

Parks and Recreation

Indoor 6 on 6 Adult Co-ed Volleyball Rules

League Description

1. This is an adult recreational 6 on 6 co-ed indoor volleyball league.
2. Alcohol and foul language is prohibited.
3. All participants must be 18 years of age or older, there are no exceptions.
4. Players must wear athletic shoes.
5. It is recommended that you do not wear any type of jewelry.
6. Each participant must sign a **City of Green Volleyball Release Form** before playing.
7. **If a team needs to forfeit a game, they must notify the Parks & Recreation Office by 4:00p.m. on the day of the game.**
8. Each participant should carry a valid photo ID with them incase their player eligibility is questioned during the season or tournament play. Player eligibility will be checked on their teams roster as well as completion of signing their C.O.G. Release Form.
9. Games will be played on **Wednesdays @ 6:30 PM, 7:30 PM, 8:30 PM and 9:30 PM.**
10. The league will be played at the Green Primary School Gym. Please enter through door # 5 in the rear of the building.

Inclement Weather

1. In the case of Green Schools closing school for the day, the league will also be cancelled and will not run that evening.
2. The league coordinator will email team managers to notify them about any league cancellations. It is then the managers' responsibility to notify all of their teammates about the cancellations.
3. The City of Green Parks and Recreation staff will do their best to reschedule all cancelled game with the time frame given.



Teams/Players

1. Teams may have a maximum of 12 players on their roster.
2. Individuals are only permitted to play on one team in the league.
3. Games will be played with 6 players on the court.
4. Teams may start and finish a game with a minimum of 4 players on the court. Of those 4 at least 2 need to be females.
5. The **only** time a team may play with more males than females is when playing with 5 players. There may be 3 males and 2 females on the court **in this instance only**.
6. While playing with 6 individuals there may be a maximum of 3 males on the court and minimum of 3 females.
7. Teams do not need to space themselves in a male/female format.
8. Players may be added to the roster throughout the season without exceeding the 12 player maximum. Subs that participate for a week during the season must be added toward the amount of participants on your roster.

The Game

1. **All three sets will be played; each set will be to 21 points (must win by 2, no cap). Standings will be based on cumulative wins and losses.**
2. Rally scoring will be used for all games.
3. Home team will be the first team listed on the schedule each night. The home team gets to decide if their team wants to serve first OR can choose which side of the court they want to start on for the first set and third set of the game.
4. Each team is given a 5 minute grace period until a forfeit will be called. You must have at least 4 players present at game time to not have a forfeit called.
5. Games will be played with a 50 minute time limit. Whichever team is up at the end of 50 minutes wins.



6. There may be times when the nets are not set up by the league start time due to other sporting events running over. The 50 minutes of play will begin once the nets are up and the officials are ready.
7. There shall be a three minute rest period between sets.
8. Each team is allowed a 1 minute timeout per set. Timeouts do not carry over to other sets if not used.
9. A ball which comes in contact with the ceiling, lights, or any other obstruction above the court and comes down on the hitting team's side is in play. If the ball crosses the net after contact with any of these it is a side out.
10. If the ball makes contact with any side walls the ball will be considered out of play and the point will go to the other team.

Serving

1. The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is to the back wall.
2. The serve may not be blocked or spiked.
3. Serves that hit the net and go over are legal.
4. Points earned on a service made before the referee's "ready for play signal" will not count. Server has 10 seconds to serve the ball after the "ready for play signal". Teams will lose the serve if the server holds the ball for longer than 10 seconds.

Hitting/Blocking

1. A defensive block does not count as one of the allowable contacts.
2. A player may reach over the net to block a ball if: any portion of the ball breaks the plane of the net; after the offense has come in contact with the ball on the third attempt.
3. Hitters may follow through over the net after legal contact as long as they do not make contact with the net.
4. The ball must be cleanly hit when spiking with an open or closed hand; guiding or carrying is illegal.



5. Back row players cannot spike or run up to block at the net. If a back row player wishes to spike (direct a ball into opponent's court that is above the height of the net) a ball at the net, they must first jump from behind the 10-foot line.
6. No part of the body may touch the net at any time during game play.
7. The ball must be hit, not caught and/or thrown.
8. Tips will be allowed.

Passing/Receiving

1. A one-handed underhand hit must be made with a closed fist or the heel of the hand. If two hands are used, the hands must be interlocked as one unit.
2. A ball rolling up the arm is considered a held ball.
3. The team is entitled to a maximum of three hits (in addition to blocking) for returning the ball. If more are used, the team commits the fault of "four hits". The hits of the team include not only intentional hits, but also unintentional hits.
4. A player may not hit the ball two times consecutively.
5. The ball may touch any part of the body.

Setting

1. A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and thumbs of hands. Improper handling of the ball includes not hitting the ball simultaneously with both hands, contacting the ball with the palms in a slapping action or catching the ball.

Court Rotations/Substitutions

1. All players must sub in at the serving line.
2. Your team may continually rotate each team member into the game. Your team must follow the standard clockwise rotation. If you have more than 6 players present those that are off the court must remain in the same order sequence. There should never be a team member that is skipped over once they have first decided to play during that specific set. Unless there was an injury to



someone on the court - lineups may then be altered slightly if needed.

Faults (OHSAA)

1. Four hits- a team hits the ball 4 times before returning it to the defense.
2. Assisted hit - taking support of a teammate or any structure/object in order to reach the ball.
3. Back row spiking or blocking in front of the attack line.
4. It's permitted for a player to step under the net into the opponents court provided that some part of the penetrating hand or foot is in contact with or is directly above the center line without contact with an opponent.
5. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

Equipment

1. The City of Green Parks and Recreation Division will supply a game ball for both sets of games going on in the gym.
2. If other teams bring their own balls to warm up with, it will be up to both team managers if they would rather play with a different ball.

Referees-Officials

1. There will be a certified referee at each game that had been hired by the City of Green Parks and Recreation Division.
2. Any profanity and unsportsmanlike conduct can result in ejection and /or disqualification from future matches.
3. Refunds will NOT be issued for ejections or suspensions for unsportsmanlike conduct.



Tournament/Seeding

1. There is no time cap for the length of the game. Teams are still required to be present at the stated start time of their game.
2. To be able to play in the tournament you have to at least play in one game during the regular season to play with your team during tournament play.
3. All teams will play in the tournament.
4. Team Seeding
 - A. Regular season team record (cumulative wins/losses)
 - B. Head-to-head
 - C. Point Differential
 - D. Coin Flip

