

Adult Volleyball League Rules

ABSOLUTELY NO SMOKING OR ACHOLIC BEVERAGES IN THE SCHOOL BUILDING

League Operation

The Waterloo Leisure Services Adult volleyball leagues will operate according to the rules stated below. All rules not covered specifically on these pages will be in accordance with the Iowa Girls High School Union Rules.

Team Players

1. Teams shall be composed of six (6) players with a minimum of four (4) to begin play.
Mixed Leagues = 3 men and 3 women max. (A) 4 players, one of which must be the opposite sex. (B) 5 players, must be 3 men and 2 women or vice versa in order to use all 5. Otherwise use 4 people as in (A) above. (C) 6 people, must be either 3 men and 3 women or **4 women and 2 men**. Otherwise use (A) and/or (B) above.
2. All players must be 18 years of age or out of high school
3. No player may play on more than one (1) team in his/her league.
4. All teams must have a completed team roster turned in to WLS office by their 2nd scheduled match. Any team without a completed team roster turned into the WLS office by the 2nd scheduled match will be ineligible for the league championship. Without a completed team roster all team matches will be considered a forfeit at the end of the season.
5. There will be no gender crossing in WLS Leagues. Men's Leagues are for men, Women's Leagues are for women and Mixed Leagues are for both.

Substitutions

1. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins.
2. Substitutes can rotate into the back row on every point, but you must keep this pattern the same the entire game.
3. No free substitution will be permitted, except when a team has less than 6 starting players, when the player shows up they may enter after a point, and must start in the back row.

Play

No officials will be used. Teams will call obvious violations. If teams do not agree the point will be replayed. Delays will not be tolerated.

1. A lift should be called if a player obviously throws, catches, or slings the ball.
2. A foot fault should be called if the player's entire foot is beyond the center line.
3. All line shots should be considered good.
4. Players may not touch the net during play.
5. Balls may be played out of the net.
6. It is legal for a player to hit the ball with any part of their body.
7. A mixed league ball may be hit directly across by either male or female team member but if there is more than once hit, a female must touch the ball before it goes over.
8. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plain of the net.
9. Blocks do not count as a hit.
10. Only front row players may block.

Game Play

1. Game time is the scheduled time of play.
2. Forfeit time is five (5) minutes after the scheduled game time.
3. Teams are allowed to play with personal balls if both teams agree to it prior to starting. Game balls cannot be switched during game play unless there is an equipment failure.
4. A game shall be won by the team which has scored 25 points and is at least two (2) points ahead, with a game maximum of 27 points. Thus, if score is tied 26 all, the next team to score a point wins.
5. Each team will be permitted one (1) 30-second time out per game.
6. There will be one (1) minute between games.
7. A match will be three (3) games to 25 points, with rally scoring being used.
8. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.
9. The serving team will be determined by a coin toss. The winner having the choice to serve or choose sides.
10. The team not serving first for the first game will serve first the second game. Teams will subsequently alternate.

Service

1. The player serving should announce the score before attempting the next serve. That will allow adequate time for teams to set up defensively.
2. Let serves (Serves touching the net) are legal.
3. It is illegal to serve out of order.
4. No blocking or spiking the serve will be allowed.

Court Play

1. Ceiling – a ball, other than a serve may strike the ceiling and still be in play by the offending team. The rebounding ball may not strike about the opponent's side of the net and may not fall into the opponent's area.
2. Obstructions – you may not play the ball off any other obstructions, e.g. basketball hoop.
3. Entering the adjacent court is not permitted if that court is occupied.
4. Call TIME if a ball from the other court rolls into your court. Play must immediately stop until the ball is off the court. Then a replay will occur.

Awards

1. League standings will be based on winning percent.
2. Tie breaking method will be head to head.
3. League Championship shirts to 1st place.
4. League trophy to 2nd place.