level of the top of the net. (Back line players are not allowed to spike, unless behind attack line.)
8. 1 time-out per game.
9. The ball may be played off any part of the body, including feet. However, you may not kick or kick at a played ball.

Boundaries

1. Any part of the ball landing ON the boundary line is considered to be in bounds.
2. Out of bounds:
A ball striking any obstructions that are OUT OF BOUNDS, such as light poles, chairs, hanging objects or personal belongings on the sidelines is considered **OUT OF BOUNDS**.
3. The whole back line will be considered a serving line. Servers are still expected to have both feet out of bounds when they make contact with the ball.

The Serve

1. To avoid needless injury roll the ball to server whenever possible.
2. In serving, you must stay behind the line while serving. The whole back line will be considered as the service area.
3. Let serves will be considered fair (balls hitting the net on the serve).
4. When the ball is served, players **DO NOT** need to be lined up in gender order. (Every other with man, woman, man, woman, etc.)
5. The serving order is to be followed by both teams. The right back player of the serving team shall be the first server of the game. Players shall rotate from the right forward to right back to continue serving.
6. A block or spike on the serve is NOT acceptable.
7. **Substitutions:**
 - **Late Arrival** - If a team begins playing with 4 or 5 players and additional players arrive, they may go to their position, if the ball is not in play.
 - **Substitution** - He/she can enter when the play becomes dead, but must enter in middle back position.
 - **Injury** - In the event of an injury the injured player may be replaced by direct substitution without rotation, to the position of the injured player. Injured player may not return in the remainder of that game. If you do not have a sub for injured player, then resume the game.

Faults

1. A team loses the service or gains a point if:
 - A. The ball touches the ground.
 - B. A team plays the ball more than 3 times in succession, unless on block and then the block does not count as a hit.
 - C. The ball is held, pushed or carried.
 - D. Double hit is illegal. A player touches the ball twice consecutively except when blocking.
 - E. A team is out of position at service.
 - F. Any part of the players clothing or body touches the net (unless the ball pushes the net into you).
The player causing the foul should call a net fault in all leagues.
 - G. A player deliberately touches an opponent across the vertical plane of the net.
 - H. A player reaches under the net and catches the ball while it is in play by the opposite team.
 - I. A player intimidates or makes any distracting noise or gesture toward an opponent.
 - J. A block on serve is illegal.
 - K. A back line player in the attack area hits the ball from above the net height.
 - L. Any of the player's feet are not completely inside the court at the time of the serve.
2. A defensive player may not come across the plane of the net and make any kind of attack hit before the offensive team has been allowed to play its third hit. When any part of the ball begins to cross the plane of the net, the defensive team is allowed to play the ball. **EXAMPLE:** When a ball is being passed for a set, the offensive team must be allowed to play it, however, if a bad set occurs and starts to cross the net, when any part of the ball crosses the plane the defensive team is allowed to play the ball

3. Feet may be partially on or shadow the line underneath the net but not completely cross it.
4. If faults are simultaneous, the play will be replayed.

Additional Rules and Regulations

1. Backhand is OK as long as it doesn't roll off the hand.
2. You may not call the ball in or out, making distracting noises or gestures while the opposing team is playing the ball.
3. **You must have 4 players to play a game.**
4. You must be in the 3-foot space from the net to participate in a block.

Conduct and Disciplinary Action

1. Participation in these leagues is a privilege that may be denied or suspended for just causes.
2. The league manager and/or other players may eject participants from a game for any of the following: disorderly or unsportsmanlike conduct, for violation of league rules or for physical contact with another.
Players may be asked to leave the game for:
 - A. Inappropriate behavior such as excessive swearing, constant arguing, or the threat of violence.
3. Any player ejected from a match because of the above mentioned conduct will be suspended from playing his/her next scheduled match.
4. Any participant who has been ejected from any 2 games will automatically be suspended from playing during the remainder of the season.

Notes

1. Rain/weather cancellations will be made by 3:30pm the day of. Team captains will receive an email from the Recreation Coordinator.
2. If there is a debate on a call, captains may decide to replay.
3. Unofficial leagues: if there is a conflict about a play, it should be replayed.
4. The Recreation Dept. reserves the right to move teams from league to league as it sees fit.
5. If a game is in progress when you arrive, please stay out of the players and server's way.
6. Children are welcome TO WATCH, but they must either be accompanied by an adult.
7. If a team is needing to reschedule a game, the captains may decide on a 5:30 or 9:30pm time slot any Wednesday.
8. **At end of each night, please remember to fill out Win/Loss sheet after your match. This allows standings to be updated each night after play.**