



Updated 1/2/2018

Saint Peter Adult Recreation Volleyball League

RULES

1. High School League rules will govern league play and in-house rule exceptions as noted.
2. All teams shall be composed of a maximum of six (6) players on the court at one time. Roster maximum is 20 players (which includes subs).
3. **Eligibility Regular Season:**
 - All players must be on the team roster (pre-final and final)
 - All players must be able to present proof of ID (if issue arises)
 - All players will need to check in with referee before allowed to play each night**Eligibility Playoffs:**
 - All players must be on final roster
 - All players must be able to present proof of ID (if issue arises)
 - All players will need to check in with referee before allowed to play each night
 - **All players must have played a minimum of 2 regular season league nights.**
Designated Subs must have played a minimum of 1 regular season league nights.
4. If you do not have **at least 4** players on the court, ready to play 5 minutes after your start time, your team will forfeit the first game. After 10 minutes your team forfeits ALL 3 GAMES.
5. Referees will meet with the captains to determine who chooses first – winning captain of rock, paper, and scissors will get to pick side or serve for the first set of the match.
6. A team may start, continue, or finish a game with 4–6 players which may consist of:
 - **FOUR PLAYER teams may consist of the following combinations:**
 - 2 Males & 2 Females
 - 1 Male & 3 Females
 - **FIVE PLAYER teams may consist of the following combinations:**
 - 3 Males & 2 Females
 - 2 males & 3 Females
 - 1 Male & 4 Females
 - **SIX PLAYER teams may consist of the following combinations:**
 - 3 Males & 3 Females
 - 2 Males & 4 Females
 - 1 Male & 5 Females
7. All matches will consist of three games. All league games will be played with rally scoring to 25; must win by 2; or first team to 30 points. One hour time limit still applies.

If the third game has not begun and/or time has run out (end or almost end of an hour), the third game will be played up to 15 points; win by two.
8. **Serving:**
 - Players may serve from anywhere behind the service line.
 - Players will be allowed to step forward 2.5 feet to serve the ball when curtain is down.
 - The receiving team must rotate before their first serve.
 - No blocking or attacking of the serve.
9. **Obstruction on a serve:** if the ball touches any obstruction (lights, beams, middle curtain, walking track, wall etc.) it is a side out.

10. **Obstruction during play:** a ball that hits an obstruction (including the pipes on the ceiling) can be played on the team's side that hit the ball, however, it is a side out, or point, if the ball continues over to the other side. Walking track, curtain, wall, & scoreboard is a side out.
11. Two males may not consecutively contact the ball over the net unless a female player contacts the ball first or contacts the ball before the ball travels over the net. (Rule still applies if there are more males on a team than females.)
12. One back row player may also block when there is only one blocker in the front row position.
13. A back row player may **NOT** contact the ball above the height of the net in front or on the 10-foot line. Attacks behind the 10-foot line are legal.
14. Players may not touch the net at any time.
15. All plays at the net are judgment calls by the officials and protests will not be allowed.
16. **You may play the ball a maximum of two steps into another court. More than two steps into another court is a side out.**
17. **Curtain Play.** You may not push the curtain to make a play on the ball. You may play the ball and take one step to gain control into the curtain. Falling into, rolling into or taking more than one step into the curtain will be a side out.
18. **Time out** can be requested only when the ball is dead. There is **one** 30 second time out per game. Request for time out may be made only by the team captain.
19. Play is stopped if a ball enters your court from another court. Anyone can stop play if this occurs.
20. Only the **team captain** is allowed to protest the referee's rule interpretation. Judgment calls cannot be contested. **Protests** on eligibility may be made before or during, but not after a game has been officially completed.
21. Any player ejected more than once will be ineligible until reinstatement by league director.
22. Ball may contact any part of the body to keep volley alive.
EXCEPTION: no full out soccer kick out of aggression allowed
 - **Double Hits (or various contacts) - is allowed on the first hit** when
 - Receiving the serve
 - Playing defense AS LONG AS CONTACTS HAPPEN DURING ONE ACTION
 - **For example:** On a defensive play when the ball contacts arm, following with a contact to the shoulder (remember you cannot carry, throw or catch the ball
 - **Same rule applies for an overhead serve receive.**
23. For weather cancellations **Decisions will be made at 4:30 pm.**
 - E-mail will be sent out to all captains.
 - Call the Rec Hotline 934-0070
 - Check the City of Saint Peter Facebook for posting
24. **Forfeits:** Captains need to let Program Supervisor know by 4:30 p.m. if they are unable to fill their team for the evening.
24. **Tournament Play:** Best of 3 games – if a third game is needed, that game will be played to 15 points