



## WOMEN'S & CO-ED ADULT VOLLEYBALL RULES

PHONE: (616) 748-3230 | WEBSITE: <http://recreation.zps.org/sports/leagues/> | SOCIAL MEDIA: @ZeelandRecreation

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<b>League Secretary:</b>	Rhonna Overkamp (748-3230   <a href="mailto:roverkam@zps.org">roverkam@zps.org</a> )
<b>Site Supervisors:</b>	Wayne Nyenbrink (Cityside), Marc Koorstra (Zeeland Chr), and Kevin Prince (Creekside)
<b>Schedules, Rules, Standings:</b>	<a href="http://recreation.zps.org/sports-leagues/">http://recreation.zps.org/sports-leagues/</a>
<b>Social Media:</b>	Follow us on Facebook, Instagram or Twitter (@ZeelandRecreation)

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### GENERAL INFORMATION:

- Team Managers Expectations:** All teams must have a manager who is responsible for submitting the team fee and roster, ensuring players act in a sportsmanlike manner, and responding to the Recreation office in a timely manner. All discussion between teams and the Recreation Department should be handled through the team manager.
- League Structure:** There is a regular season followed by a round robin tournament. The amount of teams in your competition level is the largest factor in how many games your team gets in the regular season. Both the regular season and tournament champions will receive championship t-shirts. League standings are determined by overall SETS record, not match record.
- Roster Guidelines:** No team will be allowed to play until their roster is officially submitted to the Zeeland Recreation department. Roster forms can be found on our website (<http://recreation.zps.org/sports-leagues/>) or in our office. You may have as many players on a roster as you'd like. However, the following guidelines must be followed. If a team violates any of these rules, that match is automatically forfeited.
  - You may never have a player play for you if they are not on your official roster submitted to the Rec office.
  - No players may be on your roster if they are on another roster in your competition level (upper, upper-middle, middle, middle-lower, lower, etc.)
  - Additional players can be added to your roster until your third match. No players may be added after that match.
  - In order to participate in tournament matches, players must have been on the roster prior to the third scheduled match and also played in at least three (3) regular season matches with your team.
- Age Limit:** Players must be 18-years-old or older to play in league. 18-year-old high school students are not eligible to play on a team if they are currently participating in an MHSAA sport.
- Referees and Rule Decisions:** There are not referees for this league. Players are responsible for calling rules violations (ex: lift, carry, etc.) and making decisions on if a ball is "in" or "out". When an agreement cannot be made, simply re-do the point rather than arguing. Remember... this is about having fun!
- Scoreboard Controller:** The official game score will be kept by players on a flip scoreboard next to each court. Be sure to say the score before each serve as well.
- Game Time Limits:** You will be expected to start and finish within your scheduled time period. If you cannot finish the third game within your time period, then the third set will only be made up at a later date if it has a bearing on the league standings. Throughout the year there may be occasions where matches cannot be started on time because of an overlap with Zeeland Public Schools programs (athletics, concerts, parent-teacher conferences, etc.). You will be guaranteed an hour of play, so please be patient if this does occur.
- Score Reporting:** There will be a poster board on a table in the gym your games are in which will have the team records on it. After you have completed your match, please have someone record the sets wins and losses for your team.



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### 9. **Regular Season & Tournament Champions Tie-Breakers:**

- a. **Two Team Ties:** If there are 2 teams tied with the same record at the end of a regular season, head-head record will determine the champ (if the head-head record doesn't clearly determine champ, co-champs will be named).
  - b. **Three + Team Ties:** If there are 3 or more teams tied, head-head record will determine the champ. If one of the teams tied in first defeated all other first place teams, they are the champs. If one team didn't beat all other teams tied with them in first place, then all teams are named "co-champions".
  - c. **If All Teams Haven't Played the Same Amount of Games:** no team will be withheld a regular season championship or co-championship due to having less games than another team. For example, if one team finishes with a 5-1 regular season record and another team finishes with a 4-1 regular season record, those two teams will be named "co-champions" (unless the head-head tie-breaker breaks that "tie").
10. **Monitoring Children During Games:** Although very limited seating is available at adult program indoor facilities, families and children are welcome to attend events if they wish. However, all children must be monitored by a parent/guardian at all times. Children are not allowed in the hallways or classrooms at any time during the events.
11. **Cancellation Fee & Refunds:** Due to game schedules having to be re-made if a team backs out of the league within two weeks of the season, a \$100 cancellation fee will be charged if a team requests to be removed from the league within two weeks of the start of the season. Once the league schedule begins, no refunds can be provided.
12. **Weather Cancellations:** In the event of inclement weather and/or unforeseeable schedule conflicts, games may be canceled. Team managers will receive emails regarding cancellations, but participants may also get cancellation information via our "Weather Cancellation Line" (616-748-3235), by visiting our website (<http://recreation.zps.org>), or by checking our social media pages (Facebook, Twitter, and Instagram).

## WOMEN'S AND CO-ED VOLLEYBALL RULES:

### 1. **Serving:**

- a. Home team (first team listed on schedule) will start serving in the first game, visiting team will serve first in the second game, and home team will serve first in the last.
  - b. Servers can serve from anywhere behind the rear line.
  - c. The server must call out the score before serving: own score first, opponents score second.
  - d. For leagues at Creekside Middle School: servers are allowed to step one foot over the end line when serving because of bleacher restrictions.
  - e. It is illegal to block the serve.
  - f. "Let" serves are legal (the ball can touch the net on the serve).
2. **Matches & Sets:** All leagues play three sets in each match.
3. **League Scoring Rules:** All sets are "rally scoring", and each match plays three sets to 25 points each (win by two). The game ends when the first team reaches 27 points (even if there isn't a 2-point differential).
4. **Lines & Boundaries:** If the ball hits the line, it's in. The person closest to where the ball lands calls if it landed in or out. In the case of a disagreement, replay the point.
5. **Time Outs:** Two time-outs total are allowed per three-set match. Time-outs should not exceed 2 minutes.
6. **Players on the Court at One time:** All leagues play with six (6) players on the court at one time.



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### 7. **Hitting Rules:**

- a. Any contact with any body part (including feet) counts as one hit (except for a block or tip at the net)
- b. Intentional use of feet or any lower body part is allowed

### 8. **Ceiling Rules:**

- a. If the ball hits the ceiling on a volley and comes down on the same side, it is in play.
- b. If a ball hits the ceiling and then goes over the net, it's a dead ball and the point/side-out is awarded to the opposing team.

### 9. **Players Needed to Start a Game:** Teams must have four (4) women to start a game. There will be a five-minute grace period granted without penalty at the start of the game before a forfeit would occur.

## ADDITIONAL CO-ED RULES:

1. **Player Alignment:** player alignment must be man, woman, man, woman, etc.
2. **Gender Touch Rules:** The ball must be touched at least once by a woman during a three hit return. Failure to comply with this rule results in a point and serve for the opposing team.
3. **Rally Scoring:** Three games to 25 pts; point cap 27.
4. **Men-Women Ratio:** Teams must have at least have an equal amount of women on the court as men (ex: you cannot have 5 men and 1 woman, 4 men and 2 women, 3 men and 1 woman, 3 men and 2 women, etc. Women-Men ratio must be equal men to women OR more women than men).
5. **Players on the Court at One Time:** teams are allowed to play with less than six (6) people on the court or present at a game as long as the women-men ratio fits the guidelines listed above.

## WAIVER:

Participation in the Zeeland Recreation Adult Volleyball programs exposes you to a possible risk of personal injury and I hereby release Zeeland Recreation and its employees from any and all liability from property damage, personal injuries, or other claims arising from or in connection with participation in the program including claims that are known and unknown, foreseen and unforeseen, future or contingent.