

# Winfield Recreation Commission

## Adult VOLLEYBALL RULES

**General Rules:** Play will be governed by the latest KSHSAA volleyball rules except when in conflict with local rules as stated below:

1. Teams will play 3 games per match. The second team listed on the schedule is the home team and will serve first in games one and three. The visiting team will serve first in game two.
2. No player may play the ball twice in succession unless two players touch the ball simultaneously, as in passing or blocking.
3. Rally scoring will be used, which means a point will be scored on every play regardless of which team serves. A team wins the game when that team scored 25 points and has a 2-point advantage. The 3<sup>rd</sup> game will be played to 15 points.
4. After the serve, players may take any position on their side of the court. However, backcourt players cannot spike the ball in from of the 10' line.
5. A team must be on the court and ready to play at the designated time. If the team is not ready to play at the designated time, it shall lose the first game. If the team is not ready to play 15 minutes after the scheduled starting time, it shall lose the second game and the match. A team must have 4 members present to avoid a forfeit. Teams must have an equal number or more of women to play.
6. Teams exchange courts at the end of each game.
7. The let serve will be in effect. (when/if a served ball hits the net and goes over, it is playable)
8. When a team becomes eligible to serve, the player's rotation is clockwise.
9. Substitution must be made at the center back position. (After the serve, server will rotate out). Additional players arriving late should be placed in the center back position as well. A substitute may come in at any position when replacing an injured player.
10. Unsupervised children: It is recommended that you do NOT bring your children to the matches. If the need arises and you do, then please make sure they are properly supervised and remain in the bleachers. Delays in games due to unsupervised children could result in a forfeiture of games.

### Time Factors

1. Time between games shall not exceed one minute
2. Games will be limited to 45 minutes per match. If the time expires during the game, the team with a two-point advantage will be declared the winner. If the game is tied at the end of the time limit, the first team to gain a two-point advantage wins.
3. If time elapses while the ball is still in play, the game is not terminated until the ball is dead.

## **Playing the Ball**

1. The ball must be visible hit (not caught or held).
2. Simultaneous contact of the ball by teammates is considered one play and either player involved may participate in the next play.
3. If two opposing players contact the ball simultaneously directly above the net, either may play the ball on the next hit.
4. Any ball striking the wall, backboard, basket rim or net, shall be declared out of bounds (dead ball). Any ball striking the ceiling on the side of Team A and remains on that side can be played assuming that team still has hits left.

## **Player Eligibility**

1. Players must be 16 years of age by August 1<sup>st</sup> of the current year.
2. Anyone that is playing college or high school volleyball during the current school year is ineligible to participate (includes red shirting players).
3. An individual must be on an official team roster to participate. Once a participant has been placed on a team roster, he/she is ineligible to play to any other team in that respective league. Players may not play on teams in both leagues. (i.e., upper league and lower league)
4. Team rosters will be limited to 15 players.

## **Additional rules**

1. Serving order and position on the floor shall be an alternation of male and female.
  2. A women must hit the ball, before it is returned to the opponent's court, if it is hit more than one time.
  3. Teams must have an equal or greater number of women on the court at all times. There can NEVER be a greater number of men than women on the court.
  4. Spiking the ball is ALLOWED.
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1. A PLAYER WHO IS BLEEDING, or has an open wound, or has an excessive amount of blood on his or her uniform, shall be directed to leave the game. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, the uniform must be changed before the athlete may participate.
  2. Concussion Policy: If any player is showing any signs of head trauma or symptoms of concussion, that player must set out the remainder of the game and be checked out and cleared by a medical professional before returning to games or practices. A formal release from a medical professional must be turned into the WRC office before player is allowed to participate. Signs may be but not limited to: Drowsiness, nausea and vomiting, convulsions or seizures, increased confusion, restlessness or agitation, one pupil larger than the other, loss of consciousness, slurred speech, worsening headache or unusual behavior.