



Adult Rec Volleyball League

The Adult Rec Volleyball League is organized as a fun, recreational way for us to play volleyball. The OHSAA volleyball rules will be followed with minor tweaks. Please share the following rules with ALL players on your team:

Game Rules

1. Net height will be approximately 7' 4-1/8".
2. Matches: A match will consist of two 25-point games, and a third game played to 15 points.
3. The winner must win by two points, or the first team to reach 27 or 17 wins. All three games will be played regardless of who won the first two games if there is time.
4. Time: A match will begin at a designated starting time or 5 minutes after the completion of the preceding match if there are less than 10 minutes before the designated starting time.
5. Teams change courts and the serve after each game. Rock-Paper-Scissors determines who serves first.
6. Timeouts: Each team will receive one 30-second time-out per game.

Serving

1. Players may not block or spike the serve.
2. Serves may be overhand or underhand. Two-handed serves must be soft, no carries or pushes. Serves above the head may be made with open or closed hand. (OHSAA rule).
3. Overhand servers may drop the ball and re-toss to re-serve once. I.e. toss, drop, re-toss, serve. If no contact with 2nd toss, = sideout.
4. A player may serve from anywhere along the service line.
5. Overlapping before a serve is not allowed (back row players may not be in front of the players positioned directly in front of them).
6. If the serve hits the net and goes over, the ball IS playable.
7. Service Rotation: The substitution may go to any position, but it must be the same position throughout the game.
8. Teams will rotate clockwise when it is their turn to serve.

While in Play

1. A team has three hits to get the ball over the net.
2. Playing the ball out of the net counts as one of the three allowable contacts.
3. An attempt at blocking a ball that comes over the net (onto the blockers side) does not count as one of the three allowable contacts.
4. The same player may not contact the ball twice in a row, unless the first contact was a legal block or attempted block. Simultaneous contacts by more than one player on the same team are allowed and considered as two hits. Players from the same team participating in simultaneous contact may participate in the next play.
5. Players may not "carry" the ball. It cannot "rest" during contact but leave the player's body quickly.
6. One armed digs or saves are allowed. The ball may be contacted by any part of the body and will be played if it is a clean hit.
7. A ball hitting on the line is in-bounds.

8. If the ball hits the ceiling, track, basketball hoop, curtain, etc... and returns to the same side it is still in play. If the ball hits any overhead obstacle and goes into the opponent's side it is out of play.
9. Contact with the ball must be a clear hit. *No palming, lifting, pushing, or carrying the ball.*
10. When opposing players commit fouls simultaneously, it is a double foul and the play will be played over with the serving team reserving. No points are scored on a double foul.
12. Touching the net at any time is a foul unless a hard driven spike forces the net into a player while they are on their side of the court.
13. A player may reach over the net while blocking or following through. Players cannot reach over the net in an attempt to intercept the ball until their opponent has completed their attack.
14. A player may step on the centerline (under the net) but not the court in their opponent's side. Any part of the player's body may be in the air below the net and beyond the centerline, as long as they do not touch the net, and as long as they do not interfere with their opponent's play by either touching their opponent or the ball.

Out of Bounds

A ball is out of bounds and becomes dead when it:

1. -touches the floor completely outside the court's boundary lines
2. -does not pass over the net entirely between the boundary antenna

Unsportsmanlike conduct:

1. Please refrain from foul, obscene, profane, or abusive language, or any other act considered inappropriate for a Y event.