

Valley City Parks & Recreation District Volleyball Rules

All play will be governed by USVBA rules with the following exceptions or additions:

Scoring

- ◆ A game is won by the team which first scores 25 points with a minimum lead of two points. Game cap of 28 points. (First team to 28 wins).
- ◆ If the serving team wins the rally, it scores a point and continues to serve.
- ◆ If the receiving team wins the rally, it scores a point and gains the right to serve.
- ◆ If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point.

Substitution

- ◆ All teams must use one of the following methods of substitution:

Rotation – player enters before or after the serving position.

Player for player – substituting for the same position with an unlimited number of entries.

CO-ED Volleyball Rules

1. The serving order and position on the court at service shall be male and female alternated or vice-versa.
2. When the ball is played more than once by a team, a female player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.
 - a. If a team contacts the ball more than one time during offensive action, one of the contacts must be a female player, but there is no restriction preventing all three team hits from being made by female players.
 - b. After a block, a male player may play the ball back over the net as such contact would be considered the first team hit.
3. When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking. The remaining back-row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible.
 - a. If a back-row player is not participating in a block, there is no restriction on both back-row male players being in the attack zone.
 - b. No female back-row player may participate in a block.

General Rules

- ◆ Team managers will flip a coin for choice of service or side. Service and side will alternate in the second game. There will be a second coin toss before the third game to decide for choice of service or side.
- ◆ It is forbidden to wear hats or jewelry. An exception will be made for religious or medical medallions and flat wedding bands. If worn, medallions shall be removed from chains and taped or sewn under the uniform. If a ring, other than a flat band, cannot be removed, it shall be taped in such a manner as to not create a safety hazard.
- ◆ The first game of the match will be a forfeit at game time. The second and third game of the match is forfeited 10 minutes after the 1st game.
- ◆ When playing short handed, Manager must report if they are playing a 2-2 (2 front players and 2 backcourt players) or a 3-1 (front court and Server in the backcourt).
- ◆ Service toss – after the ball is tossed for service, it must fall to the floor untouched to get a second try.

- ◆ Serving is allowed anywhere behind the end line, within the boundaries of the sidelines.
- ◆ On a serve, if the ball touches the net and goes over the net (in playable area) it is a legal serve.
- ◆ Only front line players may block or attack (in front of the attack line).
- ◆ It is illegal for a player to attack or block a served ball while the ball is completely above the height of the net.
- ◆ You can play the ball off of the ceiling, on your side of the court. A ball shall remain in play if it contacts the ceiling. The ball is out of play if it makes contact above the opponents' playing area.
- ◆ The ball will be called dead immediately if it is passed over a non-playable area. The ball will also be dead if any player enters an adjacent occupied court.
- ◆ The receiving team must rotate before serving, but does not need to substitute prior to the first serve.
- ◆ A centerline violation will be called only if you go completely across the line. Hands and feet are the only part of the body that may come in contact with the centerline.
- ◆ The ball may touch any part of the body actively or passively.
- ◆ One 30 second time-out will be allowed per game.

Team managers are the only personnel who can address an official.

Unsportsmanlike Conduct

All players are expected to conduct themselves in a sportsmanlike manner at all times! This is a recreational league. The "Heat of the Moment" excuse is NOT acceptable.

- ◆ Unsportsmanlike conduct will NOT be tolerated and players can be ejected from a match without warning.
- ◆ All balls must be returned in a courteous manner to opposing team. Please roll the ball under the net.
- ◆ Flagrant kicking of the ball will result in an automatic unsportsmanlike penalty (side out or point).
- ◆ No shooting baskets or dunking of volleyballs.
- ◆ The Park District does not tolerate threatening behavior of any kind in our activities i.e., threatening of any official, other players and anyone who is involved with that particular program. If anyone is displaying threatening behavior, that individual will not be allowed to participate in any VCPR activities. This is effective immediately.

Sanction Cards

- ◆ Warning – Verbal or hand signals only
- ◆ Penalty – Yellow Card
- ◆ Expulsion – Red Card
- ◆ Disqualification – Yellow and Red cards in one hand.

Miscellaneous

- ◆ **Parents must supervise their own children at all times. This is your responsibility for the safety of players and children.**
- ◆ **Children are not allowed to be in the fitness room without parental supervision.**