



ADULT VOLLEYBALL RULES
(Edited Dec. 18, 2023)

I. **Player Eligibility**

- A. Each team shall be allowed twelve players on their roster.
(Co-Ed leagues require a minimum of two women on the court at all times)
- B. The Team Manager is required to have all players sign up to their team roster. Rosters will be done online. Team managers will register team using one team fee. Players will join roster online at no cost. Rosters are due before week one to league manager. No additions or deletions after week one.
- C. A player may only be listed on one team roster.
- D. Players must be 18 years old and out of High School
- E. If a player is deemed in an inappropriate division, the league coordinator reserves the right to move the player accordingly.

II. **Protests**

- F. Any team using a player not on their roster after the freeze date or a player under the age limit shall automatically forfeit that game.
 - Players under 18 years of age or still in High School are not eligible to participate in any of the leagues.
 - If a team uses a player under an assumed name or a currently suspended player, that team shall be dropped from the league and all team players will be suspended from league play for one year.
 - Any coach/team manager who permits an ineligible player to participate in a league game shall be suspended for a minimum of one game.
- G. *Protests as to the use of an ineligible player are the only acceptable form of protest.
 - An ineligibility protest must be brought to the referee's attention at any point during the game.
 - The referee or staff will then verify that the player has shown identification and is on the roster. If player is unable to provide ID the match will be deemed forfeit.
 - Protests may only be accepted before or during the match. Protests will not be accepted after the conclusion of the game or during the following week.
- H. Any team dropped from the league after the schedule has been completed, or due to league violations, shall forfeit their entire registration fee.
- I. Players in all adult leagues must be able to submit a valid government-issued photo ID that provides date of birth (i.e., driver's license, passport, MVA ID, MCRD ID) at each match.
 - **(NEW)** Photo ID's from non-MCR Leagues do not apply.

III. Playing Rules

- A. NFHS/USAV modified rules will govern play.
- B. Co-Ed Leagues require a minimum of two women on the court at all times. If two cannot be met team will play with five players.
- C. A game must start with a minimum of five players; however, you must leave a “hole” which will follow around during rotations. When the “hole” reaches the service position, a “sideout” will be declared and the ball returned to the opposing team.
- D. Players not on the roster cannot sub or replace. If team cannot come up with five players, they will forfeit.
- E. Grace Period - All league games will start at the scheduled starting time. A team is granted 10 minutes for the first match only to come up with the minimum number of players. If team cannot meet the minimum requirement after a 10-minute grace period from the scheduled start time all games will be deemed a forfeit.
- F. Games will be played to 25 and team must win by two. All games will have a cap of 27 points.
- G. Teams receive a point if they win the rally, whether they are serving or not.
- H. Uniforms are not required. Players must wear athletic closed toe shoes.
- I. Balls may be played off items hanging from the ceiling provided the hit that touched the item was made by a member of the same team and provided that the ball remains on your side of the net. The ball may not be hit more than three times on a side in this situation as always. Basketball standards will be a judgment call by the official.
- J. A block is not counted as one of the three hits allowed on a side.
- K. Each team receives one timeout per game. Timeouts are to be no longer than 30 seconds.
- L. The time between games of a match shall be one minute.
- M. A ball hitting the net and going over is legal on the serve.
- N. Players will receive only one opportunity for service (no re-toss). Players have eight seconds from the official’s signal to serve.
- O. Player’s rotate positions in a clockwise direction, i.e., the persons in the right front position will move to the serving spot (right back), the server moves to the center back, and so on...
- P. If a team has served out of order a loss of rally/point will be awarded to the opponent. Players should be put back into the correct position and the game should continue. Points scored by the wrong server will remain.
- Q. Back court players may not move into the front court to attack or block.
- R. You cannot block or attach a serve.
- S. During the first hit of the team (not a block) the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. This includes contacts involving “fingeraction” on the ball. The ball, however, may not be caught and/or thrown. The first hit of the team includes reception: of serve, an attach-hit by the opponent, the deflection of a ball blocked by one’s own team, and of a ball blocked by opponents.
- T. The ball may be played with any part of the body.
- U. Teams may **NOT** use Libero.

- V. A net foul occurs while the ball is in play and a player contacts any part of the net including net cables or net antennas. It is not a net foul when a player's loose hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into a player. When a net foul occurs, loss of rally/point is awarded to the opponent.
- W. A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
- X. Screening: Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or the path of the served ball. Potential screens exist, but are not limited to:
 - 1.) When a player(s) on the serving team waves arms, jumps, moves sideways or stands close to the server, and the ball is served over the player(s)
 - 2.) When a group of two or more players on the serving team stands close together, and the ball is served directly over them.
- Y. **(REMINDER)** If a team forfeits two games in a season, the team may be dropped from the league, and no refund will be issued.
- Z. The Floor Captain is the only player who may address the official and shall be the spokesperson for the team.
- AA. **Decisions of the officials at game time are final and not subject to protest.**

IV. Disciplinary Action

- A. Any player receiving a red card is suspended for a ***minimum*** of one game (the next game played by that team). If a player receives a second suspension in a season, that player is suspended for one year.
- B. Any player receiving a yellow card will leave the playing field for ten minutes. A substitute player is permitted. Two yellow cards in the same game equals one red card and results in ejection.
- C. **(UPDATE)** Any player with a record of multiple suspensions in separate seasons will be subject to progressively stronger suspensions for infractions occurring in the current season.
 - 1. This will be based on the severity of previous or current infractions.
- B. **(REMINDER)** Suspensions roll over from season to season and include playoff games.
 - 1. Example: If a player receives a suspension for three games as a result of cards given in the final game of the season, that suspension is applied to the next scheduled game for that team.
 - 2. Yellow cards do not carry over from one season to the next. Each player starts with a fresh sheet week one.

- D. **(UPDATED)** All team managers are responsible for the behavior of their players and spectators. If any player or spectator runs onto the field of play during a game (except when substituting), the game will be declared over by the referees and declared a forfeiture by Montgomery County Recreation. That spectator will be subject to suspension from the league.
- E. **(NEW)** Any spectator, player, Team Manager or Coach that engages in inappropriate behavior toward the players of the opposing team, referees or staff shall be banned from attending Montgomery County Recreation adult league games.
- F. Any player, manager, coach or spectator who approaches a referee or opposing player in a negative manner after the conclusion of a league game shall be suspended for at least one game.
- G. Any player who makes contact, physically strikes or verbally threatens any official, staff person or player will be suspended from all Montgomery County Recreation sponsored activities for one year from the date of the incident. If the physical altercation involves more than two players from a team, that team shall be suspended from the league for at least one year from the date of the incident.
- H. ******Any Player that receives a red card for violent behavior must pay a minimum fee of \$50 per red card given. This fee must be paid before that player can return from his/her suspension.
- I. **(NEW)** Ejected/Red Carded/Two Yellow Cards in same game, team managers, coaches, player and spectators must leave the facility upon ejection.
 1. Refusal to do so by any ejected player in a timely manner will result in forfeiture of that game.
 2. In addition, refusal to leave will lead to additional suspension time governed by the league director.

- **Red Card Violations**

(a) Any player who receives a red card for ***violent behavior*** will receive a minimum \$50 fine and will be suspended for a minimum of one year.

(b) Any player who receives a second red card for ***violent behavior*** will receive a minimum \$100 fine and will be suspended for a minimum of two years.

Note: The League Manager reserves the right to overturn any yellow or red card issued.

V. **Tie Breakers**

Standings will be based on the criteria below in the following order:

- A. Winning Percentage
- B. Head-to-Head Competition

- C. Head-to-Head Differential
- D. Straight Sets Won (winning all three sets in one night)
- E. Lowest number of forfeits
- F. Coin Toss

VI. **Awards**

- A. Awards shall be as follows:
Division Champion 12 t-shirts

VII. **Rescheduling of Games**

- A. If a game is canceled due to weather the league coordinator will attempt to add the games to the end of the season. If the league coordinator is unable to then teams will be refunded for all missed games.
- B. **Forfeited games will not be rescheduled.** Games will not be rescheduled after schedules have been posted unless there is inclement weather, unexpected field closure or a Montgomery County Recreation mistake was made.