



## Adult Volleyball LEAGUE RULES

1. All matches during league play will consist of (3) sets to (25) points with a winner by at least (2) points, cap at (27). We will be using Rally Point scoring during all league matches and tournaments. One point will be awarded for each set won.
2. Match time is forfeit time. Please arrive at least 10 minutes early for the match. A forfeit for the second set is 5 minutes after regular starting time. Forfeit for all sets is 10 minutes after regular starting time. Four (4) players are required to start a match. In coed, teams may not play with more men than women.
3. Two thirty second time-outs per set.
4. **SERVING-** Players are allowed to serve the ball anywhere across the end line as long as they stay within the sidelines. Only one toss or release of the ball will be permitted to the server on each serve. RULE 15.2 and 17.9.3: The ball may touch the net while crossing it and if it touches the antenna or other external objects it is considered out.
5. Rosters must consist of at least 7 players. All players must be listed on their team's roster and pay their fees to be eligible to play. All roster additions and changes must be made by February 3, 2025. The penalty for illegal players will be forfeiture of all sets played with the illegal player.
6. Subs that are not registered players will be allowed for 2 of the 7 scheduled league games to avoid forfeits. The subs level of play must not be higher than the level of play in the division they are subbing for. All subs must be reported to the Recreation Supervisor prior to playing by emailing Casey @ [cjohs@mandanparks.com](mailto:cjohs@mandanparks.com) no later than 3pm on day of the scheduled game and reported to the official prior to game time.  
Subs will **not** be allowed for the tournament. Players must be registered to play in the tournament.
7. For coed, if the ball is contacted more than once before going over the net, a female must be one of the contacts. Two males cannot each touch the ball and send it back to the opponent's side. A female must make the second or third contact for a legal play of the ball to the opponent's side.
8. A player may run outside the court to play a ball, except to enter another court. The ball will be declared dead.
9. **BLOCKING-** In order to be considered a blocker; a player close to the net must be reaching higher than the net at the time of contact. If contact is made below the net, this will count as the team's first hit, even if the player has not reached the floor.
10. The ball may touch any part of the body. The ball can rebound from any part of the body, including the legs and feet, but **KICKING IS NOT ALLOWED**. Any motion or attempt to kick the ball during play will result in a rally point/side out to the opponent.  
Kicking the ball is **NEVER** allowed after the play is called dead. Anyone who intentionally kicks a ball after the play is called dead will be sanctioned for unsportsmanlike conduct and a rally point/side out will be awarded to the opponent.
11. No dark soled shoes, alcohol or smoking in the building. This is to include the odor of alcohol on someone. Penalty: forfeit the match. **Children should be supervised in the gym area.** If this becomes a problem, the referee may warn the offending team and then call side out or award a point to the opponents. **If you bring children to the gym, they need to be supervised at all time. If they are not, you will be asked to leave the game to supervise your children.**
12. Substitution may be free (a new player in after each rotation at the center back position) or legal (player for player with an unlimited # of substitutions). Teams must choose one style and stay with it throughout the game being played. Players must rotate after switching sides.
13. Late players may enter any position except the serving position as long as the other teammates shift positions on the court without completely rearranging positions of the players.

14. USVBA rules will govern play. League rules will overrule USVBA rules.

15. **DEADLINE FOR ROSTER ADDITIONS IS February 3rd.**

**IF YOU HAVE TO FORFEIT A MATCH, PLEASE EMAIL CASEY at [cjohs@mandanparks.com](mailto:cjohs@mandanparks.com) (or call Mandan Parks at 663-8469) AND CALL THE MANAGER OF YOUR OPPONENT!**

## LEAGUE PLAY – January 6 – March 12

All leagues will follow the USA Volleyball Rules unless otherwise stated.

## SEVERE WEATHER

If severe weather occurs, view the ALERTS on our home page at [www.mandanparks.com](http://www.mandanparks.com). I will try to have a decision made by 4:30pm. *Matches cancelled due to weather will not be made up.*

## STANDINGS & AWARDS

1. League standings will be kept all season. Wins and losses of all three sets will decide the standings each night. If team A wins (1) out of (3) and Team B wins (2) out of (3), then Team A would have a record of 1-3, Team B would be 2-1. The standings will be posted online at [www.mandanparks.com](http://www.mandanparks.com). If there is an error in the standings please call or email Casey ASAP.
2. All managers are required to sign the score sheet after every match. Make sure that the score is correct before signing.
3. If your team cannot make it to your scheduled match, please email Casey at [cjohs@mandanparks.com](mailto:cjohs@mandanparks.com) (or call the Mandan Park District at 663-8469) AND call the manager of your opponent.
4. There will be no make-ups for forfeited or cancelled matches. Teams forfeiting more than (2) matches throughout the season may face expulsion from further league play.
5. **T-shirts will be awarded to the end of the season tournament champions.**

## UNSPORTSMANLIKE CONDUCT

1. No player shall at any time lay a hand upon, shove, strike, threaten, or verbally abuse an official, player, teammate, or spectator. Officials are required to suspend the player immediately from further play and report such players to the Mandan Park District Recreation Supervisor.  
SUSPENSION:           1<sup>st</sup> red card- point for other team and suspended for (1) match.  
                              2<sup>nd</sup> red card- point for other team and suspended for (2) matches.  
                              3<sup>rd</sup> red card- point for other team and suspended for the season.
2. **MANAGERS ARE RESPONSIBLE FOR THE CONDUCT OF PLAYERS AND FANS.**

## OFFICIALS

1. If at any time you have a dispute with an official's call, please allow only the captain to talk to the official. Proper behavior and courtesy toward an official will be enforced.
2. If an official doesn't show up to their scheduled matches, please start your match in order to stay on time. Every effort will be made to find a replacement official. Make sure that you write your scores down on the score sheet after each set in the match.
3. If you know of anybody who may be interested in officiating, have him or her call Casey at the Mandan Park District at 663-8469.