WASHINGTON TOWNSHIP RECREATION CENTER
ADULT VOLLEYBALL LEAGUE RULES

*USA Volleyball rules are in effect with the exception of the WTRC house rules.
*Team captains are responsible for understanding the rules and passing on the information to their players.
*All players must complete AND SIGN the waiver and be 18 years of age to participate in our leagues. Teams will be given a forfeit for every set that a player 17 or under plays and for players who have not filled out the waiver form.

SET FORMATS
*Round robin matches are 3 sets played to 21 with RALLY scoring win by 2 (25 cap). Playoff matches are best 2 of 3 sets unless otherwise specified. Playoffs are to 21 (25 cap) in sets 1 & 2, and to 15 (19 cap) in set 3.
*Forfeited sets are NOT made up and the recorded score is 21-0 for each one.
*3 Time outs per match (30 seconds) which may be used at any time.

PLAYERS
*Roster limit is 14 players for 6 on 6 leagues and 12 players for 4 on 4 leagues. New players may be added at any time during the round robin matches provided the roster limitation is not exceeded. New players cannot be added once the tournament phase of the league begins.
*Players may be on multiple rosters for the same league (still counted as one of the available slots on each roster)
*Matches BEGIN at the scheduled time. Any warm-up must be completed prior to the match time. Should a previous match run late, teams will be given a minimum of 5 minutes to warm up.
*5/15/25 Minute Forfeit Policy: (i.e.: If a team doesn’t have the minimum of eligible players at 5 minutes past the scheduled start time they forfeit set 1, at 15 minutes they forfeit set 2 and at 25 minutes past they forfeit set 3).
*Participants may be removed for any unsportsmanlike conduct. If this should happen, a minimum suspension of one match will occur for the player and the team will forfeit the set in which the player was ejected.

ALL LEAGUE PLAYING RULES (See additional league specific rules below)
*Touching any part of the net or antennae is a fault. Touching the net cables and/or posts is not a fault.
*Players may not attack/touch a ball or opponent that is completely on the opponents’ side of the net before/during an attack/hit.
*Players may block the ball on the opponents’ side of the net provided there is no interference with the opponents’ play before/during the attack hit.
*Attacking a served ball above the height of the net in the front zone is a fault. Blocking a serve is a fault.
*No part of the body may go over the centerline (exception: hands and feet are legal as long as they remain either in contact with or directly above the centerline) while the ball is in play.
*Loss of rally will result once the ball crosses over the centerline extended outside of the court.
*Catching or throwing the ball (prolonged contact) is a fault.
*Once you toss the ball, you must serve. There is no re-serve.
*Double Contact-2 hits in succession (Exceptions: The first contact is a block or simultaneous hit with another player).
*On any first hit, the ball may contact various body parts during one action/play on the ball.
*When a team is short their full allotment of players to start a match, players arriving late may sub into the game without penalty. The late arriving player should be ready to play and not delay the game.
*1 for 1 substitutions are allowed for the 6 on 6 leagues.
*Liberos may be used in 6 on 6 leagues provided this player is identified to the referee prior to the match and clearly identifiable on the court.
*Teams rotate on all side outs including the first one.

COED 6 ON 6 ADDITIONAL RULES
*Teams must have the same amount of men and women players or more women. The only exception is you may play with 3 men and 2 women. Teams must have 4 eligible players to start (at least 2 females).
*Serving order will alternate male and female as much as possible in your rotation.
*When the ball is played more than once by a team, a female player shall make at least one of the contacts.
*When 2 females are in the front row, one back row player, may come up for the purposes of blocking, they may NOT attack a ball above the level of the net while positioned in front of the attack line.

Rules last modified September 26, 2019
MEN’S 6 ON 6 ADDITIONAL RULES
*Teams must have a minimum of 4 eligible players to start.
*When playing 2 courts in our main gym, players may serve the ball with one foot over the service line. The other must remain completely behind the line.

COED 4 ON 4 ADDITIONAL RULES
*Teams must have the same amount of men and women players or more women. The only exception is you may play with 2 men and 1 woman. Teams must have 3 eligible players to start (at least 1 female).
*Teams do not have to rotate positions throughout the match but must maintain a serving order that alternates females and males as much as possible.
*Substitutions: players may substitute into any position (man for man, woman for woman).
*Dinks and one handed push shots are not allowed. Player must swing at the ball and/or snap the wrist. This must be distinctive. Roll shots are allowed (This must be a distinctive roll).
*The Prine Rule: Forward and backward set-overs are only allowed if the shoulders are square to the flight of the ball AND the ball travels further than the opponents’ attack line.
*All players may attack the ball anywhere on the court and participate in a block.

COURT BOUNDARIES (Both Gyms)
A loss of rally occurs….
*When the ball contacts the wall/fans/backboards (includes poles) or any part of the running track.
*When a served ball contacts the wall, curtains, ceiling or any part of the track/backboards.
*When a player makes contact with the wall, bleachers, fans, baskets and/or curtains before contact of the ball.
*When the ball contacts the ceiling and crosses to the opponents’ side or the ball hits the ceiling on the opponents’ side.

COURT BOUNDARIES (Main Gym only)
*Cables are considered part of the ceiling and will be called during serve and play accordingly.

COURT BOUNDARIES (Tuesday Men’s League Additions)
*A ball striking the end backboards (including the black poles) is out of bounds when coming from the opponents’ court.
*A ball played by a team and then strikes the end backboard of their court will be whistled dead; the referee will decide if the backboard interfered with a legal play (re-play) or the ball would have continued out of play (out of bounds). The black support poles of the backboard will be considered ceiling and remain playable.
*The middle backboards above the court, including the black poles, will be a referee’s judgment call as to a Loss of Rally or Replay. If the ball is being set/passed from one teammate to another and the backboard interferes with the team’s next legal contact of the ball, a replay will be directed. All other contacts with the backboard will result in loss of rally, including serves striking the backboard or the ball crossing the net and contacting the backboard over the opponents’ playing area.

LEAGUE STANDINGS/CHAMPIONS
*An end of league tournament will determine a champion.
*Round robin standings determine seeding. Teams will be seeded according to overall winning percentage during the round robin phase. Tiebreakers, in order, are (1) sets head to head, (2) total points scored, (3) coin toss.

PROTEST (Rule interpretations and procedures ONLY)
*The Team Captain must tell the official, during the set that they wish to file a protest. The official will make a note of the protest on the score sheet. The team captain must explain the protest in writing, along with a $100.00 protest fee, to the league coordinator by close of business the next day. A decision will be made within 48 hours of receiving the team captain’s protest information. If the protest is upheld, the match will be replayed from the point of the protest and the full protest fee will be returned. If the protest fails, the protest fee will not be refunded.

SPORTSMANSHIP POLICY
*Teams will be ranked on their sportsmanship each match. Teams must maintain at least a 3.0 average to be eligible for the playoff. Teams with ANY rating of 1 will be required to meet with the league coordinator before continued participation in the league will be permitted. Teams with 2 ratings below a 3 will NOT participate in the playoffs. The rankings will be as followed:
5-Excellent sportsmanship, 4-Good sportsmanship, 3-Moderate unsportsmanlike behavior, 2-Cursing, arguing with officials, teammates, and/or opponents, 1-Out of control behavior, physical/violent acts, excessive unsportsmanlike conduct.

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