

first
friends
SPORTS



ADULT VOLLEYBALL
LEAGUE RULES





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CO-ED INDOOR VOLLEYBALL RULES

GAME DETAILS

1. Net will be at 2.43 meters – 7 feet 11.875 inches
2. Teams are drafted consisting of males and females. No positioning rules regarding gender.
3. Every match will consist of three (3) games rally scoring to 21 points. Must win by 2 points. Cap of 23 points.
4. Every game counts towards overall record.
5. Maximum of 6 players on court, minimum of 3.
6. Teams will establish a rotation at the start of each game and must stay in rotation's order until game end. No substituting allowed to ensure fair playing time for all players.
7. No subs from outside the league or other league players.
8. Teams change sides after each game.
9. Home team can choose to serve first. After the first game, losing team serves.

RULES

1. Team must rotate clockwise on every change of serve.
2. Serve can be overhand, underhand, side arm, or jump.
3. Server can be anywhere behind end line so long as it is between the sidelines.
4. Server may have one re-serve (ball incorrectly tossed and let dropped or caught), second will result in side out.
5. A let serve is good (ball hits the net and drops over). No time outs before re-serve.
6. Team receiving serve cannot attack or block serve. Ball can not be hit above plane of net on serve reception. Serve can be set.
7. Anytime the ball lands on the line it is considered in bounds. Antennas are out of bounds.
8. Any first ball over can hit multiple times; exception: not when setting the ball (finger-tip action).
9. All other rules follow NFHS Official Rules and standards. Officials will not entertain arguing calls. Officials have final say on rules and calls.

FAULTS

1. Any part of the body or clothes touching net – exception: hair
2. Foot or hand entirely across center line
3. Ball coming to rest during contact
4. Contacting ball over net before opponents third hit (if impetus of ball is coming over net then ball can be blocked)
5. Catching a ball that has not contacted an out of bounds object
6. More than three contacts
7. Ball contacting ceiling and landing on opponent's side (ball can be played on your side of the net)
8. Purposely obstructing opponents view of serving (screening)
9. Anytime two hands are apart contacting ball except for first ball over
10. When ball is served, anyone not inside court boundaries
11. Any back-row attacker leaving their feet across the 10 foot attack line and contacting the ball above height of the net
12. Any interference with opponents while they are trying to play the ball

DEVOTIONAL RULES

1. A 10-15 minute team devotional will be held after the conclusion of games.
2. Home Team (listed first on schedule) is responsible for leading the devotional
3. Players who do not attend the devotional shall sit the first game the following week. This will be enforced by the coach.

PLAYOFF RULES

Playoff Format

1. All teams are eligible for the end of the year playoff.
2. A single elimination bracket will be created by the regular season records.
 - Ties will be broken by head to head results. Additional ties will be determined by point differential.

Playoff Games

1. All matches will be a best of 3 games (if team wins opening two games the third game will be conceded).
2. Game scoring will be rally scoring to 21. Must win by 2. No cap.
3. Lower seed can choose to serve first. After first game, loser of previous game serves first.
4. All other rules and faults from season will be upheld in playoffs.
5. League director has the authority to change format in any season.



WOMEN'S INDOOR VOLLEYBALL RULES

GENERAL LEAGUE DETAILS

1. This is an adult recreational 6 on 6 women's indoor volleyball league.
2. Captains are responsible for full control of their team members and fans.
3. All participants must be 18 years of age or older.
 - Underage players will be considered as long as a parent or guardian is on the same team and has signed the roster/waiver form for their child. This will require permission from the league coordinator.*
4. Players must wear athletic shoes.
5. It is recommended that you do not wear any type of jewelry.
6. Player eligibility will be checked on their team's roster as well as completion of signing their waiver
7. If a team needs to forfeit a game, they must inform the league director via text or email as soon as possible.
8. Roster players are only permitted to play on one team in the league, subs may play on multiple teams, but must check in with the league director before the start of play.
9. Subs that participate for a week during the season will be eligible for playoffs only if they have previously signed in the league director.

GAME DETAILS

1. Matches will be 3 games to 21. Must win by 2, no cap.
2. Rally scoring will be used for all games.

3. Home team will be the first team listed on the schedule each night. The home team gets to decide if their team wants to serve first OR can choose which side of the court they want to start on for the first set and third set of the game.
4. Games will be played with 6 players on the court.
5. Teams may start and finish a game with a minimum of 3 players on the court.
6. Each team is given a 10-minute grace period until a forfeit will be called.
7. There shall be a 3-minute rest period between games.
8. Each team is allowed a 1-minute timeout per game. Timeouts do not carry over to other games if not used.

RULES

1. A ball which comes in contact with the ceiling, lights, or any other obstruction above the court and comes down on the hitting team's side is in play. If the ball crosses the net after contact with any of these it is a side out.
2. If the ball makes contact with any side walls the ball will be considered out of play and the point will go to the other team.
3. The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is to the back wall or net divider.
4. The serve may not be blocked or spiked.
5. Serves that hit the net and go over are legal.
6. A defensive block does not count as one of the allowable contacts.
7. A player may reach over the net to block a ball if: any portion of the ball breaks the plane of the net; after the offense has come in contact with the ball on the third attempt.
8. Hitters may follow through over the net after legal contact as long as they do not make contact with the net.
9. Back row players cannot spike or run up to block at the net. If a back row player wishes to spike (direct a ball into opponent's court that is above the height of the net) a ball at the net, they must first jump from behind the 10-foot line.
10. No part of the body may touch the net at any time during game play.
11. The ball must be hit, not caught or thrown.
12. A one-handed underhand hit must be made with a closed fist or the heel of the hand. If two hands are used, the hands must be interlocked as one unit.
13. A ball rolling up the arm is considered a held ball.
14. The team is entitled to a maximum of three hits (in addition to blocking) for returning the ball. If more are used, the team commits the fault of "four hits". The hits of the team include not only intentional hits, but also unintentional hits.
15. A player may not hit the ball two times consecutively.
16. The ball may touch any part of the body.
17. A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and thumbs of hands. Improper handling of the ball includes not hitting the ball simultaneously with both hands, contacting the ball with the palms in a slapping action or catching the ball.
18. Your team may continually rotate each team member into the game. Your team must follow the standard clockwise rotation. If you have more than 6 players present those that are off the court must remain in the same order sequence. There should never be a team member that is skipped over once they have first decided to play during that specific set. Unless there was an injury to someone on the court - lineups may then be altered slightly if needed.

DEVOTIONAL RULES

1. A 10-15 minute team devotional will be held after the conclusion of games.
2. Home Team (listed first on schedule) is responsible for leading the devotional
3. Players who do not attend the devotional shall sit the first game the following week. This will be enforced by the coach.



CO-ED SAND VOLLEYBALL RULES

GAME DETAILS

1. Net will be at 2.43 meters – 7 feet 11.875 inches
2. Teams are drafted consisting of males and females. No positioning rules regarding gender.
3. Every match will consist of three (3) games rally scoring to 25 points. Must win by 2 points. Cap of 27 points.
4. Every game counts towards overall record.
5. Maximum of 6 players on court, minimum of 3.
6. Teams will establish a rotation at the start of each game and must stay in rotation's order until game end. No substituting allowed to ensure fair playing time for all players.
7. No subs from outside the league or other league players.
8. Teams change sides after each game.
9. Home team can choose to serve first. After the first game, losing team serves.

RULES

1. Team must rotate clockwise on every change of serve.
2. Serve can be overhand, underhand, side arm, or jump.
3. Server can be anywhere behind end line so long as it is between the sidelines.
4. Server may have one re-serve (ball incorrectly tossed and let dropped or caught), second will result in side out.
5. A let serve is good (ball hits the net and drops over). No time outs before re-serve.
6. Team receiving serve cannot attack or block serve. Ball can not be hit above plane of net on serve reception. Serve can be set.
7. Anytime the ball lands on the line it is considered in bounds. Net posts are out of bounds.
8. A person from back row can come to front row for blocking only.
9. Any first ball over can hit multiple times; exception: not when setting the ball (finger-tip action).
10. All other rules follow NFHS Official Rules and standards. Officials will not entertain arguing calls. Officials have final say on rules and calls.

FAULTS

1. Any part of body or clothes touching net (exception - hair)
2. Body can cross center line, but if interferes with opponent then it is considered a fault
3. Ball coming to rest during contact
4. Contacting ball over net before opponents third hit (if impetus of ball is coming over net then ball can be blocked)
5. Catching a ball that has not contacted out-of-bounds object
6. More than three contacts (block does not count)
7. Purposely obstructing opponents view of serve
8. Any two handed spike
9. Any time two hands are apart contacting ball when bumping
10. A player starting out of bounds during a serve
11. Any back row attacker leaving their feet 10 foot from the net (judgment call) and contacting ball above height of net
12. Any interference with opponents while they are making an attempt to play the ball

DEVOTIONAL RULES

1. A 10-15 minute team devotional will be held after the conclusion of games.
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PLAYOFF RULES

Playoff Format

1. All teams are eligible for the end of the year playoff.
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Playoff Games

1. All matches will be a best of 3 games (if team wins opening two games the third game will be conceded).
2. Game scoring will be rally scoring to 25. Must win by 2. No cap.
3. Lower seed can choose to serve first. After first game, loser of previous game serves first.
4. All other rules and faults from season will be upheld in playoffs.
5. League director has the authority to change format in any season.



WEATHER ISSUES / CANCELLATIONS

CANCELLATIONS

1. All games are cancelled by the Director of Sports, Assistant Director of Sports or Facilities Director at First Friends Church.
2. Check website first – www.firstfriendssports.com
3. Coaches will be notified by the League Director → Players will be notified by coaches
4. Games may be cancelled due to weather or any other situation deemed necessary by the church.
5. In the event of a cancellation, make up games and refunds are not guaranteed.