



## SPECIFIC VOLLEYBALL RULES/PROCEDURES

USVA rules are used for these leagues. The following are local variations to these rules.

### A. RULES FOR ALL LEAGUES

1. One official per game will be present to make in/out, net, and carry calls. Because no linesmen are used, a point will be replayed if a call cannot be made or agreed upon.
2. There will be a five-minute sign-in period between matches for managers to register their players with the official. Match times allow for the sign-in period. Note: This sign-in period can be shortened by the official to keep matches on time.
3. At the beginning of each match, team captains must complete the scoresheet and coin toss to determine which team will serve and which will receive (teams may choose to serve, receive or a side). Teams will change sides for each game.
4. A team must have four eligible players to begin and finish a game. If four players are not present five minutes after the scheduled match time, the team will forfeit game one. If four team members are not present 10 minutes after the scheduled match time, the match will be forfeited.
5. If your team will be playing short-handed (4 or 5 players only), you must notify the official before each game as to what formation (2 in the front & 3 in the back, or **diamond** for example) you will use for that game.
6. For Coed, teams may begin the match with an uneven number of males and females. Each of the following starting line-ups are allowed: 3f-1m, 3f-2m, 2f-2m, 2f-3m, 4f-2m. For all rotations, teams must follow the same rule for contacts on a side. Position order shall alternate male/female.
7. **For Coed, a 4f-2m rotation will be allowed. If another male comes, the game must be finished with the 4f-2m rotation. The next game in the match will then be a 3f-3m rotation.**
  - a. **Proper 4f-2m rotation:**

F	F	M
M	F	F
8. For Coed, teams playing short players; i.e., two females and three males must play as though the third female is on the court (a back-row male cannot play the front row in place of the missing female prior to serve). **The ghost player must be used.**
9. When the ball is played more than ONCE by a team, at least one female player shall make one of the contacts. Contact during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball.
10. Teams may have a maximum six players on the court at a time, but will be permitted to substitute players during rotation at center back or by following normal USVA substitution procedures.
11. Players may not play on more than one team in Men's, Women's or Coed leagues.
12. Rally scoring will be used for all three games. This means you do not need to serve to score; you can receive a point for side-out or for serving.
13. All games will be played to 25 points with a 27-point cap. In order to win a game, a team must win by at least 2 points or be the first team to reach the point cap.
14. Teams will be scheduled to play three-game matches. All Men's, Women's, and Coed league matches will have a 45-minute time limit unless altered for special circumstances.
  - a. When a time limit is used, the supervisor will announce "five minutes to play." If time is called while the ball is in play, be sure to finish that point.
  - b. If during the second game, 40 minutes has elapsed in the match, time will be called and the leading team will be the winner (ties will continue with the team scoring the next point being the winner). This game will be followed by a five-minute third game.
  - c. There will be no time limit for tournament matches; all tournament games (including the third game) will be played to 25 or until the point cap is met
15. Players must be completely within the serving area when contacting the ball on a serve.
16. A ball, which hits any overhead obstacle above the court, is playable as long as it does not cross the plane of the net. The blue divider and the other walls are out of bounds and not in play. **If the ball hits either the North or South basketball hoops but remains on your side, it is playable. If it hits the hoop and goes over, it is considered out of bounds**
17. If there is interference by other courts, the rally will be stopped and replayed.
18. All players must be in their respective positions until the ball is served. Players may qualify as front-line spikers only when they are in the front row. Back-line players may spike only if they leave the court behind the attack line. Under no circumstances, may back-line players block.

19. Contact with the ball, whether digging, setting, or spiking, must be instantaneous or will be called a “carry.”
20. No timeouts will be allowed unless someone is injured.
21. Simultaneous fouls by opposing players cause a “double foul” and will be replayed.
22. The defensive team may not block or spike a serve.
23. On the first hit for each team, multiple contacts (one continuous attempt), including fingertip action, are legal.
24. The offensive team must always have the opportunity to play their three hits. A set may not be blocked over the net (unless it is directed over the net); but if any portion of the ball breaks the plane of the net, either team may hit it. **If there is a defensive block on the third hit, the blocker’s arms may cross the plane of the net to block the ball.**
25. A served ball that contacts the net and remains in play is legal.
26. Contact with the net is not a fault unless it interferes with play. “Interferes with play” is specifically defined as contacting the top band of the net; taking support from the net while playing the ball; creating an advantage over the opponent, or making actions which hinder the opponent’s opportunity to play the ball.
27. Hats and jewelry that are loose fitting (i.e. hoop earrings) or have sharp edges (i.e. diamond rings) cannot be worn. An exception will be made for religious or medical medallions and flat band rings (medallions should be taped down if worn).
28. For every game played, teams will get two team points for a win, one for a loss, and zero for a forfeit.
29. Teams that win their division will be moved up one division the next session.
30. Children attending volleyball matches must remain in the bleachers for their own safety. Children not remaining in the bleachers will subject teams to the basic Misconduct Procedure (A. 17, a-e).
31. Basic Misconduct Procedure:
  - a. A yellow card sanction will result in the opponent being awarded one (1) point and the serve.
  - b. A red card sanction will result in the player sitting out the remainder of that game.
  - c. A red/yellow card sanction will result in the player being done for the match and he/she must leave the gym.
  - d. Forfeiture of game.
  - e. Forfeiture of match.

The above procedure may be circumvented if the situation warrants stronger action.

## **B. NET PLAY**

The USAV rules for play at the net allow:

1. Penetration under the net (not touching the floor) as long as it does not interfere with play – example, bent knees under the net with feet on your side or on the center line, foot & leg in the air.
2. Touching the opponents court with foot/feet, as long as some part of the foot/feet is on or above the center line
3. Touching the opponents’ court with any body part other than the feet, as long as it does not interfere with play
4. Going into the opponents court after the ball is out or down (hard spike hits the floor, then the spiker lands in the opponents court is legal)
5. Stepping under the net, into the “free zone” (out of bounds) as long as it does not interfere with play
6. Scooping the ball up from the net, which may make contact with the net
7. A setter to make contact with the net (shoulder may run into the lower part of the net while setting the ball)
8. Anything not allowed is illegal, and interference (other than interfering with the part of a foot legally over the center line) in any manner is illegal.
9. Please refer to # 26 above for player contact with the net.

## **C. AWARDS**

1. T-shirts or a credit towards the next season will be given to league winners.

## **D. STAFF**

Recreation Manager, Jacob Perkins— 515-239-5367; [jperkins@city.ames.ia.us](mailto:jperkins@city.ames.ia.us)  
 Recreation Superintendent, Kellee Omlid – 515-239-5357; [komlid@city.ames.ia.us](mailto:komlid@city.ames.ia.us)  
 Community Center — 515-239-5350  
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## **E. LEAGUE SITE(S)**

Ames Community Center (515 Clark Avenue); 515-239-5350