

ROCHESTER PARK AND RECREATION DEPARTMENT
201 4 STREET S.E. – ROOM 150
ROCHESTER, MN 55904

ADULT VOLLEYBALL RULES

1. The net shall be **7'11" 5/8"** above the ground for men and co-ed, and **7'4" 1/8"** for women.
2. All teams shall be comprised of not more than six players at a time.
3. The scheduled time will include a 5 minute warm-up. The official will start the games at 5 minutes past the hour. Ex: 6pm match will have warm-up from 6:00-6:05 and play (55 minutes) from 6:05-7:00pm. Captains may opt to decline warm-up and, instead, begin match immediately, but **both captains** must agree.
4. At least five players must be present to begin a game. If enough players are present 20 minutes after their scheduled time, they may play the second and third games of the match. Volleyball matches must be played within a 55-minute time limit. There will be **no penalty** for the vacant position at the service position.
5. The Home team chooses the right to serve, receive, or the side of court they wish to play on. For the 2nd game, teams will switch courts and serve goes to the team that received the first game. A coin toss will be conducted for the third game with the Visiting team calling the toss.
6. If children are brought to the game they must be continuously supervised by a non-playing adult.
7. **TEAM TIME-OUTS** - Time-out shall not exceed 30 seconds. Each time-out taken by or charged to a team in excess of two per game shall be penalized. Time outs are not allowed in the last 5 minutes of the match.
8. Games will use Rally Scoring. Three games, 25 points limit win by two with a max of 27 points.
Note: Standings are kept on the game Win/Loss not matches.
9. Net serves are legal.
10. The first server for the team serving will be the right back player. The first server for the team receiving serve will be the right front player.
11. **SERVE** - At the instant the ball is contacted for service, the server shall not have any portion of the body in contact with the court, end line, or the floor outside the lines marking the service area. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted within 5 seconds after the referee's signal to server. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall direct a playover and allow another 5 second for serve. This is allowed not more than one time during a term of service.
12. No blocking or attacking the ball on a serve.
13. **AFTER THE BALL IS SERVED** – After the ball is contacted when hit for a serve, the players may move from their respective positions.

14. It is permissible to run out of bounds to play a ball. A ball, which is knocked out of bounds by the opponents, must be allowed to hit the floor or wall outside before being touched or, unless successfully returned, it counts against the player touching it.
15. When a ball touches a boundary line, it is considered good.
16. One player may play the ball twice during a volley; they cannot be in succession. The ball must be returned over the net by the third contact (with the exception of a block).
17. Players may cross the centerline with one or both feet/hands, as long as part of the foot/feet or hand(s) remains on or above the centerline.
18. A player may completely cross a centerline extension outside the court providing the player does not interfere with the opposing team. While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

19. Net Play

1. Contact with the net is only a fault if it is made while playing the ball or it interferes with the play. *Loose hair or incidental contact while transitioning off the net from an attack/block is not penalized.*
 2. Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - a. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent's court
 - b. The attacking team has completed its 3 allowable hits
 - c. The ball is falling near the net and, in the official's judgment; no member of the attacking team could reasonably make a play on the ball.
 3. It is a net foul for a player to grasp the floor or wall cables, standards, or referee stand for support. Incidental contact is not penalized.
20. The position of the substitute shall be that of the server.
21. **PLAYING THE BALL** – The ball may be hit by any part of the body.
22. A ball striking the ceiling or any overhead obstruction shall remain in play provided it is legally played next by the offending team.
23. **REPLAY** – A replay is the act of putting the ball in play (other than at the start of the game) without awarding a point or side out. The same player who served the previous play serves on the replay. A replay shall be declared when:
 1. An official's mistaken whistle sound interrupts the play
 2. A foreign object enters the proximity of the playing area
 3. A wall or obstruction within 6 feet of a boundary line may interfere with a player's legitimate effort to legally play the ball
 4. A ball becomes motionless in or on an overhead
 5. The referee determines a player has been injured
 6. After a double foul
 7. A ball released for service is not contacted and allowed to fall to the floor
24. Multiple contacts on any first play of the ball are legal. Blocks do not count as the first contact.
25. Hats are not allowed to be worn while playing.

ADDITIONAL RULES FOR CO-ED VOLLEYBALL

Same rules as men's and women's volleyball with these exceptions:

1. Men and women shall be positioned alternately on the court.
2. When more than one hit is made by a team, one of the hits shall be made by a woman. (Blocks are not considered as one of the teams hits).
3. One backcourt player (man or woman) may also block when there is only one male player in a front line position.
4. Net height shall be **7'11" 5/8"**.
5. Teams can play with 5 players, but you cannot have 4 women or 4 men. The combination must consist of 3 women 2 men or vice versa.

Unsportsmanlike Conduct:

The official can penalize an offending player, captain, and/or team as follows:

- A. Warning – 1st minor offense
- B. Penalty – 1st serious or 2nd minor offense. Loss of rally/point to opponent.
- C. Disqualification – 1st Flagrant, 2nd Serious, or 3rd Minor offense. Loss of rally/point to opponent. The offender is unable to further participate in the match and must leave the gym.

Bloodborne Pathogens Statement:

Aggressive treatment of open wounds or skin lesions should be followed. In particular, whenever an athletics participant suffers a laceration or wound where oozing or bleeding occurs, the contest must be stopped at the earliest possible time, and the athlete must leave the field of play and may not re-enter until; (1) the bleeding has stopped and (2) the injury is covered. It is highly recommended that all teams have a first aid kit.

Rosters:

Teams may have up to 12 players on their roster as regular members. Teams can also add people they will use as subs up to a 20 person team max. Please designate your subs on the roster by putting (S) in front of their name. Players can only be a regular rostered member for one team a night. Individuals can only play on one team per league per night. Changes to the rosters can be made through the 5th night of the season.