

ADULT
VOLLEYBALL
RULEBOOK



SALT LAKE
COUNTY

PARKS & RECREATION

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(Revised 4/2015)

I. Leagues

- A. The league shall be known as the Salt Lake County Recreation Volleyball League. The Salt Lake County Parks and Recreation Division will supervise the league.
- B. Each team must submit a complete team roster including names and addresses of managers and players before taking the court of the first scheduled league game. Maximum team roster will include 10 players. Teams may start with 5 players and a ghost player. Once the 6th player arrives they can sub in for the ghost. A player's name may appear on only one roster during each league.
 1. Before a player is eligible to play, His or her name must be entered onto the roster by the gym supervisor before the player is allowed to play. Managers will then check with the gym supervisor to determine the eligibility of players prior to the start of each game.
 - a. The gym supervisor may ask for identification from any player he or she feels is violating the rule of using someone else's name. If an illegal player is found, he or she will be suspended from further play in the Salt Lake County Recreation Division Leagues for one year.
 - b. No player under the age of 16 shall play in an adult league. A legal parent or guardian must sign a waiver for players that are 16 and 17.

II. Rules and Guidelines

- A. All games will be supervised by Salt Lake County Recreation and governed by the USA Volleyball Official rules.
 1. Net height (measured from center of court):
 - a. Men/Boys – 7 feet, 11 5/8 inches or 2.43 meters.
 - b. Women/Girls – 7 feet, 4 1/8 inches or 2.24 meters.
 2. A match will be two games to 25 points (must win by two points; a cap of 27 points will be enforced). Game and match win/loss records will be logged and kept.
 3. Two time outs per game are allowed, not to exceed 30 seconds.

4. Forfeits: A Ten-minute grace period will be allowed for the first match of the evening to allow a team to field five eligible players. If a team fails to do so, then the first game will be declared a forfeit. The team then has 5 minutes to field five eligible players to start the second game. If a team fails to do so, the second game is declared a forfeit. If a team forfeits two consecutive weeks, that team may be dropped from the program. There will be NO REFUNDS for forfeits.
5. Teams will be allowed to play with 5 players. A side-out is taken when the ghost player would come up to serve.
6. In a 5 (or more) match per night league, games will start early whenever possible. A grace period will only be allowed during the first match of the evening. No grace period will be allowed during the following matches of the evening. Teams will be allowed 5 minutes shared warm-up / net time only if it is the team's first game of the night.
7. In a 4 game per night league; Teams are allowed net time up until their scheduled match start time to warm up.
8. Late Players: a single player who shows up late receives no warm up time.
9. Splits: Teams who have to wait a match between their matches should be granted a 2 minute warm-up.
10. Ceiling clearance ruling: If an overhead object is less than 23' above the floor then a replay shall be called. Anything hit 23' or more is playable on their own side of the court.
11. All leagues will play straight through the schedule, with the team having the best overall win / loss record being the league winner or seeded first in a final tournament. If there is a tie for first place, the tie breaker rule will determine league winners and / or seeding if a tournament is scheduled.
 - a. Tie Breaker Rule
 - Two- team tie: Common game/match decides winner (head to head)

 - Three or more team tie: Total points earned in the entire

league divided by the total points scored against = playing percentage. The team with the highest playing percentage will take first. The last two will have a one game play off to 25 points if it means being eliminated from prizes or “gold division”

- B. When individual awards are given, each team will receive awards for each person on the team, not to exceed 10 awards.
- C. Protests must be filed in writing to the League administration by 5:00 p.m. the following workday with a \$20 protest fee. Any protest after the game will not be allowed. You cannot protest a judgment call.
 - 1. If the protest is upheld, the fee will be returned. If not, the fee is non-refundable. Protest forms are available from your gym supervisor. A formal protest must contain the following information:
 - a. The date, time and place of game
 - b. The names of the official
 - c. The rule and section of the official rules or local rules under which the protest is being made.
 - d. Explanation of all essential facts involved in the matter protested.
 - e. Who was serving and on what side.
 - f. With players names and positions
 - g. Score right before protest
 - 2. The captain must indicate disagreement with the explanation and reserve the right to submit an official protest about the incident prior to the next service after the disputed play. The first referee must honor this request. If the disagreement with the referee’s explanation involves the last point of the game, the official protest must be recorded within the first 60 seconds of the timed interval between games. If the final point of the match is disputed, the protest must be recorded before the referees leave the playing area.
 - 3. Protests considered by the first referee:
 - a. Misinterpretation of a playing rule
 - b. Failure of the first referee to apply the correct rule to a given situation
 - c. Failure to charge the correct penalty/sanction for a given

fault.

- d. The Salt Lake Recreation Division reserves the right to disqualify, suspend, or remove any manager, coach, player, spectator, or team that conducts themselves in an unsportsmanlike manner before, during, or after a game which could reflect or discredit the program. It is the responsibility of each player to know and abide by the rules set forth by the UOVA/ USA.

- D. The Salt Lake Recreation Division reserves the right to disqualify, suspend, or remove any manager, coach, player, spectator, or team that conducts themselves in an unsportsmanlike manner before, during, or after a game which could reflect or discredit the program. It is the responsibility of each player to know and abide by the rules set forth by the UOVA/ USA.

- I. Player Behavior

- a. Players may not question the officials JUDGEMENT calls.
- b. Players must not make derogatory remarks about or to, opponents or spectators.
- c. Players must refrain from the use of profanity.
- d. Players must not commit acts with the intention of influencing referee's decisions.
- e. Players must refrain from intentionally trying to distract an opponent who is playing or about to play the ball (i.e. shouting, clapping, etc.)
- f. Players should not take any action tending to influence the referee's judgment concerning ball handling.
- g. Players may not commit any act, which, in the opinion of the referee, delays the game unnecessarily.
- h. Players must refrain from kicking or hitting the ball out of the area of play.
- i. Players must not intentionally damage playing equipment.
- j. Physical assault or intimidation of officials, opponents, staff or spectators by players is prohibited.

2. A player is responsible to refrain from misconduct from the time he or she arrives at the playing site until the time he or she has left such premises.

3. Sanctions: Warning, penalty, expulsion, disqualification, possible expulsion from all SL County leagues for up to 1 year and/ or fines imposed on a player for misconduct.

- a. **Warning:** A player will be given a warning by the referee for minor acts of misconduct on the court. This warning can be a shake of the finger or a verbal warning.
- b. **Penalty:** For distinctly unsportsmanlike behavior, or a second minor offense on or off the court, the referee may issue a penalty.

Yellow Card: If your team is penalized with a yellow card it will cost your team a point and possession.

Red Card: Expulsion. If a person from your team is penalized with a red card, that person is out of the remainder of that game/set and your team will lose point and possession. You must have 5 eligible players to continue that match.

Red and Yellow Card: If a person from your team is penalized with a red and yellow card that person is out of the gym for the rest of the night and no point or possession is assessed. You must have 5 eligible players to continue the match or your team will forfeit. This player is also subject to monetary fines and suspension to play in SL County leagues for a particular amount of time determined by Salt Lake County Managers.

- c. **Expulsion/Disqualification:** Any attempted or actual physical aggression towards an official, opponent, staff or spectator will result in the disqualification of the player from the remainder of the match, season and / or tournament.
4. **Misconduct before the Game:** Misconduct directly before the game (warm ups) or between games will result in sanctions being imposed in the game following such misconduct.
 5. **Misconduct by Coach/Trainer:** If misconduct occurs during a game the team will be penalized in accordance with normal procedure.
 - a. In circumstances that are flagrant or particularly injurious to the success of play, the site supervisor may order the coach/trainer to be removed from the site of the match or the premises of the site. If the coach/ trainer fail to comply with such an order, the site supervisor may declare an immediate default of the coach/ trainer's team.

6. Penalty: Any individual or team committing any flagrant offenses, such as those listed above, shall be suspended immediately from the sport where the offenses were committed for one year from the date of the offense.
 7. Any individual or teams committing any of the above enumerated offenses in two or more sports within any 12 month period of a time, shall be suspended from participating in all programs of the Salt Lake County Recreation Division, including all tournaments for no less than 12 months, readmitted only upon approval by the administration after written petition by said individual or team.
 8. Recommended suspension shall be a written notice by referee or scorekeeper to the administration of the league.
 9. Any player recommended for suspension shall have the right to a hearing before the Salt Lake County Recreation administration.
 10. Aggravation is not a defense to any suspension or removal, and all players are presumed to have notice of this rule.
 11. The scorekeeper or site supervisor shall have the power to suspend for the remainder of the season including tournaments, any person playing under an assumed name. All games that said person(s) participated in will be declared forfeits.
- E. Alcoholic beverages and smoking are prohibited in any facility as stipulated by county and state laws. Any person not abiding by this rule will be immediately ejected from the facility, and suspended from further play.

III. Coed Play

- A. The height of the net shall be 7 feet, 11 5/8 inches or 2.43 meters.
- B. A coed team will consist of three males and three females.
- C. If a team only has 5 players, they may play with any 3:2 ration (i.e. 3 males and 2 females or 3 females and 2 males). There may be no more than 3 men on the court at one time.
- D. The USA Volleyball official rules will govern play for females and males on the same team with the following exceptions.
 - 1. If a team contacts the ball more than one time during offensive action, one of the contacts must be by a female player, but there is no restriction that prevents all three team hits being made by female players. Contact of the ball during blocking action does not count as one of the three hits. Therefore, after a block, a male player may play the ball back over the net since such contact would be considered to be the first team hit. If the ball is hit one or more times AND GOES OVER THE NET...then it needs to be touched by a woman.
 - a. A ball contacted more than once by a team, without a female player having contacted it remains alive until it fully crosses the plane of the net or is contacted by an opponent.
 - b. If the ball (other than a spiked ball) is contacted more than one time by a team and is directed over the net without being contacted by a female player, the hit does not become an illegal hit unless the ball passes fully beyond the vertical plane of the net (or is legally blocked).
 - 2. When there are two females and one male player in the front line at the time of service, one male back-line player may be forward of the attack line for the purpose of participating in blocking action.
 - 3. When there is one male back-line player participating in a block, the other male back-line player shall remain behind the attack line until the ball has been contacted by the blockers or has been hit in such a manner that no block is possible.
 - 4. The serving order and positions on the court at service shall be an alternation of male and female, or vice-versa.

1. Reverse Coed: The height of the net will be 7'4 1/8". The male player may attack the ball from above the height of the net only if the effort is begun from behind the 10' attack line.

IV. Tournament Rules

- A. The tournament shall be known as the Salt Lake County Recreation Volleyball Tournament. It shall be supervised by the Salt Lake County Recreation Division.
- B. All volleyball league rules will apply for tournaments with the exception of the following:
 - I. A player's name may appear on only one roster during the tournament. Rosters are frozen one week prior to the start of the tournament; no players may be added to the roster during the tournament. Maximum team roster will include 10 active players.
- C. In the event a pool system is used, the following format will be utilized. A round robin will be played within each pool. Each pool winner and a predetermined number of second place teams will then advance to a single elimination bracket to determine the champions.
 - I. The team with the best win/loss record, after play is completed, shall be the first seed. The team with the second best win/loss record shall be the second seed team.

Example:

Team A	3 wins	0 losses
Team B	2 wins	1 loss
Team C	1 win	2 losses
Team D	0 wins	3 losses
 2. In any situation where two teams are tied, first place will be decided by determining head to head first and then by playing percentage spread. The teams playing percentage will be found by adding up the teams points that were earned and then dividing that into the total amount of points scored against them throughout the whole pool play.

- a. If a tie still results, the total point differential against team you are tied with will determine your team's place. If a tie still exists, the total points scored against all teams in your pool will determine your team's place.

V. Doubles Volleyball Rules

- A. Substitution: There shall be only two players per team, with no substitutions. In league only, substitutes may occur for an entire night for a person so a forfeit will not occur.
- B. Interruptions and Delays
 1. Time Outs
 - a. Each team may take a maximum of one regular time out of 30 seconds duration and unlimited sand time-outs of 20 seconds duration each during a game (as long as sand time outs are not used as a delay tactic).
 - b. No more than two time outs, regular and/ or sand, may be taken consecutively.
 - c. There are no additional time outs given when the game is tied.
 2. Abnormal Interruption of Play
 - a. The referee will stop play when a foreign object enters the court. Including a ball from another court. In all such cases, the referee will direct a replay.
 - b. If a player is injured during play the ball is called dead, a re-play is assessed & the player or substitute gets 30 seconds to resume play, or a 3 minute injury time out. Only one 3 minute injury time out is allowed per player, per injury, per match.
 - c. The referee will stop play whenever there is an equipment failure which directly affects play.
 - d. The site supervisor will suspend play when, in his or her opinion, inclement weather warrants. This decision is solely the site supervisor's who will determine if & when play is to continue.
 3. Change of Court: During the 3rd game, teams change sides of the court on the 8th point.

C. The Serve

1. The serve is the act of putting the ball into play by a player who hits the ball with his hand (open or closed) or arm.
2. Position of Serve: The ball may be served from any point behind the end lines and between the outside edges of the side-lines. The server may not step on, under, or touch the end line in any way, or touch the playing surface until the ball is contacted. He may not perceptively move the end line forward during service thereby reducing the size of the court. However, he may break the imaginary plane above the end line and/ or sideline and contact the ball while his body is in the air provided the last contact with the ground was within the legal service area.
3. Contact of the Ball at Service: The ball shall be cleanly hit after the toss for service. If the server does not complete the service within 8 seconds, the team will be penalized with a loss of rally.
4. A ball that contacts and passes over the net, within the antennas, is legal and in play.
5. Service Order: Teammates are to alternate the serve each time their team earns a side out.
 - a. If a player is discovered serving out of order, the scorekeeper, and the second referee shall correct any incorrect server prior to the service. If it is not discovered until after the ball has been put into play, the second referee shall stop play and allow the correct player to serve. Should the incorrect server not be discovered until after points were scored, the service order is merely corrected with team(s) maintaining their points and a new service made.
6. Position of Teammate at Service: The teammate of the server must be within the court in a motionless position at the time of the serve. He or she may not obstruct the view, intentionally or unintentionally, of the players receiving the serve. At the request of the referee he or she must move to grant them a clear view of the service.
7. Serve Receive: Setting the serve is legal as long as the ball does not come to rest (carry).

D. Playing the Ball

1. **Maximum Team Contacts:** The ball may be contacted no more than three times by a team in an effort to return the ball over the net to the opponent's court. A block however, does not count as a contact.
2. **Contacted Ball:** Any contact of the ball (not including a block), whether intentional or unintentional, is considered a team contact.
3. **Successive Contacts:** A player may not contact the ball twice successively with the exception of a block (See "Ball Contact").
4. **Simultaneous Contact:** When teammates contact the ball simultaneously, this is considered one team contact and either player may make the next team contact.
5. **Ball Contact**
 - a. The ball may contact any part of the body.
 - b. The ball may contact multiple parts of the body provided such contact is simultaneous and only one attempt to play the ball.
 - c. A ball must be hit cleanly and not held, lifted, pushed, carried or thrown.
 1. When in the opinion of the official, the ball visibly comes to rest at contact; the player shall have committed a fault.
 - d. Any 1st contact maybe may be contacted multiple times in succession by a player if these contacts occur during one attempt to play the ball. This counts as one team contact.
 - e. An open hand tip or dink is not allowed in doubles and triples.
6. **Setting**
 - a. The ball must be contacted simultaneously by both hands or by one hand and not allowed to come to rest.
 - b. A ball need not travel in the same direction the setter is facing; however, the setter cannot hold or carry the ball to change the direction of the set.

- c. When the ball is intentionally “set” into the opponent’s court the player’s shoulders must be “squared up” or perpendicular to the line of fight.
 - 1. A legal set directed toward a team mate that crosses the net because of elements or in the case of a spectacular play is not a fault, regardless of the player’s body position.
- E. Out of Bounds: The ball is out of bounds when it touches any surface or object outside of the court. Any part of the ball touching a boundary line or a marker on the sides of the net is not out of bounds. If a ball is caught or is contacted by a player before landing out of bounds, it is a fair play.
- F. Play at the Net
 - 1. Ball Crossing the Net: The ball must pass totally within the antennas or their indefinite vertical extensions.
 - 2. In or Contacting the Net
 - a. A ball that is driven into the net may be played again within the limits of a team’s three hits.
 - b. A ball that contacts and passes over the net, within the antennas, is legal and in play.
 - 3. Player Contact of Net and Supports
 - a. Contact with the top of the net by a player is not a fault. Any other contacts with the net are not faults unless they interfere with the opponents ability to play the ball.
 - b. Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play.
 - c. A player interferes with the opponent’s play by touching the top band of the net during his/her action of playing the ball, taking support from the net simultaneously with playing the ball, creating an advantage over the opponent, or making actions which hinder an opponent’s legitimate attempt to play the ball.
 - 4. Ball under the Net: A player may cross under the vertical plane of the net to play the ball as long as they don’t interfere with

their opponents ability to play the ball.

5. Interference

- a. No player may interfere or threaten to interfere with an opponent's play.
 - b. In crossing under the net, a player may make inadvertent contact with an opponent, but may not compromise in any way the ability of the opponent to make a subsequent play.
 - c. A player does not have to intentionally avoid a ball and/or opponent which has come onto his side of the court from under the net. Any such player may not intentionally contact the ball or opponent if the opposing player has a possible play on the ball, or intentionally interfere in any way in that player's attempt at the ball.
6. Contact Over the Net: During an attack a player may be in contact with the ball on the opponent's side of the net if the attack was initiated while the ball was partially:
- a. On his side of the net
 - b. Above the net.

G. The Block

1. Position of Blocker: A player is determined to be blocking when he is positioned within an arms distance of the net with his hand(s) partially above his shoulder.
2. Permissible Block
 - a. A blocker may block any ball that has penetrated the vertical plane of the net.
 - b. A blocker may block a ball on the opponent's side of the court when.
 1. The attacking team has made its final contact.
 2. Any time the attacking team has, in the referee's opinion, intentionally directed the ball into the opponent's court.
 3. Any time the attacking team has made an unsuccessful attempt to attack the ball (i.e. a swing and a miss.)
 4. When no one is near the ball to make a play on the ball.
3. Blocking/ Contact with the ball

- a. A blocker or blockers may contact the ball multiple times as long as it is judged by the referee to be one attempt. A block in not considered a contact.
- b. A blocker who has made the first team contact while blocking, can then make the second team contact.
- c. A blocked ball may be directed by the blocker, but may not come to rest or be carried by the blocker.
- d. Initial simultaneous ball contact by the attacker or blocker is permissible.
- e. Any sustained simultaneous contact (joust) of the ball by opposing players over the net is permissible.
- f. If a ball contacts the top of the net and a blocker and the ball returns to the attacker's court, this team shall have three more allowable contacts of the ball.
- g. When a ball is blocked back into the attacking player, the attacker is not subsequently considered a blocker and he may contact the ball only once.
- h. Blockers may not intentionally redirect the ball through the net because it alters the trajectory of the flight of the ball. Putting hands up to protect your body is allowed (self defense).
- i. Blocking a serve is illegal if the blocked ball crosses the net.

VI. Special Rules for Variations

- A. Team Numbers: Rules are written for Doubles play (two players per team) and same gender. Below are variations for this format.
 - 1. Triples: Only the number of players per team changed from regular Doubles rules.
 - 2. 4-Person: Players can be called for out of rotation, a back row blocker is illegal and a legal attack from the back row attacker must be from behind the 10' line. The server may play back row.
 - 3. 6- Person: Players must be in their assigned positions in two rows of three players across the net at the start of play.
 - a. Players must rotate one position clockwise upon being awarded a side out.

- b. The three back row players may not block at the net. Exception: Coed play, when there are 2 women and 1 male player on the front row, a back row male player may come up and assist in blocking.
 - c. A back row player may attack the ball from above the height of the net only if the effort has begun from behind the 10' attack line.
4. Boys High School: Libero Rule
- a. The libero cannot be team captain.
 - b. Two Libero's can be used if both numbers are on the line-up at the beginning of the match.
 - c. The first libero listed is called the libero. The second libero listed is called the reserve.
 - d. Libero's must be designated as libero's with an easily identifiable different colored shirt for the entire match.
 - e. Only one libero is allowed on the court at one time.
 - f. Both libero's can serve in either same position or different positions but can only serve in one position.
 - g. If a libero set a ball using fingertip action, on or in front on the 10' line the next contact of the ball must be lower than the top of the net.

Questions? Comments?
Contact Salt Lake County Sports Office
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