

Fayetteville Cumberland

PARKS & RECREATION

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ADULT VOLLEYBALL RULES AND REGULATIONS

North Carolina High School Federation rules will prevail with the exceptions listed below:

1:00 AGE REQUIREMENTS/PLAYER ELIGIBILITY

1:01 A player who will become eighteen (18) years of age prior to December 1 of the current season is eligible to participate.

2:00 TEAM LIMITATION

2:01 Players may play on more than one team, but players can only play on one team in each league. Example: a player can play on one team in the church league and one team in the open league, but could not play on two teams in the church league or two teams in the open league.

3:00 ROSTERS AND REGISTRATION REQUIREMENTS

3:01 No player will be allowed to participate in a game or practice without a signed “**Adult Athletic Contract**” form presented for review by the Athletic Division.

3:02 A team roster (including contract forms) must be turned into the Athletic Division five (5) working days prior to the first match of the season. Failure to do so will result in a forfeit of the first match only.

3:03 Additions to the rosters must include a signed “**Adult Sports\Activity Registration**” form turned into the Athletic office prior to the next schedule game.

3:04 You may add players up until half of the season of scheduled matches have been played.

3:05 The minimum number of players on a roster will be six (6).
The maximum number of players on a roster will be twelve (12).

3:06 No later than 10 minutes prior to the end of the timed, pre-match warm-up, a coach from each team

shall submit in writing to the scorer an accurate roster giving names and uniform numbers of all players. Note: Please read the section: **Roster and Lineup** in the **Volleyball Rules Book**.

4:00 EQUIPMENT

- 4:01 The regulation volleyball will be used for league play. The Athletic Division will furnish balls.
- 4:02 Only tennis shoes will be worn on the gym floor. Individuals must furnish shoes, kneepads.
- 4:03 Individuals must wear uniformed numbered t-shirts. Numbers must be present on the front and back of t-shirts.
- 4:04 Women's: The net will be at height of 7 feet 4 1/8 inches measured at the center.
Men & Coed: The net will be height 7 feet 11 5/8 inches measured at the center.

5:00 LEAGUE DIRECTOR/COMMISSIONER:

- 5:01 League Director will be appointed by the Athletic Department.
- 5:02 League Director will be the Athletic Program Coordinator for Volleyball.

6:00 COACHES

ALL COACHES MUST COMPLETE A "COACHES APPLICATION" AND TURN IT INTO THE ATHLETIC DIVISION.

- 6:01 A maximum of two (2) coaches will be allowed per team.
- 6:02 All coaches must understand and agree to carry out the duties, responsibilities, and policies as established by the Athletic Division.
- 6:03 Coaches are expected to closely observe their players at all times to be certain that the players do not become overly fatigued.
- 6:04 Coaches must set good examples of sportsmanship. Do not tolerate poor conduct from players at any time.
- 6:05 All coaches should attend a rules clinic in order to coach within a Recreation Department sponsored program.
- 6:06 Each coach should have a set of team rules, which he/she expects the players to follow. Coaches must use discretion and good judgment if they feel it is necessary to suspend a player for violation of team policy.

7:00 SPORTSMANSHIP

- 7:01 No alcoholic beverages are allowed on school or recreation property. This is a **state law**. If necessary, proper legal action will be taken to enforce this rule. **NO TOBACCO PRODUCTS - SMOKING, CHEWING, DIPPING, ETC...ARE ALLOWED IN THE GYM OR PRACTICE AREA.**
- 7:02 A coach, player, or spectator with alcohol on their breath will be asked to leave the area.
- 7:03 Fighting and/or unsportsmanlike conduct **WILL NOT** be tolerated before, during, or after the match. If a player or coach is ejected from a game during a match, pushes, shoves, attempts to strike or strikes a member of the other team or any recreation personnel, he/she shall be suspended from playing/coaching under the guidelines set forth in the departments' Code Of Conduct.

8:00 POSTPONED GAMES/INCLEMENT WEATHER

- 8:01 In case of inclement weather, coaches and players should call: **433-1537** for a decision as to whether or not the match will be played. If no cancellation is listed, teams must report to the gym.
- 8:02 Make-up games will be rescheduled by the Athletic Division.

9:00 SEASON GAMES/RULES

- 9:01 All matches will be played on a "best out of three" format. The team that wins two (2) sets out of three (3) sets shall be declared the winner of the match.
- 9:02 A match shall include let serve.
- 9:03 A match shall include two time-outs per game consisting one (1) minute or less.
- 9:04 Each set will be played to twenty (25) points (no cap), rally scoring. The first team to reach twenty-five (25) will win the game, winning by 2.
- 9:05 First serve shall be decided by a toss of the coin. Teams will switch courts after each game. If a fifth game is necessary, a coin toss will be held to determine first serve.
- 9:06 There will be a ten (10) minute warm-up period before each match. Both teams will warm-up at the same time, not unless it is game time.
- 9:07 **A ball is in play and live that hits the ceiling or anything hanging from the ceiling. Play until you hear the whistle.**
- 9:08 There will be a three (3) minute interval between sets.

9:09 A starting line-up is required ten (10) minutes prior to the start of the match.

9:10 A match shall begin with:

1. Six (6) legal players, however they must be three (3) women & three (3) men on the court.
2. Four or five legal players, however there must be two (2) men on the court at all times.
3. A team may continue a match with fewer than six (6) players but not fewer than four (4) players. However, at no time shall there ever be more males than females on the playing court.
4. **No Libero** position will be used.

*Note: A female must touch the ball before it goes over on two or more hits.

IF A TEAM CANNOT FULFILL THE REQUIRED LINE-UP FOR A MATCH, THE RESULT SHALL BE A FORFEIT.

9:11 After a play has ended, the ball shall be rolled back to the server, **not thrown**.

9:12 **CHURCH LEAGUE ONLY:** There will be a maximum of five (5) consecutive serves per player. After serving five (5) consecutive points, his/her team will rotate to the next server.

NOTE: A team does not lose its serve if a player serves five (5) consecutive points – it rotates to the next server on the team.

9:13 Forfeit time will be 10 minutes after the scheduled starting time for the first match of the day. All other matches will begin at the scheduled starting time or immediately after the ten (10) minute warm period if the preceding match exceeds match time. A team will forfeit if not ready to play at that time.

9:14 “No I.D. – No Play”. If a player's identity is questioned at a game, he or she must be able to present picture identification (driver's license, military i.d., etc.) to ensure age and roster eligibility. A player unable or unwilling to provide a form of picture identification will be considered an illegal player. Teams will forfeit all games in which an ineligible player participates. If proven ineligible, the coach will be suspended for 10 days.

10:00 PROTESTS/COMPLAINTS/INELIGIBLE PLAYERS/FORFEITS

10:01 All protests must be settled on the spot before the next serve. An official's judgement is not grounds for protest.

10:02 Complaints concerning officials, supervisors, and other aspects of the program can be made in **writing** at anytime after a game has been played. A provision for questioning rulings by the officials is provided in the National Federation of State High Schools Volleyball Handbook.

10:03 Requests for determining eligibility of a player(s) can be made at any point during the season by coaches. When requesting the inquiry, coaches must give players known name and team for which he/she participated. It is important to report possible ineligibility at first opportunity to avoid further embarrassment or forfeitures to the team should the player(s) be ineligible.

10:04 Teams will forfeit all matches in which an ineligible player participates.