

**CITY OF MESQUITE
PARKS AND RECREATION DEPARTMENT
WOMEN'S ADULT VOLLEYBALL LEAGUE RULES**

Updated 1/23/20

RULE 1. THE GAME, PLAYERS, AND EQUIPMENT

1. A team shall consist of four (4) players. A team may begin a game with as few as three (3) players, however for safety reasons, a team may not play with less than three (3).
2. Players can only play for **one team**
3. All players must have turned eighteen (18) by the start of the program being offered.
4. Team fees and signatures for liability release are required prior to participating.
5. You can have a minimum of four (4) and a maximum of eight (8) on your roster.
6. The height of the net will be 7'4" for women's play.
7. It is mandatory that each player have their driver's license should a team wish to protest a player's eligibility.
8. **Protests** – Only player eligibility can be protested. When a protest occurs during a match, it is required that the player in question produce a source of identification at that time. If the player in question cannot provide a source of identification, that player must sit out for the remainder of the match; the game shall be continued under protest. She will have 24 hours to produce proof of eligibility. If it is proven that the player in question was illegal, the team in question will forfeit the match. Any and all protest made the next business day will not be valid. However, they will be investigated and corrected for future matches.
9. We will **NOT** provide referees for league play. Teams are asked to call their own games fairly and honestly. If a discrepancy arises or a concern is present, a supervisor will be present. If there's a discrepancy, consult these rules and replay the point. NO unsportsmanlike conduct will be accepted.

RULE 2. GAME FORMAT

1. Each match will consist of the best 2 out of 3 games. Rally scoring will be utilized for all matches. The first team scoring twenty-five (25) points (win by 2 or a 30-point cap) will be declared the winner. If a third game of the match is necessary, rally scoring to twenty five (25) points (do not have to win by 2) will determine the winner. Each match will have a time limit of 50 minutes. If a game is tied when the clock runs out, the team who scores the next point will win.
2. **Roster** – Teams will have until the **4th week of the season** to add players. After this time, all rosters will be frozen. The only exception to this rule would be to replace an injured player AND approval by the Department of Athletics.
3. **Game time is forfeit time.** A team must have a minimum number of players to start a game. The **minimum** number of players is three (3).
FORFEIT RULE: Only the first game of the match will be forfeited at game time. The second game will be forfeited fifteen (15) minutes after game time. The third game will be forfeited thirty minutes after said game time.

Example is as follows: If game time is at 7:00 PM

FIRST MATCH	FORFEIT TIME
Game 1	7:00 PM
Game 2	7:15 PM
Game 3	7:30 PM

Teams that forfeit six or more (individual) games, due to the lack of players, will be eliminated from the remainder of the league. A **double forfeit** will occur when neither team has five (5) players.

4. Each team will be permitted one (1) timeouts per game and will last no longer than thirty (30) seconds in length. The clock will stop on timeouts. Timeouts do not carry over from one game to the next
5. Rock, Paper, Scissors winner will determine which team receives the choice of first serve or choice of side of the court for the first game.
6. The top six teams will advance to the tournament.

RULE 3. POSITIONS OF PLAYERS & SUBSTITUTIONS

1. While players must serve in rotation, they can line up in any position or rotation on the court.
2. Players may make a substitution when play is stopped, or the ball is dead.

RULE 4. SERVING & PLAYING THE BALL

1. Serving the ball can be done one handed or any part of one arm in an effort to direct the ball into the opponent's area. The serving area will be any point behind the end line.
2. A team shall continue a serve until a turnover is awarded to the opponent or the game ends.
3. A served ball is a service fault and becomes a dead ball when:
 - a) The ball does not legally cross the net. If the ball touches the net, and then goes over, the serve is good.
 - b) The ball passes under the net.
 - c) The ball touches one of the server's teammate.
 - d) The ball touches the floor on the server's side of the net.
 - e) The ball does not cross the net entirely between the net antennas or lands out of bounds.
 - f) The ball touches the ceiling or any obstruction.
4. It is illegal to block or spike a serve.
5. Each team is limited to a maximum of three (3) hits on its side of the net to get the ball successfully over the net. Lifting or carrying the ball are illegal hits and shall result in a point to the opposing team. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
6. If any part of the ball contacts the boundary lines, it is considered in.
7. The ball cannot be kicked for any reason.
8. If the ball reaches the "dead area" it will be considered out-of-bounds if it:
 - a) Touches any part of the walls
 - b) Strikes the ceiling on the opponents side
 - c) Strikes an overhead obstruction above a playable area of the opponent side

RULE 5. PLAY AT THE NET

1. When returning the ball to the opponent's side of the net, a player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
2. Any players are permitted to complete a block. Blocks do not count as team hits.
3. A ball may touch the net within the side line markers when crossing the net to enter the opponent's playing area.
4. Any players may attack the ball..
5. A ball may be attacked, excluding a served ball, when it has partially crossed the net.
6. There is interference by a player who makes:
 - a) Contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
 - b) Contact with the opponent under the net.
 - c) Contact with the net during play.
7. Open hand tips or "dinks" are not allowed in this league. You must either close your hand up to form a first, knuckle or hit on the backside of your hand. You are not allowed to guide or direct the ball with an open hand. Open handspikes are allowed as long as there is solid contact on the ball.

RULE 6. TEAM CONDUCT

1. The gym staff shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of poor sportsmanship.
2. A player expelled from a game must leave the facility within three (3) minutes or the game will be forfeited to the other team. The player ejected will serve a one game suspension.
3. Players engaged in any physical altercation with a player, coach, fan, or gym supervisor will automatically be ejected for the remainder of the season and may be suspended indefinitely from the program with no refund. Those involved in the baiting, taunting or threatening of an opponent, fan, gym supervisor or official will be ejected from the game and will not be allowed to play in any games until the Athletic Department has made a final ruling. No refund will be given.
4. An adult must supervise any children in the gym. Any children running around the gym or hallways unsupervised will lead to:
 - a) A warning to the team
 - b) If not corrected the match will be forfeited to the opposing team