



## **ADULT COED VOLLEYBALL RULES AND REGULATIONS**

Welcome all coaches, officials, participants, and fans to the Cabot Parks and Recreation's Adult COED Volleyball League. This league is based on good sportsmanship, fun, and exercise for all individuals involved. We hope that you will enjoy your experience in our program, just as we are looking forward to cooperating and communicating with you throughout the season. Our staff would like to take this time to wish you the best of luck this season.

### **PLAYING REGULATIONS**

#### **REGULATION I: ROSTERS**

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1. Players must be at least 18 years old prior to the start of the season.
2. A team must have a minimum of six (6) players and a maximum of ten (10) players on its roster to start the season.
3. All team rosters will be managed by the team captain.
4. The coach must be listed on the roster if he/she intends to play in ANY games.
5. Players may play for only one team per division.
6. Net will be set at seven feet four and one eighth (7/4' 1/8")
6. NO ROSTER CHANGES AFTER 6/19/18.

#### **REGULATION II: ELIGIBILITY OF PLAYERS**

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1. A team captain may request ONLY one (1) eligibility check per game. An official will make a stoppage of time and the request must be made known to the league supervisor/official.
2. Eligibility requests MUST be made prior to the start of the start of the 2nd set of the match.
3. A player is illegal/ineligible if:
  - A: The player does not have a valid ID in possession (on bench),
  - B: The player's name does not appear on the roster,
  - C: The player's signature is not on the waiver prior to game play,
  - D: The player does not meet the age requirements, or
  - E: The player appears on more than one roster in the same division.

#### **PENALTY**

The illegal/ineligible player is automatically ejected from the match and the team using the illegal/ineligible player forfeits the match. A second ejection for the same player during the season may result in a suspension for the remainder of the season. All decisions made by the league supervisor/official in this matter are final.

#### **REGULATION III: PARTICIPANT CONDUCT**

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1. The supervisor and/or official have the authority to forfeit any game, eject players, coaches or fans WITHOUT WARNING from the game for any conduct deemed unbecoming or detrimental to the game.
2. ALL COACHES ARE RESPONSIBLE FOR THE BEHAVIOR OF ANY PLAYERS, ASSISTANTS, OR FANS IN ATTENDANCE.

3. The players' Code of Conduct is strictly enforced and will govern incidents and occurrences.
4. The consumption of alcoholic beverages by any player, coach, spectator, or other person attending the game, match or recreation activity will not be tolerated. Any individual that consumes or appears to have consumed alcohol will be asked to leave immediately. If the individual does not comply with the field supervisor's request to leave, that player's team will automatically forfeit the game and further consequences may be imposed. Alcohol is not allowed within the entire facility, including the adjacent parking lots, sidewalks, streets or alleys.
5. All conduct matters will be presented to the league coordinator for further consideration.

#### **REGULATION IV: LEAGUE STANDINGS and TOURNAMENT FORMAT**

1. Standings will be available at [www.cabotparks.com/adult-sports/](http://www.cabotparks.com/adult-sports/) and will be updated weekly.
2. All teams will be seeded for the tournament, based on their regular season winning percentage. In the event of identical winning percentages, the following tie breaker system will be in effect:
  - A: Forfeits
  - B: Head to Head
  - C: Total Points For
  - D: Total Point Differential
  - E: Coin Flip
  - F: If you know ahead of time that you will not be able to field a team please email [lmendoza@cabotparks.com](mailto:lmendoza@cabotparks.com) 24 hours prior to your scheduled game time.

#### **REGULATION V: FORFEIT TIME**

1. Scheduled start time is game time. If a team is not prepared to play:
  - A: Team will have a five-minute grace period for the start of the first set of the match to reach the player requirements. After the first five minutes have expired the first set of the match will be declared a loss for that team.
  - B: Another five minutes will be granted. Once that second five-minute time period has expired the second set of the match will also be declared a loss for that team.
  - C: Another five minutes will be allowed. Once that third and final five-minute time period has expired the third and final set of that match will be declared a loss for that team.
2. If a team forfeits three times, the team may be dropped from the league.
3. It is the team's responsibility to be at the court before the scheduled start time.

#### **REGULATION VI: SITE SUPERVISOR and SCOREKEEPER**

1. Each team captain must report to the Site Supervisor/Official/Scorekeeper at least ten (10) minutes prior to scheduled game time to report line-up and check-in.
2. The league supervisor/scorekeeper will be responsible for keeping the score of each match.
  - A: Captain's will be responsible for signing the official scorecard at the conclusion of each match.

#### **REGULATION VII: PROTESTS**

1. Official's judgment decisions cannot be protested.
2. All rule protests must be made before the start of the next play.
3. All decisions made by the league supervisor/official are final.

#### **REGULATION VIII: COMMUNICATION/GAME CANCELLATIONS**

1. The Cabot Parks and Recreation Department reserves the right to adjust league format during the season.

A: Unavoidable game cancellations due to facility issues and other factors will be rescheduled by the Recreation Programmer, unless unable due to prior facility conflicts.

B: Make-up games may be played on a night different than that of your league.

C: Captains will be contacted by the Cabot Parks and Recreation in the event of a cancellation.

2. It is the responsibility of each captain to maintain regular communication with the Recreation Programmer for rescheduling of games, tournament brackets, rulings, and standings.

## **PLAYING RULES**

The officials will have final authority on all rules not covered in this document. The Cabot Parks and Recreation reserves the right to alter or modify rules as needed at any time during the season.

### **RULE I: GAME/MATCH**

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1. A regulation match will consist of three (3) individual sets.

A: Each set will be worth one point in the overall standings.

B: The points will be recorded for each set. These points will be used in the event of tied winning percentages.

2. The first two sets of a regular season match will consist of rally scoring to twenty-five (25) points.

3. The third set of a regular season match will consist of rally scoring to eighteen (18) points.

4. A post season tournament match will consist of a best two out of three game match.

A: The first two games of a post season tournament match will consist of rally scoring to twenty-five (25) points with a cap of thirty (30).

B: The third game of a post season tournament match will consist of rally scoring to eighteen (18) points with a cap of twenty-one (21).

5. Teams will flip a coin prior to the first set of each match.

i. The winner of the coin flip shall receive the choice of serve/receive or which side of the court they would prefer play on.

A: The team losing the coin flip will receive the opposite choice.

B: The team not serving to start in set one will serve to start set two.

C: Another coin flip will occur prior to the start of the third set of the match.

D: During the post season tournament the choice will automatically go to the higher seeded team.

6. Teams shall switch sides at the conclusion of the first set.

### **RULE II: PLAYER REQUIREMENTS**

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1. All teams must have a minimum of three (3) players from the roster on the court.

A: Coed teams must still have a minimum of two (2) females to start a match.

i. The third player may be either a man or a woman.

2. For coed matches there may never be more than four male players on the court at one time.

3. The number of female players allowed on the court is unlimited.

A: A minimum of two (2) women need to be on the court at all times.

4. If at any time a team cannot meet these requirements the match will be a declared a forfeit.

### ***RULE III: SUBSTITUTIONS***

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1. There are no regulations on when and where a player can substitute on the court. Free substitution is allowed throughout the entire match. A player may only serve once per six-person rotation.

A: EXCEPTION: A team playing with fewer than six players.

2. Players may either substitute for another player or rotate into at particular spot on the floor.

A: That spot must remain consistent for the duration of the game.

3. All players must be in their legal playing position prior to the ball being served.

4. Teams are required to meet minimum player requirements at all times.

5. All OK until there is an unfair advantage as determined by the Official

### ***RULE IV: GAME PLAY***

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1. The player serving may do so from anywhere behind the end line.

2. The server is a back-row player and CANNOT attack the ball above the horizontal plane of the net from in front of the ten-foot line.

A: If a male or female team is playing with only three (3) players, the server is still considered a back-row player.

3. A player may only serve once in a team's six-person rotation.

A: This means that a minimum of five other players will serve prior to a player serving again for a second time during a game.

i. EXCEPTION: A team playing with fewer than six players.

4. The ball may contact any part of the body as long as it is legally hit. This includes any double contact on the first hit from any time a team is receiving the ball.

5. Players may set a serve.

6. A ball that hits the net and goes over is considered a legal serve and will count as a point if it lands inside the court of play.

7. A ball that hits the ceiling will be considered playable if it comes down in the court of play on that team's side.

A: A ball that hits a side wall of the base of the track inside the gym at Veterans Park Community Center will be considered out of play.

8. Each team will receive a single one (1) minute time out for each game of the match.

A: Timeouts do not carry over from one game to another.

### ***RULE V: CO-ED RULES***

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1. There are no special co-ed rules for purposes of this league.

### ***RULE VI: COMMUNICATION and CONDUCT***

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1. Children must be supervised at all times.

2. Any communication to the officials or league supervisor must be through the team captain or coach only.

A: The captain or coach must identify him/herself to the game official prior to the game starting.

3. Any communication to the officials or league supervisor must be done during a break in the game.

A: DO NOT approach the league supervisor during play to question him/her.