

# ADULT VOLLEYBALL

## I. MANAGEMENT

- A. Sponsored by the Kearney Park & Recreation Dept. (Recreation Division), 2005 1<sup>st</sup> Avenue, Kearney, NE 68845, 237- 4644.
- B. League Coordinators:  
Andrew Winscot, Recreation Coordinator, w233-5320, c440-1088  
Jade Brown, Recreation Superintendent, w233-3229, c440-7783  
Kiane Uldrich, Recreation Coordinator, w233-5032, c340-7051  
Shane Basford, Recreation Leader, w708-9111, c970-233-3610

## II. SEASON FORMAT

- A. The league will follow at minimum, a round robin format, with possible interdivisional play. Teams will play the number of games as promoted on the registration flier. A post-season tournament will be held for the Winter and Summer Leagues.

## III. ELIGIBILITY

- A. Teams must have at least six players on their roster.
- B. Participants may only play on one women's and one coed team per season.
- C. All players must sign the team roster/waiver prior to playing. Players may be added to the roster anytime throughout the season. If a post-season tournament is conducted, players must be on the roster prior to the last scheduled match in order to be eligible for the tournament.
- D. Transferring from one team to another is prohibited once the season has begun.
- E. Participants must be at least 16 years of age at the beginning of the season.
- F. Full-time or part-time college students and high school students are eligible provided they are not participating in the same sport at the varsity level and in season. "B Comp." & "B Rec." league champions, with winning a % of at least .850, are required to register for the next league up their next season of play, provided their team is made up of 50% or more of the championship team. Summer league is excluded. Coed teams with a win percentage of .800 or higher will be required to play in the next higher division for the next season.
- G. Two-way ties in the final standings will be decided according to which team won their meeting(s) in league play. Three-way ties will first be decided if one of the three teams defeated the other two, or secondly by winning margin against tied teams.

## IV. PROTESTS

- A. Protests may only be made if an ineligible player participates. An ineligible player is someone who doesn't meet the requirements in Section III Eligibility. The protest must be made by the end of the first set in which the ineligible player participates.
- B. The protest must be brought to the attention of Kearney Park and Recreation staff by the captain of the team submitting the protest.

## V. UNIFORMS

- A. Teams are not required to have uniforms. For safety reasons, jewelry and hats may not be worn. Elastic headbands or bandanas are acceptable provided they stay on the head throughout the match.

## VI. GENERAL PLAYING RULES

### A. NUMBER OF PLAYERS

1. Each team shall field 6 players. A team may play with as few as 4 players. In the event a team can only field 3 players or less, at the scheduled game time, a forfeit for the 1<sup>st</sup> set will be called. Teams will have 10 minutes from the starting time before the 2<sup>nd</sup> & 3<sup>rd</sup> sets are declared a forfeit.
2. A double forfeit will be called if neither team has enough players.
3. When a player arrives late, they must sign in on the score sheet. If that player fills an open playing spot, they may come into the game immediately, but only in the open position. In co-ed, this must be made at the appropriate rotation with regard to alternating between men and women.
4. During co-ed play, a team must have at least 2 women and 2 men playing. Teams may play with 3 women and 2 men or 3 men and 2 women. At no time may a team play with more than 3 or less than 2 of either sex. (Examples: *Cannot play with ratios of 3/1, 4/1, 5/1, or 4/2*)

### B. POSITIONING & ROTATION

1. Each player must be in his/ her own position before the ball is served. After the server strikes the ball, each player may cover any section of his/ her own court.
2. If a team is playing with less than six players, then the "open" position(s) must remain open while rotating on the floor. In coed the spot will maintain the gender of the missing person.

3. In co-ed, positions must alternate between women and men, unless a team has 3 of one sex and 2 of another. To start the game, front and back row positions must be established based on the open position.

### C. SUBSTITUTION RULE

1. Substitutions may only be made in the center-back position when a team receives the serve on a side-out. If an injury occurs, substitutions can be made in other positions.
2. A Libero may not be used.

### D. SCORING, TIMEOUTS & TIME LIMIT

1. Rally scoring will be utilized for all divisions. Sets 1 and 2 will be played to 25 with a 30 point cap and set 3 will be played to 15 with a 20 point cap.
2. A match will consist of three sets. Each set will count towards your win-loss record.
3. Two time-outs per set. However, no time-outs allowed in the 3<sup>rd</sup> set.

### E. REPLAYS

1. If a ball from an adjacent court enters the playing area, and in the official's judgment, interferes with play, a replay will be called by the official. Players should continue play until a whistle is blown to rule the ball dead.

### F. SERVE

1. The ball shall be contacted within eight seconds after the official's signal to serve.
2. The server may serve at any point along the back line. ("please note, a serve hitting the same side back board, net, rim or its extensions will be ruled out.)
3. The server may not step on or beyond the end line.
4. When the receiving team has gained the right to serve ( after the first serve of the game, and all serves thereafter), it's players must rotate one position clockwise (player in the right front position rotates to right back to serve; player in right back rotates to center back, etc.).
5. It is a legal serve if the ball touches the net and goes over inbounds.
6. A side-out will NOT be called if the server catches his or her own tossed ball. The official will call a replay and signal for the serve again.

### G. REACHING BEYOND THE NET & BLOCKING

1. Blocking or attacking the ball on the serve is illegal.
2. A blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit.
3. After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.
4. When a joust occurs, a replay will not be called. The ball will be played on whichever side the ball comes. The team will then have three hits remaining.
5. In order to be considered a blocker, a player close to the net must be reaching higher than the net at the time the contact is made with the ball coming from the opponents. Any contact made when the player is below the height of the net will be considered the first team hit, even if the player has not yet returned to the floor after being higher than the net at some point during the effort.
6. When a player is standing at net, he/she may not redirect the ball in any way with his/her hands through the net.

### H. PLAYING THE BALL

1. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
2. In co-ed play, a man or woman may hit the ball directly back over the net off the serve.
3. In co-ed play, whenever there are multiple hits on a side, a woman must hit the ball at least once.
4. A player may play the ball between courts 2 & 3 provided the player's momentum does not carry him/ her into the next court while in the act of playing the ball or there-after. (This includes the extension of the courts)
5. In co-ed play when only one male player is in the front line at service, one player may move forward of the attack line for the purpose of blocking after the serve.
  - a) A back line player who is inside the attack zone, or its assumed extension, may play the ball directly into the opposite court if, at the moment of contact, the ball is not completely above the level of the top of the net.
  - b) If a back line player jumps from the floor clearly behind the attack line, or its assumed extension, that ball may be spiked into the opponent's area, regardless of where the player lands after hitting the ball.

- In women's league, players may not move on or in front of the attack line for the purpose of blocking.

#### I. OTHER FAULTS

- A double contact is when a player illegally contacts the ball twice in succession unless the contact is off a block, a simultaneous hit off a teammate or opponent, or unintentionally off a hard driven ball.
- Incidental contact with the net is not a fault unless it interferes with the play. Incidental contact with the net would generally be considered as touching the net away from the play of the ball. When the ball is driven into the net, causing it to touch an opponent, no fault is committed.
- A player may penetrate into the opponent's court provided the player:
  - Is not in the act of making a play at the ball
  - Does not interfere with the opponent
  - Does not cross the centerline a significant distance (must be within 6" of the center line) in the official's judgment.
- A "lift" will be called by the official if the ball comes to rest, held or thrown when attempting to hit the ball.
- Screening the server with distracting movements or deliberately altering the positioning of the defense after the official has signaled for the serve.
- The ball may touch any part of the body. Kicking the ball is legal, intentionally or unintentionally. The ball may touch multiple parts of the body, provided that the contacts take place simultaneously.

#### J. OBSTRUCTIONS

- Bleacher, curtains, walls, wrestling mat wall rack, and adjacent courts are considered out-of-bounds.
- If the ball hits the ceiling it will be ruled playable providing the ball comes back down on the same side of the net without crossing the plain and that the team has a hit remaining.
- If the ball hits a basketball backboard, net, rim, or it's extensions on the offensive side and is still playable in the official's judgment, a "replay" is called. If the ball is not playable in the officials' judgment, the call will be out. At no time will the ball ever be played off of the backboard or extensions. A serve hitting the same side backboard or its extensions will be ruled out.

**USA Volleyball rules apply in all other situations aside from rules stated for the league.**

#### VII. SPORTSMANSHIP

- A high level of sportsmanship is the standard for KPR leagues.
- The **TEAM CAPTAIN** is responsible for the conduct of his/her team and is the spokesperson for the team.
- Players or spectators using abusive language, swearing or in general being unsportsmanlike shall be issued a verbal warning. A second action by any member of the team will result in another verbal warning, a point deduction, in addition to removal of that player from the match and gym. A third action will result in a forfeit of the match and the next scheduled match.
- Physical violence by a player will result in removal from the league and suspension.
- Alcohol is not allowed on school grounds. Players who break this rule will be suspended for the entire season. Players under the influence of alcohol will be asked to leave the premises.

#### VIII. COURTESY

- If you bring kids to the gym, please make sure they are not in a place where they could get hurt. You are responsible for the behavior of your child. Young children should be supervised.
- Please bring a separate pair of non-marking athletic shoes to play in so dirt is not brought in from the outside to the playing floor.
- Please hold volleyballs while other games are in progress.
- Please pick up your trash prior to leaving.

#### IX. SAFETY

- To help avoid injury, players are encouraged to adequately warm-up their body and stretch prior to playing.
- Players may not wear jewelry. Non-marking athletic shoes are required.
- First aid is available at the gym. Please inform a supervisor or official if you need assistance.

**In case of bad weather, please call 4-INFO at 234-4636, ext. 4113, 2-3 hours prior to playing to hear cancellation or postponement information.**

The decision to cancel is based on the road / safety conditions within the Kearney City limits.



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**PLAY HARD. HAVE FUN!**

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# VOLLEYBALL

## League Rules & Regulations

CITY OF KEARNEY  
PARK & RECREATION

[www.kearneyrec.org](http://www.kearneyrec.org)

Schedules, standings and league registration information.