

Adult Volleyball Rules (Revised 1/30/19)

1. The league will play National Federation of State High School Associations rules, except where amended by these local rules.
2. THE GAME:
 - A. Center-line violations will be called only when interference actually occurs. Actual contact is not necessary for interference to be called.
 - B. Players may contact the ball on their opponents' side of the net only if the ball is traveling forward.
 - C. The ball is dead when it hits any object above the opponent's court, but is in play if it hits any object clearly above the court of the team that last touched it, provided there is a legal hit remaining. If the serve hits the ceiling, it is side out.
 - D. **Substitutions:** can be made at any time for any player. Once a "starter" is replaced by any player, that player or players can only substitute for that spot. One spot can have a "starter" and several subs as long as all the subs return to that spot each time they reenter the game. **In case of injury:** the injured player can be substituted for by any player that is not in the game. **In Coed leagues, if a female is injured, the sub must be a female. If a male is injured, the sub can be either male or female.** Substitutions may be made during any dead ball period.
 - E. Rally scoring, will be to 25 during the first two matches. If necessary, rally scoring will be to 15 in the third match.
 - F. **Net Height:** 7' 11 5/8" for men and 7' 4 1/8" for women. Coed competition is played on a men's height net.
 - G. **Coed Leagues:** A team may not have more male players than female players on the court. If a team uses all three (3) of its hits, at least one hit must be made by a female. A team **may not at any time have 3 male players in a row** and teams do not have to have a full rotation before players are substituted for.
 - H. Defensive players attempting to "block" can only cross the net to the offensive players' side on the **third (3rd) hit.**
3. Rule Change:
 - A. Federation rules allow any hard-driven ball to be legally "double-hit" so long as it does not visibly change direction, and it is not carried. Even open-handed contact, with hands apart (similar to a "block" at the net) is legal, within the aforementioned limitations.
 - B. Let Serve or "Net" Serve will now be used. If a ball hits the net when served, it will be in play so long as it makes it over the net to the receiving team's side of the court. **Defensive players can not "attack" the serve (volleyball has to be below the top of the net to be returned).**
4. Teams must have a minimum of four players present at game time in order to start a match. If less than four (4) players are present, the first game is declared a forfeit. The team shall have fifteen (15) minutes from the scheduled game time to have enough players before the entire match is declared a forfeit. If four (4) players are present at the scheduled game time, the game must start.
5. Players may play for only one team. Players may not play for a team in both the Gold and Silver divisions. A player may change teams only once in the league. A player must sit out two (2) games after the league director is notified of the change, and is ineligible to play for any team in the meantime.
6. **Players are allowed to use their feet to keep the volleyball from contacting the floor**