

Saratoga Springs Recreation Adult Volleyball Rules



Eligibility:

- An eligible player is defined as a player who is 16 years of age, and who is officially registered on the team roster and has signed all applicable waivers.
 - Must be 16 by first scheduled match

Captain Responsibility:

- Captains are responsible to have their players read and understand the “League Rules” and the “Code of Conduct” as well as player behavior. Your team will be held accountable for the information contained therein.
- Captains will act as the team spokesperson and will be the only player to address the official or staff. Captains should be the one to request time out, subs, etc.
- Communicate league information to the team
- Manage team roster

Rosters:

- All players must be registered and signed all applicable waivers before they are able to play.
- Rosters are online
 - Log into Team Sideline, Manage Rosters, Add to Roster
 - If players are not added online, they need to sign in at the gym
- Using an illegal player will result in a forfeit (can be reported by the Recreation department or opposing team to official). If an unregistered player plays under the name of another player on the roster, both the registered player and the unregistered player become ineligible to participate for the remainder of the season.
- A player must play during the regular season AND be added to the roster during the regular season.
- Minimum roster- 10 Maximum roster-15
- Players are only allowed to be on one team’s roster

Jewelry:

- Jewelry and any type of hat or bandana are not permitted while playing. These restrictions are for your safety. If the match is stopped in order to remove jewelry, a time out will be assessed.

Uniforms:

- Matching uniforms are not required

Forfeits:

- Match time is forfeit time
 - A 5 minute grace period will be allowed for the first set of the 6:00 match only
- Teams may start the game with four players
 - If a team has only three players at game time, first set will be declared a loss
 - If a fourth player has not arrived after 5 minutes (from game time), the match will be declared a forfeit

Game time:

- Players check in with Site Supervisor
- Warm-up will be allowed (dependent on schedule)
- Captains will be called to determine serve
 - Teams will stay on home/visitor side
- Each team is allowed two 30-second time outs per set, time outs do not carryover
- Rally scoring
- Best of three, first and second set to 25, third set to 15 (if necessary)
 - Cap of 27 points (1st/2nd set) and 17 points (3rd set)
- Volunteer line judges are welcome
 - If line judges are used, each time should provide a line judge
 - Line judge will not switch sides with team

Spectators:

- Food and drink (besides water) are not allowed in the gyms
- If bringing kids, please plan on having a responsible party watch them. Players are not considered a “responsible party” while playing.
- Rec staff will not be responsible to supervise children

Game rules:

NFHS volleyball mainly govern the league, with some league rules adjustments

- Teams have three contacts to pass the ball over the net
 - Contact made with any body part is legal (foot)
 - If two players make contact with the ball simultaneously it is considered one touch, players involved may not make the next contact.
- Blocks do not count as a first touch
- No blocking or attacking the serve
- During blocking, a player may place hands and arms beyond the net inside the antennas provided the action does not interfere with the opponent’s play
 - Blockers may reach across the plane of the net, but may not make contact over the opponent’s play area, if contact is made, blocker has committed a fault
 - Blocking the ball across the net above the opponent’s team area is legal provided:

- The block is made after the opponent has executed an attack-hit (simultaneous contact with the attack-hit is a blocking fault)
 - The block is made after the opponents have completed their three hits
 - The block is made after the opponents have hit the ball in such a manner that the ball would clearly cross the net if not contacted by a player and no member of the attacking team is in a position to make a legal play on the ball
 - The ball is falling near the net and no member of the attacking team can make a play on it.
- Backrow attacker must not make contact with 10' line
 - At moment of contact, any part of the ball is below the top of the net
- Ball is out if it hits:
 - An antennae
 - Floor outside of line
 - Net or cables outside of the antenna
 - Referee stand
 - League rule allows the ball to make contact with ceiling or equipment hanging from ceiling and is still playable if it lands on that same team's side. The ball cannot make contact with ceiling/equipment on its way over the net to the opposing team's side. If this occurs, the ball is dead.
 - With that said, the ball cannot be played off of railing, wall, bleaches, team benches, and area behind team benches,
 - Playable area is the court and ANY unobstructed space outside of the court boundary lines
 - A team can be outside of the boundary line and still play the ball, the ball must always cross "net extended" to the other team's side to remain legal and playable.
- A replay may be called if:
 - A wall, floor obstacle or a non-team member causes an interference and the player had a legitimate play on the ball
 - When in judgement of the referee, the ball would have remained in play had a vertical backboard not been over the playable area
 - When in judgement of the referee, the ball would have remained in play had the cables/poles not been there
 - An inadvertent whistle
 - Player serves before the official's whistle
 - Official cannot make a call on the play
- Net Violations
 - Touching the net with any part of the body is not allowed (hair is okay)
 - if the ball is driven into the net and causes the net to contact the player, no foul will be called
- Players should stay on their side of the court
 - Underneath the net is an imaginary line, if a player touches/crosses the line and contact is made that causes interference with the play, the play ends and the violating team loses the ball and the other team earns the point and will serve
 - If a player steps on/crosses this line and no contact is made and there is no interference, play can continue with no violation
- Illegal hits
 - Will be called at the discretion of the official
- Lifts and doubles

- Will be called at the discretion of the official
- Doubles are allowed if a “hard hit” ball

Tournament:

A consolation tournament will be played at the end of the regular season (subject to change). To be eligible for tournament play, players must be on the roster and have played in the regular season games.

- Tournament ranking will be determined by regular season win and loss record
- Teams will be split into upper and lower four
- Tie-breakers will be used in this order:
 - Overall record
 - Head to head
 - Strength of schedule
 - Good ol’ fashioned coin toss
- Game time is forfeit time
- All regular season rules apply
- Use of illegal player(s) will result in forfeit