



**NEWPORT**  
**OREGON**

## **Newport Recreation Center Adult Coed Volleyball League Rules**

### **Overview:**

1. This league is a recreational adult volleyball league designed for teams with an interest in enjoying fun and competition amongst like-minded adults.
2. Players must be a minimum of 16 years of age to play. Players of the ages of 16 and 17 must have a Player Permission Form signed by a parent/guardian.

### **Rosters/Teams:**

1. Rosters must be submitted by the first game. Teams who do not turn in their roster may not be placed on the schedule at the discretion of the Sports Program Coordinator; teams may also be subject to forfeit without a legal Newport Recreation Center (NRC) roster.
2. Teams are allowed a maximum of 12 players on the team with a maximum of six players on the court. Teams may play with as few as four players for it to constitute a legal game.
3. Teams may add players to their roster until halfway through the season.
4. No player may play on more than one team unless approved as a substitution by the Sports Program Coordinator.
5. The number of men on the court may equal the number of women, but not surpass it. A team may play with all women on the court.

### **Scheduling:**

1. Game schedules will be created and maintained by Sports Program Coordinator Zach Koprowski. All scheduling change or adjustments must be made in cooperation with Zach.

### **Match Format:**

1. Teams will be given 5 minutes to warm up. During warm ups, a coin toss will determine which team has first serve. The serve will then alternate for the following sets.
2. If a team does not have enough players at 5 minutes after the game start time, they will forfeit the first game of the match. After 15 minutes, if they don't have enough players then they will forfeit the match.
3. Teams must provide line judges and a score keeper.
4. Matches will be best two out of three. If one team wins the first two sets of the match, they may still play a third for fun if time allows, but the referee is not required to officiate.
5. The first two sets are to 25; third set is to 15 - you must win by 2 in all sets. Rally scoring format is used for all games and there is a cap at 30 for sets to 25 and 20 for sets to 15. Thus, if a set is tied 29-29, the next point wins.
6. Each team gets one time out of 30 seconds duration per set and intermissions of one minute occur between games.

### **Playing rules:**

1. A lift will be called if a player obviously throws, catches, or slings the ball.
2. A foot fault will be called if the player's entire foot is beyond the center line.
3. All line shots are considered good.
4. Players may not touch the net during play
5. Hair contact is allowed. If ball knocks net into the player, it is allowed.
6. Balls may be played out of the net.
7. It is legal for a player to hit the ball with any part of their body.
8. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plain of the net.
9. Attack blocking the set is not permitted.
10. Blocks do not count as a hit.
11. Only front row players may block
12. On the third hit over, players can completely place his/her hand over the net for a block as long as the third ball striker touches it first.
13. Multiple contact is allowed on any first ball (no double hit can be called) over the net provided the ball is not lifted.
14. Sets and Double Calls – We allow an official judgment call on spins if the setter is making an “athletic attempt” at the ball.
15. If a serve hits the net and goes over, it is in play.
16. The ball becomes dead and a replay will be called if a foreign object enters the court during play.
17. A ball is out of bounds and becomes dead when it:
  - a) Balls in the rafters are still in play when over a team's own court and falls back into team's own court, provided they still have any hits left to get it across. Balls may NOT be played off of the side walls and/or curtain
  - b) Touches the floor completely outside the court boundary lines
  - c) Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas
18. A player may go outside the court to play a ball.

#### **Rotations and Substitutions:**

1. Every Player on the team must serve. The Player in the right back corner is always the server.
2. Each time a team gains serve, they must rotate one position clockwise before serving, regardless of if it is that team's first serve. Failure to rotate, or rotation out of turn, will result in loss of serve. The server must wait for the official's whistle before each serve.
3. When a team rotates, the substitute will take their position in the serving position. The player coming off the court will be from the front right. A substitution can be made when a player is removed due to injury.
4. Players may switch positions only after the ball is served. After a dead ball, players must return to their original positions, until the ball is served again.

**Behavior and Sportsmanship:**

It is every player's responsibility to know the rules and abide by them. It is also every player's responsibility to respect and cooperate with the officials. It is the responsibility of the team captain to ensure proper behavior on the part of his/her team's fans. The team captain is ultimately responsible to the NRC staff for all the above. All infractions will be governed by the Parks and Recreation Code of Conduct.

Friendly competition and good-spirited rivalry are expected. However, facility staff are NRC employees and will not tolerate verbal abuse or physical threats directed at them or other participants, coaches, and/or spectators. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. NRC staff may forfeit games if either team's participants or supporters act in such a way as to interfere with proper conduct of the game.