

Fletcher Parks and Recreation



2012 Coed Volleyball

Rules and Regulations

The mission of Fletcher Park Athletics is to provide a recreational environment for the community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the recreational program.

Team Captain Responsibilities

Submitting entries on time (**Team roster forms, Player addition forms, registration fees, parental permission slips**).

Giving team members the opportunity to read and interpret all pertinent information.

Knowing the rules and regulations, and relating them to team members.

Ensuring all players are eligible to participate.

Ensure that the team captain is the only person to address an official on matters of rule interpretations or information.

Ensures all players display appropriate behavior at all games.

Communicating to the team that Volleyball is an inherently dangerous sport with a risk of injury and should be played at one's own risk!

Number of Players

-Each team roster is required to have a minimum of six players. The team roster must include 3 men and 3 women. Teams must have at least 4 players at all times. Team lineups must be as follows: 3-3, 2-3, 3-2, 2-2, 2-1, or 1-2 male players to female players. (Teams must have at least one male or one female)

-The minimum number of players that can begin and finish a match is 4.

-A player arriving late to any match may enter the game at the proper time based upon the substitution rules for the league.

Positions

-The right back player of the serving team will be the first server of the game. Thereafter the player rotating from the front right will be the server.

-Teams must have alternating (boy/girl) lineups. Therefore, a girl will serve after a guy or vice versa. When teams are playing with five players there can be a maximum of two players of the same sex serving consecutively.

-Each player must be in the correct serving order in his/her. No overlapping during the serve. After the ball is contacted on the serve players may move from their set positions.

Substitutions

-Teams are allowed unlimited substitutions during each set.

-The incoming substitute may only replace the player leaving the game without changing the designated serving order.

- A player substituting has to substitute for the same player throughout the game.

Definitions

A. **Foot Fault:** Server stepping on or beyond the service line the end line while contacting the serve.

B. **Illegal Hit:** Ball that comes to a momentary rest on any part of the body below the waist.

C. **Legal Hit:** Ball that is given immediate contact with any part of the body above and including the waist.

D. **Spike:** An attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.

E. **Block:** A play approximately arm's length from the net in which a player, whose hand is raised above the head, contacts the ball near the top of the net in an attempt to 1) Prevent the ball from crossing the net; 2) Return the ball immediately; or 3) Deflect the motion of the ball. A block may involve wrist action provided there is no prolonged contact.

The following are fouls or violations:

- A. Serving illegally, or out of turn
- B. Touching the net or reaching under the net to interfere with an opponent playing the ball
- C. Stepping over the centerline into the opponent's court, a player may step in the line.
- D. Contacting the ball twice in succession, unless the first contact is a block
- E. Catching or holding the ball while playing it

- F. Contacting the ball in an underhand motion with open hand or hands “slapping or scooping”.
- G. Failure to return ball over the net in three or fewer contacts

5. PLAYING THE MATCH

The match consists of a three mandatory sets. The three sets are played on a 25 point rally scoring system. Each set won is worth one point in the overall standings. Therefore, each team has the opportunity to win three points for each game. Points are tallied at the end of the season to determine team standing. The winning team must have a two point lead to win a game. Play will continue until one team wins by a two point margin.

Tournament Play- The 2011 Fletcher Volleyball League offers teams the opportunity to compete in a seeded double elimination tournament. The first two sets are played on a 25 point rally scoring system. The first team that wins two sets wins the match. If a third set is necessary to determine a winner the set will be played to 25 points. The third set will also be played using a rally point system. The winning team must have a two point lead to win the game, and play will continue until one team wins by a two point margin.

Time limit for the match will be 55 minutes (not including a 5 minute warm-up period) on all matches. A five minute warm-up period is allowed for both teams before each match. If both teams agree to start before the warm-up period had expired they may begin the match at that time and the 55 minute time limit begins at that point.

(Captains will meet with the referee at the beginning of the match and prior to the beginning of the third game to determine the choice of serve or the choice of court.)

Lineups must be turned in 10 minutes prior to the start of the game. Game times start on the hour. There will be a 5 minute grace period before the first set is forfeited. After 10 minutes the game will be forfeited.

Maximum number of hits on the ball is three, before the ball must go over the net. A block does not count as a hit.

There are no restrictions on how many hits a man or a woman must hit the ball on any one possession (all three hits may be made by the same sex).

The ball must be given immediate and abrupt contact at all times. No catching or throwing of the ball will ever be considered as legal contact.

Body Contact with any part of the net is illegal at any time during a live ball.

1. Any ball striking the net is in play until it strikes the floor or is not returned properly.

2. When two or more players from opposing teams contact the ball simultaneously above the net, they are all eligible to participate in the next play. The next play on the ball would be counted as the first hit.

3. After making a legal block that player may participate in the next contact because a block is not a hit. The next hit would be counted as the first hit.

Lines A ball contacting a boundary line is good.

Breaks There will be a two minute break between sets. Teams need to be ready to play at the end of the break period.

Time Outs Teams will receive two, one minute time outs per match.

Net Height will be set at 8 feet.

Replays will occur when there is a double foul during a live ball or simultaneous fouls on the same play. The ball will be re-served by the serving team.

Tournament- The tournament will be played using a double elimination format. Each team is seeded in the tournament according to the regular season ranking.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike behavior is not condoned by the Parks and Recreation Department. Unsportsmanlike behavior will not be tolerated by the referees. The referee has the power to penalize teams for unsportsmanlike behavior as follows:

First Offense: Award a point to the other team.

Second Offense: Disqualification from the match.

Any player ejected for unsportsmanlike conduct is out for the remainder of that game and the next scheduled game.

EQUIPMENT

- Fletcher Parks and Recreation will provide the official game ball for all contests.
- Glasses must have shatterproof lenses and made of a durable material
- Flat rubber-soled court shoes are required. **NO STREET SHOES ALLOWED (Black-soled and opened –toed shoes are not permitted.)**
- UNIFORMS:** are NOT required for LEAGUE play; however, team players are required to wear matching colored shirts.
- **No Food in the Gym!!!!** Water bottles are permitted, but must have a cap on it at all times.

