

WDCPRD Adult Volleyball

1. **Team Size-** A team must have all fees and have a team roster on file before considered registered and entered in the league. A team consists of 4 players on the court in any combination of (2 men, 2 women) or (3 men, 1 woman) or (3 women, 1 man). There shall be a limit of 6 eligible players on a team roster. Teams must have at least 2 players to start a game – and at least one of each gender must be represented. Teams may adjust game format (2v2, 3v3, etc.) but only if BOTH teams agree at the start of the game.
2. **Net Height-** The top of the net shall be 7'4" or collegiate women's height.
3. **Length of the match-** A match will consist of a best-of-three series, the first two games played to 25 points and, if necessary, the third to 15 points – all games are win by two with caps at 27 and 17 respectively.
4. **Scoring-** Games will be played using rally scoring rules.
5. **Refs-** There will be no obligation on the part of any participants or the on-site staff to referee games; however, the on-site will be made available to help interpret rules. Captains are the voice of their teams. They will be responsible for reporting the results of their games, asking for interpretations when needed, as well as any questions regarding scheduling, league policies, etc.
6. **Rules of play:**
 - The winner of "*Rock, Paper, Scissors*" will have one of two options, choose to serve first or choose which side they prefer to play on, (not both). Teams alternate first serve to start each game regardless of who won or lost.
 - A legal serve is one that crosses the net and is either touched by an opposing player or lands within the opposing team's area of the court within the boundary lines. A serve that makes contact with the net and carries over to the opponent's side is a live serve and must be returned.
 - The serve may not be blocked or spiked.

- Players must return the serve in three or less hits and can return the serve by: bump pass, clasping their hands together, a closed fist, or a set (as long as the ball is not caught or carried).
 - A player may not attack the ball from the back row/tip of the diamond furthest from the net.
 - If a player simultaneously contacts the ball with an opponent it does not constitute one of the three allowable hits.
 - A defensive block does not count as one of the three allowable hits.
 - No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact.
 - Out of bounds is the area outside the designated court lines. The line is in bounds.
 - If the ball hits the roof or anything hanging from the roof it is still in play. If it hits the wall it is out of play.
 - A player may touch but not completely cross over the center line with his/her foot.
 - The ball can contact any number of body parts down to, and including, the foot.
7. **Play at the net/blocking-** Men may only attack the ball when positioned behind the 10ft attack line. Female players may attack and block along the net with no restriction.
 8. **Service Rotation/Substitutes-** Team's will rotate clockwise. Teams may substitute freely at any position for anyone as long as the ball is not in play and at least one of each gender is still represented.
 9. **Unresolved Disputes-** Any disputes (line calls, attacking, attack violations, foot faults, etc.) that cannot be resolved shall be replayed.
 10. **Timeouts-** Teams will be limited to one timeout per game.
 11. **Basic Philosophy-** One of the goals of the Weaverville/Douglas City Parks and Recreation is to provide recreational opportunities for people of all ages. The Adult Volleyball League provides the community with an opportunity to

participate in an organized sports activity. The leagues are set up for competitive play but the overall goal is enjoyable participation for all. The District is not offering professional leagues. The main emphasis of the league is the recreational elements including fun, enjoyment, good sportsmanship, and friendships that are developed. With this said, any behavior deemed unacceptable by WDCPRD Staff may result in suspension and/or ejection from the game or the league.

12. Additional info:

1. The team captain will be responsible to see that all their players know and abide by the rules and regulations as stated in this book.
2. No drinking of alcoholic beverages is allowed at the school site by players, coaches, and team representatives, before, during, or after a game.
3. No smoking is allowed at the school site by players, coaches, and team representatives, before, during, or after a game.
4. Please pick-up your litter to help keep league fees down.
5. Games will be scheduled at the discretion of the Parks and Recreation Commission. No games will be rescheduled because of individual team conflict. The only games that will be rescheduled are those cancelled due to weather, facility conflicts, or scheduling conflicts as determined by the Parks and Recreation Commission.