

# Lamoni Parks and Recreation Adult Coed Indoor Volleyball Rules 2017

Adapted from M.A.C. Adult Sports League Adult Coed Indoor Volleyball Rules

**The game will be played under the National Federation of State High School Association Volleyball Rules with the following modifications.**

## Teams

1. Completed rosters consisting of a minimum of 6 players and no more than 12 must be turned in with all league fees prior to the designated deadline.
2. Team captains may make changes to the team rosters, 48 hours in advance. However, roster additions will only be allowed until the first week of play.
3. Teams will consist of 6 players on the court. Teams may start with as few as four players. If for some reason during your game your team consists of less than four players the game will then be forfeited unless the opposing team agrees to play.
4. There may only be one more male than females or one more female than males on the court at all times.
5. All team members must be 18 years of age or older.
6. Players who are prohibited from this league are:
  - Anyone who has played varsity level of college volleyball within the last year.
  - Anyone who has been permanently suspended from our league or other adult sports leagues.
  - Anyone who is under the age of 18
7. All team rosters will be finalized prior to the first week of play.
8. League is governed by Lamoni Parks and Recreation.

## Game Rules

- 1 Volleyball matches will consist of the best two (2) out of three (3) games. Teams swap sides after each game.
- 2 If you are more than 5 minutes late to scheduled match, then your team forfeits the first game but has the option to play the second and third games.
- 3 Rally scoring to 25 points for the first and second games and 15 points for the third.
- 4 A team must win by two (2) points.
- 5 One (1) time-out, thirty (30) seconds in length per team per game.
- 6 Games will be self-officiated. It is suggested that each team to provide an opposing corner line judge, to watch for in, out, net, foot fault, and illegal hits. LINES ARE IN.
- 7 There are NO jump serves allowed.
- 8 A player may not block or spike a serve under any circumstances.
- 9 The service and rotation orders must alternate male/female as much as possible.

- 10 A substitute may not come back out of the game until they have had the opportunity to serve.
- 11 The ball is considered dead if it comes in contact with the net standards, the line judge, or any out of bounds object. The result will be a side out.
- 12 No player should come in contact with the net, or cross the centerline under the net while the ball is in play.
- 13 The ball may be played off any part of the body on any hard driven ball, as long as it is not a carry.
- 14 The ball may touch the net on or within the sidelines, and may be played from it, including a serve.

### **General Information**

- 1 Match wins/ losses must be called into the Recreation Director at the end of the each match.
- 2 If there are 8 or more teams in the league, all teams will have the opportunity to play in a single elimination tournament at the end of regular season play according to their win/loss record.
- 3 All players must wear tennis shoes or similar footwear.
- 4 Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue.
- 5 The team scheduled first on the score sheet will serve the first game, and then alternate the serve between games.
- 6 We use school facilities with their permission on their terms and must follow their guidelines. Behavior outside of those regulations jeopardizes future use. **Children under 18 years of age are not allowed in the gym during adult volleyball.**
- 7 **Principles of sportsmanship are to be followed at all times. Any failure to follow this standard can result in permanent suspension from the league.**