



WOMEN'S & CO-ED ADULT VOLLEYBALL RULES

PHONE: (616) 748-3230 / WEBSITE: <http://recreation.zps.org/current-sports/leagues/>

GENERAL INFORMATION:

1. Although very limited seating is available at adult program indoor facilities, families and children are able to attend events if they wish. However, all children must be monitored by a parent/guardian at all times. In order to respect the work areas and space of ZPS staff/custodians/site supervisors, children are not allowed in the hallways or classrooms at any time during the events. Failure to comply could result in those children no longer being able to attend events.
2. Team managers will be responsible for providing a roster and the collection of all fees. Managers will be contacted one week prior to the start of the season when the schedules are complete.
3. No player may be added to a team's roster after the third game of the season without approval of Zeeland Recreation office.
4. No player may play on a team if they are not on the official roster on file in the Zeeland Recreation office.
5. A tournament will follow league play. In order to play, team members must have played in at least one game for that team prior to the start of the tournament, and have been on the roster prior to week three of the regular season.
6. Leagues will run for approximately 14 to 16 weeks followed by a tournament. Tie breakers will be based on head to head competition.
7. 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 last game will only be made up if it has a bearing on the league standings.
8. 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 game, please have someone record the wins and losses for your team.
9. Players must be 18-years-old or older to play in league.
10. In the event of inclement weather, please call the weather cancellation line at 616-748-3235. Also, an email will be sent to all team managers, and Zeeland Recreation social media will be updated.

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. Server 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 allowed (the ball can touch the net on the serve).

2. League Scoring Rules:

- a. Rally scoring; three games to 25; point cap 27

3. Lines & Boundaries:

- a. 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.

4. Time Outs:

- a. Two time-outs will be allowed per team per hour. Time-outs should not exceed two minutes per time-out.

5. Hitting Rule:

- a. Any contact with any body part (including feet) counts as one hit
- b. Intentional use of feet or any lower body part is allowed

6. 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.

7. Players Needed to Start A Game:

- a. 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.

8. Guaranteed Hour of Play:

- a. Throughout the year there may be occasions where games cannot be started on time because of an overlap with Zeeland Public Schools programs (athletics, concerns, parent-teacher conferences, etc.). You will be guaranteed an hour of play, so please be patient if this does occur.

9. Playing for Multiple Teams:

- a. Players (including subs) may not play on different teams in the same league (ex: playing for two B1 teams). However, players can play on multiple teams as long as they are in separate leagues (ex: playing for a team in B1 and a team in B2).
- b. As always, all players must be on the official roster before participating for any team.

10. Snow Outs:

- a. Snow-out nights will only be made up if games have a bearing on the league standings.

11. Players On Court at One Time:

- a. Upper leagues (B1, B2, D1, D2) will play with a legal team of six (6) players on the court at one time.
- b. Lower leagues (B3, B4, D3, D4) will be allowed to play with seven (7) players on the court at one time.

ADDITIONAL CO-ED RULES:

1. Player alignment will go as follows: man, woman, man, woman, etc.
2. Ball must be touched at least once by a woman during a three hit return.
 - a. Failure to comply with this rule = a loss of serve or serving team gets point.
3. Rally scoring:
 - a. 3 games to 25 pts; point cap 27.
4. Teams must have at least have an equal amount of women on the court as men.
 - a. 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.
 - b. Women-Men ratio must be equal men to women OR more women than men.
5. 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.