

Decatur – Adams County Parks and Recreation Department

Women's Volleyball Rules

Revised August 2016

GYM AND BLEACHERS

1. Children are not advised to be on the gym floor before, during or after the volleyball game unless supervised by their parent/guardian.
2. Children must be seated in the bleachers. No running or playing. You may be asked to leave if this rule is ignored. This rule is for your child's safety.

TEAMS

1. A team consists of 6 players. A team may start a game with a minimum of 4 players.
2. Players must be at least 18 years of age.
3. **Additional players (subs) can be added to the team roster before the eighth (8th) week of the season. Please stop in the Fitness Center office to do so. Once the eighth week of the volleyball season begins, rosters are set, and any subs added to the team due to a shortage of players will result in loss.**

SHORTAGE OF PLAYERS

1. If a team of 4 fails to show up 5 minutes after the scheduled starting time, the first game will be forfeited. If enough players have not arrived 10 minutes after the starting time, all 3 games will be forfeited.

SCORING AND TIMING

1. A match shall consist of a best 2 out of 3 games.
2. All games will be scored by rally scoring (a point will be awarded upon completion of every play).
3. The 1st and 2nd games will be played to 25 points. The winning team must win by 2 points. If the leading team does not have a 2 point advantage, play will continue until one team has a two point advantage or one team scores the 29th point (scoring cap).
4. The 3rd game will be played to 15 points, with the winning team having a 2 point advantage.
5. All 3 games must be played within the 45 minute time block.
6. **The supervisor will blow the whistle at the end of the 45 minute time block.**
7. The team who is ahead at the sound of the whistle will be declared the winner. Team does not need a 2 point advantage to be the winner.
8. Play must be stopped at the sound of the whistle.
9. In the event a 3rd game cannot be started in the 45 minute time block, a tie will be declared, unless the winner of the 1st game is in the lead by 2 points at the end of the time limit.

TIME OUTS

1. Each time is allowed one thirty second time out per game.

SERVING

1. A coin toss will be done between the two opposing captains. The winner has the choice of: serving the 1st game or choosing which court to start on. At the beginning of the 2nd game, the roles are reversed. The coin toss will be done at the beginning of the 3rd game with the winner getting the same options as above.
2. Serves may be underhand, overhand or participants may attempt to jump serve.
3. Blocking the serve is illegal.
4. Serves that hit the net and go over are playable.
5. If the ball hits the ceiling on the serve, it is a point for the opposing team.

LEGAL & ILLEGAL HITS

1. The ball must be cleanly hit. The following constitutes a legal hit:
 - a. Contacting the ball with the heels of the hand, fists or arms
 - b. A closed fist punching at the ball
 - c. **Contacting the ball with your foot (as a last resort effort)**
2. The following constitutes an illegal hit:
 - a. Held ball
 - b. Successive contacts
 - c. Ball visibly comes to rest
 - d. **Contacting the ball with your foot (on purpose, such as kicking a kickball)**

GAME PLAY

1. A ball landing on any part of the boundary line is good. (At the Service Complex, the baseboard and wall are out of bounds).
2. If the ball hits the ceiling, other than the serve, it is playable. If the ball comes down on the opposing side, a point is awarded to the opposing team.
3. A team may hit the ball 3 times before it crosses the net.
4. Touching the net in any way, results in a point for the opposing team.
5. A player may touch the center line as long as they do not cross it.
6. Teams officiate their own games. If there is a disagreement, play the point over again.

SCORE SHEET

1. It is the responsibility of the winning team's captain to record the score. A clip board with the score sheet will be provided.

RULE INFRACTIONS

1. A rule infraction must be declared at the time of the infraction. Protest made after the completion of the game will not be honored. Report infractions to the supervisor.