

## East Hills Recreation

### **Adult Volleyball League Rules**

1. A player temporarily hurt during a game may sit out and return when able. Rotation: with only one player rotating into the lineup, that player will rotate into the serving position. Teams with more than one player will rotate into the front left or serving position.
2. Teams may play with four (4) players, but no more than six (6). When a team is playing with a five-player team, the fifth player is considered a front row player. In cases where a team is playing with four players, the server is considered a back row player.
3. Games will start promptly at their scheduled time. A team must start with at least four players. If any players arrive after the game has begun, they may enter the game after the next side out. Teams with less than four players will forfeit their match after a ten minute grace period has expired.
4. Ceiling is in play; however, a ball must be hit back to the opposing without hitting the ceiling. If any ball remains stuck in the duct work or netting in the ceiling, it will result in a replay, except on the third hit-will result in side out or point, whichever is applicable.
5. The backboard and all pipes/wires that support it are out of bounds. Any ball hitting in this area results in a side out. The rim and net are inside the volleyball court playing area; therefore, any ball contacting either the rim or the net will be replayed.
6. A player must play a ball out of bounds to continue play providing the ball does not force that player onto another occupied court- will result in point or side out, whichever is applicable.
7. A legal hit is contact with the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest even momentarily.
8. A player can touch opponent's court with feet or hands, providing some part of extremity is on or above the center line. Net, net support or net cable contact is always a foul. Contacting the ball while in the net on the opponents side is considered a net foul if contact with the ball is intentional to prevent further play.
9. Blocking the serve is illegal.
10. Attacking the serve is illegal if the served ball is contacted while the ball is completely higher than the net and returned over the net.
11. A double hit occurs when a player illegally contacts the ball twice in succession before the ball is returned over the net to the opponent's playing area- multiple contact are legal block and first team contact after a hard driven spike.
12. A double foul occurs when players on opposing teams commit rule infractions at the same instant- serve is replayed.
13. Player positions:
  - a. Back row players may not block the ball- only front row players may block
  - b. Back row players may NOT spike in front of the 10 ft. line **\*\* (Must make contact at or behind 10ft line)\*\*****
  - c. Back row players may switch positions with another back row player after the ball has been served.
  - d. Front row players may switch positions with another front row player after the ball is served.
  - e. All players must return to their original positions for the next serve.
  - f. A back row player may only go into the front row to set a ball, not to spike or block a ball.
14. There must be an equal amount of men and women on the court, or more women than men. A man must be playing at all times to constitute a coed team. (COED LEAGUE ONLY)
15. One of the three hits per side must be made by a woman.
- 16. Within 10ft spiking line, no man may break a wrist forward while in contact with the ball (spiking motion) - this rule will be strictly enforced.**
17. Age: All players must be 18 years of age or older.