



ADULT VOLLEYBALL LEAGUE RULES & GUIDELINES

GENERAL INFORMATION:

1. **Age Limit:** Players must be 18-years-old or older to play in league
2. **Roster Structure:**
 - a. Women's Leagues: 6 vs. 6
 - b. Coed Leagues: 6 vs. 6
 - i. Teams must have an equal number of women on the court as men OR more women than men
 - ii. You cannot play with more men than women. Example: If you only have two women show up for a certain week, you must play with only 4 players (2 men, 2 women)
 - iii. Teams are allowed to play with less than six (6) people on the court as long as the women-men ratio follows the "Men-Women Ratio" requirements
3. **Regular Season Structure:**
 - a. 12-week regular season split into two separate 6-week seasons
 - b. Teams that win the first 6-week portion of the regular season will get a team gift card to a local restaurant
 - c. After the first 6 weeks, W-L records will reset + new competition levels will be assigned for the second 6-week portion of the regular season
 - d. Teams that win the second 6-week portion of the regular season will get championship t-shirts
4. **Tournament Structure:**
 - a. A pool play tournament is played at the completion of the regular season
 - b. Teams that win the tournament will get championship t-shirts
 - c. The league director has the right to move as many teams up or down for tournaments as deemed necessary in order to create the most competitively balanced and fun tournament possible
5. **Competition Levels:** We typically have four competition levels (A, B, C, D). During registration, please indicate what level fits your team best. Your request, along with a review of previous season results (if applicable), will be used to determine your competition level placement
6. **Team Managers Expectations:** All teams must have a manager who is responsible for the behavior of its team members/spectators, communicating league rules to team members, submitting the team fee, submitting a roster, and responding promptly to Rec staff. Communication with the Rec office must be handled through team manager only
7. **Ejections:**
 - a. Ejections: Players, spectators and/or coaches can be ejected by a site supervisor or league director. If ejected, they must leave Zeeland Public Schools property immediately. Additionally, that individual will be suspended for at least the next playable match (possibly more, depending on the severity of the offense)
 - b. Physical Contact: Any player, coach or spectator who makes physical contact with and/or throws/kicks an object at a site supervisor, opponent, spectator, or teammate will be suspended from all Zeeland Rec activities for a minimum of three (3) matches and a maximum of a permanent ban (decisions are made on a case-case basis by the League Director)
 - c. Suspension Protocol: During a suspension, suspended players may not be on-site at the game facility
 - d. Appeals: All suspensions are subject to a written appeal by the team manager within 24 hours of the suspension
8. **Spectator Guidelines:**
 - a. Although limited seating is provided, spectators are welcome to attend games to sit on the floor or bleachers
 - b. All spectators must remain in the gym at all times (not allowed to walk through hallways, etc.)
9. **League Standings (Sets vs. Matches):** League standings are determined by your overall SETS record (rather than match record). *Example: Win one set and lose two sets = 1-2 record that week*



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10. Regular Season & Tournament Champions Tie-Breakers:

- a. Two Team Ties: If there are two teams tied with the same record at the end of a regular season, head-head record will determine champions. If head-head record doesn't determine a champion, co-champs will be named
- b. Three Team Ties (or more): If there are three or more teams tied, head-head record will determine the champion. If one team didn't beat each team they are tied with in the head-head record, then all teams are co-champs
- c. If All Teams Haven't Played the Same Amount of Sets: No team will be withheld a regular season championship due to having played less sets than another team. For example, if one team finishes with a 20-5 record and another team finishes with a 21-5 record, those two teams will be named co-champions (unless the head-head tie-breaker breaks that tie)

11. Roster Guidelines: No team will be allowed to play until their roster is officially submitted to Zeeland Recreation. If a team violates any of the below guidelines, all three sets in that match will be forfeited

- a. There is no limit to how many players you have on your roster
- b. Players must be on your roster in order to play for your team
- c. No players may be on your roster if they are on another roster in your competition level (ex: A, B, C, D)
- d. Roster Additions: You can add players to your roster at any point during the regular season
- e. Tournament Eligibility: In order for a player to play for a team in the tournament, that player must be on your roster and have played in at least **one** regular season match for your team
- f. Roster Protests: Protests may be verbalized to the site supervisor. The site supervisor will then approach the player(s) in question and ask for their first and last name. They will then pass that name onto the league director for verification. If that player is not on that team's roster, that team forfeits all three sets of that match. If that player refuses to give a name or gives a false name, all three sets of that match will be forfeited

12. Keeping Score:

- a. The official game score will be kept by players and/or a spectator on a flip scoreboard next to each court
- b. To avoid confusion, the server should verbalize the score before each serve

13. No Referees: There are not referees for this league

14. Self-Reporting Violations: Officiating games are a group effort. Violations can be called by...

- a. The opposing team making the call
- b. A player or team can self-report a violation on themselves and/or their own team
- c. When a disagreement occurs, replay the point

15. In/Out Calls:

- a. It is the responsibility of the team on the side of the net where the ball lands to make the in or out call
- b. If in doubt, the ball should be called "in" OR that team can defer to the opponent to make the call
- c. When a disagreement occurs, replay the point

16. Score Reporting: Team managers are responsible for reporting their match results to the site supervisor each night after their game. Updated standings will then be emailed to team managers on a weekly basis

17. Game Time Limits: Every effort should be made to complete all three sets within the 60-minute time frame of your game to allow for all games each night to start as close to on time as possible. **Exception: Injury, Emergency, etc.*

18. Conflicts with School Programs: Throughout the season, there may be occasions where matches cannot start on time due to an overlap with ZPS programs (athletics, concerts, parent-teacher conferences, etc.). You will be guaranteed one hour of play, so please be patient and gracious if your match doesn't start on time

19. Net Height: Women's Leagues: 7' 4 1/8" | Co-Ed Leagues: 7' 11 5/8"



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20. **Weather Cancellations:** In the event of inclement weather and/or unforeseeable schedule conflicts, matches may be cancelled. When in doubt, show up to your scheduled game time. If we cancel an event, team managers will receive an email and the information will be posted on our website (www.zeelandrecreation.org) and social media pages (@ZeelandRecreation on Facebook, Instagram and Twitter)
21. **Cancellation Fee & Refunds:** Due to game schedules having to be re-made if a team backs out of the league within two weeks of the season, a \$100 cancellation fee will be charged if a team requests to be removed from the league within two weeks of the start of the season. Once the league schedule begins, no refunds can be provided

VOLLEYBALL RULES:

1. **Serving:**
 - a. The first team listed on schedule serves first in the first and third sets (ex: **3 x 8**)
 - b. The second team listed on the schedule serves first in the second set (Ex: **3 x 8**)
 - c. The server must verbalize the score before serving. Say your own score first and the opponents score second
 - d. Teams must rotate each time their team gets a side-out (**even after the first side-out of the game**)
 - e. Creekside MS: Servers are allowed to step one ft over the service line when serving due to bleacher restrictions
 - f. It is illegal to block a serve
 - g. “Let” serves are legal (the ball can touch the net on the serve)
2. **10-Foot Spike Line:** Any time a player is in the back row, he or she cannot jump in the air to spike the ball in front of the 10-foot line on the court
3. **Matches & Sets:** All leagues play three sets in each match
4. **Rally Scoring:** Three games to 25 pts; point cap is 27
5. **Time Outs:** Two time-outs are allowed per three-set match. Time-outs cannot exceed two minutes each
6. **Number of Players Required to Play:**
 - a. Six (6) players are allowed on the court at one time
 - b. Teams must have at least four (4) players to start a set
 - c. If less than four players are on site at game time, there will be a 5-minute grace period granted to give that team more time to allow teammates to show up. If less than four players are on site after that 5-minute grace period, the opposing team can choose to play or accept the forfeit win
7. **No “Ghost Rule”:**
 - a. Teams are allowed to play with less than six (6) players
 - b. If teams are playing with less than six (6) players, teams do not lose a point or forfeit a serve on those missing serve rotations
 - c. **NEW** - When playing with less than six (6) players, ensure your team still follows proper rotation rules + 10-foot spike line rules
8. **Hitting Rules:**
 - a. Any contact with any body part (including feet) counts as one hit (except for a block or tip at the net)
 - b. Intentional or unintentional use of the feet or any lower body part is legal and allowed
9. **Ceiling and Basketball Hoops Rules:**
 - a. If the ball hits the ceiling or basketball hoop and comes down on the same side, play continues
 - b. If a ball hits the ceiling and then goes over the net, it’s a dead ball and the point is awarded to the opponent



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- c. If a ball hits the ceiling or basketball hoop after crossing the net and before the opposing team touches the ball, it's a dead ball and the point is awarded to the opposing team

ADDITIONAL COED RULES:

1. **Men-Women Ratio:**

- a. Teams must have an equal number of women on the court as men OR more women than men
- b. You cannot play with more men than women. Example: If you only have two women, you must play with only 4 players (2 men, 2 women).
- c. Teams are allowed to play with less than six (6) people on the court as long as the women-men ratio follows the "Men-Women Ratio" requirements

2. **Player Alignment:** Player alignment must be man, woman, man, woman, etc.

3. **Gender Touch Rules:**

- a. The ball must be touched at least once by a female during a three-hit return
- b. In less than a three-hit return, no guidelines are set for what gender(s) contact the ball
- c. Failure to comply with the gender rules rule results in a point and serve for the opposing team