

ADULT CO - REC VOLLEYBALL RULES

Rules/Format

ADULT SPORTS HOTLINE – 791-0724

Rules established by the National Federation of State High School Associations (NFSHSA) and adaptations adopted by the Wisconsin Interscholastic Athletic Association (WIAA) apply in conjunction with the following modifications:

TEAM ROSTERS/FEES

1. Non-resident player fees: No additional fees.
2. All fee and team rosters are due **to the site supervisor prior to the first scheduled league game.**
3. New players must register (and any fees paid) at the Park & Recreation Department 24 hours prior to their participation. Participants must be at least 18 years old, or a high school graduate.

General

1. There are a maximum six (6) players per team on the court (4M/2W, 3M/3W).
2. There is no female contact rule!
3. A team may play with no fewer than four (4) players.
4. If a team plays with five (5) players then two (2) of those five (5) must be female.
5. Net Height-Eight (8) feet
6. Matches will consist of 4 games played to 21, win by 2, Cap at 25, and rally scoring.
7. If a team is not there at game time, the first game of the set will be forfeited. After ten (10) minutes, the entire match will be forfeited.
8. Substitutions may be made anytime the ball is not in play, but must stay in rotation.
9. There will be one (1) thirty (30) second timeout per team per game.
10. Any unsportsmanlike conduct will result in a loss of point and side out for the first offense. The second offense will result in removal of the game and facility.

Clarification of Select Rules

1. Ball hitting on line is in bounds
2. Ball hitting overhead obstacle or basket support is in bounds if hit on your own team's side and if is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then out.
3. Ball hitting net on serve is a live ball.
4. Server must be behind line

5. Teams rotate clockwise upon receiving serve
6. Contact with the ball must be a “clear” hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
7. Teams change courts and serve at end of each game.
8. Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
9. Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
10. Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being shortly held it is a double fault and played over.
11. When players on opposing teams commit fouls simultaneously, it is a double foul and played over. Points are not scored on a double foul.

12. Touching net at any time is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court. Any player that touches the net after spiking a ball, the play will be whistled and called a side out.
13. A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.
14. A player may step on the centerline but not on the floor in the opponents’ court. Any part of a player’s body may be in the air below the net and beyond the centerline if he/she does not interfere with opponents play by either touching ball or opponent.
15. Three hits maximum each side; except when ball touches blockers hand(s) (three more hits are legal).
16. A player cannot attack or block the ball directly off the serve.
17. A player rotating off the front row must wait three rotations before returning to the front row.

Results will be posted following each night on the La Crosse Parks and Recreation Website (www.cityoflacrosse.org/parks). Please make sure you check results following each night to ensure results are recorded correctly.

