

## VOLLEYBALL RULES & REGULATIONS

1. The Official Rule Book for Adult competition is the 2023-24 edition of the National Federation Rules UNLESS otherwise stipulated in these League Rules and Regulations.
2. **FOUR** players are required to start a game. Twenty-five (25) points will constitute a game. **Rally scoring will be used for all games.** Three games are played per match. Teams must win by two points with the cap at twenty-seven (27) points. (CO-ED: RULE #11-D)
3. If any match should require more than the allotted 55 minutes of time, the teams for the following matches must be permitted a three (3) minute warm-up period. If a game is finished early, the teams that were playing have priority in usage of remaining court time.
4. There will be a three (3) minute (optional) rest period between games. Failure to start immediately following rest period may result in forfeiture of that game.
5. THE NATIONAL FEDERATION RULE FOR SUBSTITUTES AND SUBSTITUTION WILL BE UTILIZED FOR THE 2023-24 VOLLEYBALL SEASON. **THE OFFICIAL WILL NOT GOVERN THIS RULE OR A TEAM MAY USE A ROTATION SYSTEM.**
6. A referee will be furnished for all matches. **If an official does not show up, both teams must officiate the match themselves or use an agreed upon referee.** Games will be considered official and count toward league standings. Team standings will be computed on a weekly basis and can be found on our website [www.wawmrec.com](http://www.wawmrec.com) .
7. The **REFEREE** is responsible for all decisions, and all such decisions are final! However, teams have the right to protest said decisions in accordance with the W.A.-W.M. Recreation Department General League Rules & Regulations.
8. **NO GRACE PERIOD** -- A period of ten minutes after the scheduled time of the match will be allowed before forfeiture of the second and third game.
9. **Any ball striking ropes of any basketball fixtures that are in the playing area will be played as follows:** On a serve, it will be ruled "side out". Any ball striking the ceiling/overhead obstruction shall remain in play, provided the ball contacts the ceiling or obstruction on the side of the net of the hitting team. AND the ball is legally played next by the same team. Any ball striking the ceiling or any obstruction NOT on the side of the net extended will be ruled side-out to the opponent. All serves will be ruled side-out if they strike the ceiling or any obstacles. These decisions will be left up to the referee's judgment.
10. **TIME LIMIT** - A fifty-five (55) minute time limit for all league matches will apply for any matches. If during the 55 minute time limit the third game of any match is not completed, then the team that has fifteen (15) points or more will be declared the winner of that game. If neither team has fifteen (15) points or more, then the team that reaches 15points first will be declared the winner. Teams will alternate courts after the first and second game during the third game, teams will alternate courts when either team scores (15) points.

11. **CO-ED LEAGUE RULES:**
- A. Spiking will be allowed, unless in the referee's judgment, it becomes malicious or targeting specific players.
  - B. A woman must hit the ball before the ball goes over the net, unless the ball is returned on the first hit.
  - C. Individuals 18 years of age or over are eligible to play in the Coed league.
  - D. **Starting a game with five players:** A team may start the first game with 3 male players and 2 female players. If the team **cannot** start the second game with 3 females, that team will then forfeit the second and third games. A team can start and finish a match with 3 females and 2 males. A team may use more women than men when playing with six players.
12. Players who bring their children (or other children) to a match must have an individual present to supervise them, if they are unable to govern themselves.
13. Player Participation: A player may register and play on only one (1) team per night, teams cannot share players. Teams found to be in violation of this rule will forfeit games in which the player in question participated.
- Ex. (Illegal Player): A player on a Women's A League team CAN NOT play on another Woman's A or B League team.**
- Ex. (Legal Player); A player on a Women's A or B League team CAN play on a Co-ed League team.**
14. All league champions will receive a championship plaque