

ADULT VOLLEYBALL

I. MANAGEMENT

- A. Sponsored by the Kearney Park & Recreation Dept. 1930 University Dr.
- B. League Coordinators:
Kiane Davidson, Recreation Superintendent, w233-3229,
Chance Wiarda, Recreation Coordinator, w233-5320,

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.
- B. All weekend games will be played at Horizon Middle School and all weekday games will be played at Kearney SportsPlex.

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.
 - a. Fall Women's B serves as an exception as they are two separate leagues of the same skill-level.
- 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.
- G. "B1", "B2" & "C" fall league regular season champions and winter league tournament champions, with a winning % of at least .850, are required to register for the next league up the following season, provided their team returns 3 or more players from the championship team. Summer league is excluded. Failure to adhere to this rule results in forfeiting award eligibility and maintains the requirement for the following season.
- H. 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 by head-to-head record between tied teams, then by winning margin against tied teams, and finally by the average winning margin in the entire league.

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, hats with bills and claw clips may not be worn. Additionally, KPR staff reserves the right to ask you to remove jewelry if they believe it to be a safety concern. Elastic headbands or bandanas are acceptable provided they stay on the head throughout the match.
- B. KPR reserves the right to not allow any team name or uniform that is discriminatory, inappropriate, or disrespectful.

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 1st set will be called. Teams will have 10 minutes from the starting time before the 2nd & 3rd 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's male players should never outnumber female players by more than 1 and female players may never outnumber male players by more than 3. Reference below for acceptable Coed player lineups:
 - a. Team of 4: 2 Females + 2 Males, 3 Females 1 Male
 - b. Team of 5: 3 Females + 2 Males, 2 Females + 3 Males, 4 Females + 1 Male
 - c. Team of 6: 3 Females + 3 Males, 4 Females + 2 Males

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.
3. In co-ed, positions must alternate between female and male, Even if playing with an uneven ratio, two male players are never permitted in consecutive positions.
4. When the serve is awarded to a team, they shall rotate clockwise one 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 consists of three sets. Each set will count towards your win-loss record.
3. One time out per set, including the third 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 making a non-attacking play on the ball.
3. When a joust occurs, the ball will be played on whichever side the ball comes. The team will then have three hits remaining.
4. 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.
5. 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, whenever there are multiple hits on a side, a woman must hit the ball at least once.
3. A player may play the ball between courts provided the player's momentum does not carry him/ her into the next court while in the act of playing the ball or thereafter. (This includes the extension of the courts)
4. 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.
5. In women's league, players may not move on or in front of the attack line for the purpose of blocking.

I. OTHER FAULTS

1. A double contact is when a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession on the third team hit or on the second team hit and the ball is not next touched by a teammate.
2. Net faults will be called when noticeable contact is made. When the ball is driven into the net, causing it to touch an opponent, no fault is committed.
3. A player may penetrate into the opponent's court provided the player:
 - a) Is not in the act of making a play at the ball
 - b) Does not interfere with the opponent
 - c) Does not cross the centerline a significant distance (must be within 6" of the center line) in the official's judgment.
4. A "lift" will be called by the official if the ball comes to rest, held or thrown when attempting to hit the ball.
5. Screening the server with distracting movements or deliberately altering the positioning of the defense after the official has signaled for the serve.
6. 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

1. Bleachers, curtains, walls, wrestling mats, walking track, and adjacent courts are all considered out-of-bounds.
2. If the ball hits the ceiling or a basketball backboard that is raised to 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.
3. If a basketball backboard is not raised to the ceiling and the ball hits the 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. A high level of sportsmanship is the standard for KPR leagues.
- B. The TEAM CAPTAIN is responsible for the conduct of his/her team and is the spokesperson for the team.
- C. 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.
- D. Physical violence by a player will result in removal from the league and suspension.
- E. 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

- A. 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.
- B. 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.
- C. Please hold volleyballs while other games are in progress.
- D. Please pick up your trash prior to leaving.

IX. SAFETY

- A. To help avoid injury, players are encouraged to adequately warm-up their body and stretch prior to playing.
- B. Players may not wear jewelry. Non-marking athletic shoes are required.
- C. First aid is available at the gym. Please inform a supervisor or official if you need assistance.
- D. KPR equipment and unoccupied courts can only be utilized by participants of the league.



www.kearneyrec.org

Schedules, standings and league registration information.