

UNION PARKS & RECREATION DEPARTMENT (UPRD) CO-ED INDOOR VOLLEYBALL RULES

Revised 2/2021

PHILOSOPHY:

This league is sponsored by the Union Parks and Recreation Department (UPRD) as a recreational activity. We hope that all teams will follow our philosophy of friendly competition in a recreational setting. You can be competitive and courteous at the same time. Respect your opponents. With this philosophy in mind, the following rules will apply.

ELIGIBILITY:

1. An individual must be on an official team roster to participate in the league.
2. All players **MUST** be at least eighteen (18) years old and **OUT** of High School. **NO**

EXCEPTIONS!

3. If caught using an illegal player (not minimum age, non-rostered, etc.), team will forfeit that game and all games the player(s) participated in.

GENERAL RULES:

1. Captains toss a coin for the choice of serve or court.
2. The first server is the right back player and server may not touch the boundary line while hitting the serve. Server may strike the ball with their hands in any manner –underhand, sidearm or overhead from anywhere behind the line.
3. No player may encroach on the opponent's court. The centerline, under the net, may be stepped **ON but not OVER.**
4. No player may play the ball twice in succession **UNLESS** two players touch the ball simultaneously, as in passing. A player may play the ball on the first and third hit.
5. Each team may not play the ball more than three (3) times before it is returned to the opponent's court.
6. If a ball touches the boundary line, it is good.
7. To be legal, the ball must pass between or over the side boundary lines as it crosses the net.
8. A team wins the game when that team scores fifteen (15) points and has a two (2) point advantage.
9. A match consists of three (3) games; each game entered separately in the league standings in order to determine first place.
10. After the toss of the coin has determined the first server, serves will alternate at the start of the final two (2) games.
11. **For each team, NO more than 3 men on the court at one time, may play with less and not forfeit.**
12. If there is an injury, play will continue with less.
13. Teams must be ready to play at game time, which is determined by the referee's watch. If a team is not ready to play ten (10) minutes after the scheduled start time, all three (3) games will be recorded as forfeits. **NO EXCEPTIONS.**
14. Any team forfeiting three (3) matches during the season will be required to pay a forfeit fee of \$25.00 to cover the cost of the referee.
15. Teams exchange courts at the end of each game.
16. First place is determined by total win/lose record. In the event of a tie for first place, tie break will be as follows:
 1. Head to head competition.
 2. Total score minus points against.

3. Play off.

SERVER POSITION:

The server is the right back player of the serving team. Position is anywhere behind the boundary line and all other players must be in position before the ball is struck on service.

A SIDE OUT FOR THE SERVING TEAM:

The serving team loses the ball for service when:

1. Any service fault occurs (servers foot over the line, does not go over the net, goes out of bounds, etc.)
2. Any member of the serving team is not in proper order.
3. Any serving team player contacts the net.
4. The serving team player fails to return the ball over the net with a maximum of three (3) hits or illegally plays the ball.
5. The serving team makes remarks, stomp there feet, or waves their hands to distract an opponent.
6. The serving team player(s) step over the line. They may step on the centerline.
7. There is an illegal substitution.
8. Excessive time-outs occur.
9. The server serves out of turn.

A POINT FOR THE SERVING TEAM:

1. Opponents fail to return the ball legally within the maximum of three (3) hits.
2. Opponents contact the net or step over the centerline.
3. Opponents use excessive time outs.
4. Illegal substitution occurs by the opponents.
5. Opponents are not in proper rotation order as the ball is served.
6. Opponents are guilty of unsportsmanlike conduct. The referee has the discretion on this rule. There will be no argument by the offending team. If so, the referee will have the power to call that game a forfeit if they so choose.

PLAYING THE BALL:

1. The ball must be visibly hit.
2. Simultaneous contacts of teammates are considered one play.
3. A player may not make successive contacts of the ball.
4. A player may go outside his/her court to play the ball, if he/she does not cross the centerline.
5. If two (2) opposing players contact the ball simultaneously directly above the net, either may play the ball on the next hit.
6. When the ball is hit three times in sequence by one team, one hit must be made by a female player on that team. A ball cannot be played by three sequential males on the same team.

OFFICIAL:

All decisions of the referee on matters of judgment are final. They are not subject to protest. Protests will only be allowed on matters of eligibility.

TIME FACTORS:

The following time factors are in effect:

1. One-hour time limit for all 3 games.
2. Overtime past the allotted hour will be played up to fifteen (15) minutes more and must be won by two (2) points.

3. Tie games at the end of the allotted overtime will be recorded as a tie.
4. The periods between games of a match will be one (1) minute.
5. Time-outs shall not exceed thirty (30) seconds.
6. Each team is allowed two (2) time outs per game and may be taken consecutively.
7. Time out for injury shall not exceed two (2) minutes. This does not count as one of the time outs allowed.

PROTEST:

1. Teams who wish to protest the eligibility of a player may contact the UPRD Office at (636) 583-8471. All protest must be made by 2:00 p.m. the following day.
2. All decisions made on protest by the UPRD are **FINAL!**

SPORTSMANLIKE CONDUCT:

1. Referee will have final say on all rules and regulations governing sportsmanship.
2. Referee may, at their discretion, warn or terminate a game if they deem necessary.
3. **Excessive, belligerent language will receive one (1) warning. If it continues, the game will be terminated with the offending team forfeiting the game. Remember this is a recreational league, designed for exercise and fun. The rules will be enforced accordingly.**

MISCELLANEOUS:

1. If children are brought to the City Auditorium, they are the responsibility of those who brought them. Children are to remain **INSIDE** of the gym, but **NOT** on the stage. Children are not allowed to be unattended anywhere in the facility. If a situation occurs that they are disruptive to any part of the program or facility, they will be asked not to be brought back.
2. White soled, clear soled, or non-marking tennis shoes are required. Street shoes, black, blue, or any off colored soled shoes that leave marks will be prohibited. Shoes must also be clean of debris.
3. Game balls will be furnished by the UPRD.
4. Maximum of nine (9) League Championship T-Shirts will be awarded to the first place team of regular season play.
5. All injuries must have an accident report filled out onsite the night of the injury.
6. In case of fire or other emergencies, the front door will be the exit used. If the front door is unreachable, please exit out the closest exit door.
7. Games will be cancelled by the Program Coordinator prior to game time due to inclement weather up until 4:30pm. Players should call the UPRD office at 636.583.8471 between 4-4:30pm on game days with questionable weather. After 4:30pm, the decision will made by the referee.

The Union Parks & Recreation Department (UPRD) and its staff will not be responsible for any injuries or accidents incurred by the players or spectators due to participation in this league. The department also reserves the right to change rules and/or schedules at any time.