



MOUNT HOLLY PARKS & RECREATION DEPARTMENT

2023 ADULT CO-ED VOLLEYBALL WINTER LEAGUE RULES

COACHES RESPONSIBILITIES

- The coach of each team is responsible for the conduct of his/her players and parents before, during and after each game. The coach will be responsible for handling all details pertaining to his/her team and will see that the affairs of the league will be carried out in accordance with the approved rules and regulations.

ROSTERS, FORFEITS AND ELIGIBILITY

- Rosters must be filled out completely and turned into the Athletic Supervisor before the team's first game.
 - o Rosters are limited to a maximum of 14 players.
 - o Teams may add new players (free of charge) until right before their third game as long as they don't exceed the 14 player maximum limit. No exceptions.
 - o Roster additions must be turned in to the Athletic Coordinator before they can play.
- All players must participate in (2) regular season games to be eligible for tournament play.
- College & High School players are eligible. However, teams are restricted to 2 college players or 4 high school players. If there is 1 college player then teams may have 2 high school players. If there are 3 or more high school players then the team cannot have any college players.
- Players may play for only one team in this league – unless there are two House Teams. One House Team can pull from another house team if they are below the minimum number of players (regular season only).
- Players must be 16 years of age as of January 1st, 2023 to participate in this league and have parental consent.
- Any team that forfeits three matches during the season will be suspended from further play for the remainder of the season and tournament without a refund.

MATCH ORGANIZATION

- 10 minute grace period to start the first match of the night.
- Coin toss (or rock, paper, scissors) at the beginning and fifth game to determine side or service.
- Service on referee's whistle.

- Substitutions may be rotated into any designated position (server's position or left front are the most common entry positions).
- Whistle indicates a dead ball.
- Only the team captain/manager may approach the official with a question. The officials are in charge of the match. Please respect their decision and sense of fair play. Their decisions are final.
- Teams must have same color uniforms. It doesn't have to be the exact same shirt/uniform but it must be the same color as the other shirts/uniforms. Numbers are not required.

GENERAL PLAYING RULES

- Games shall be the best of three for the regular season, best of five for the post season tournament.
 - o The first 2 games will be 25 point games. A team must win by 2 points, or the first team to 27 points (cap is 27).
 - o If a third game must be played it will be to 15 points. A team must win by 2 points or the first team to 15 points (cap is 15 – third set only).
 - o Rally scoring.
- Teams consist of 6 players, 2 of which must be women.
 - o However, a team can begin with as few as 4 players. If a team starts with 4 players 1 of the players must be a woman.
 - Teams may add players but cannot have more than 3 men on the floor at any time without having 2 women on the floor. (you cannot play with 4 men and 1 woman) o
 - Late players may be inserted at a designated position when it is their change of service.
- Double substitutions will be allowed.
- Cannot start a new set after 1 hour and 10 minutes of play.
- A team has three hits to return a ball to their opponents.
- Simultaneous contact of the ball by two players on the same team will count as one hit.
- Boundary lines are considered inside the playing court.
- Net plane – may break plane, but not to interfere with opponents play.
- A player can go under the net as long as they do not step completely over the center line.
- A player cannot make contact with the net.
- Back row players may spike providing he or she is completely behind the front blue line when contact is made.
- A player may not block or spike a served ball.

- If a player attempts to block a spike, makes contact, but the ball stays on their side of the court, then it will not be considered one of the three hits it takes to get the ball to the other team.
- Ceiling and rafters – The ball is considered in if it hits the rafters or lights and does not cross the net. If the ball crosses the net after hitting the ceiling/rafters, then it is considered out.
- Net serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
- The ball may be hit with any part of the body.
- The server may not step on the line or court before contacting the ball. Service may be from anywhere behind the back line. Note: basketball goals will not be rolled up. If the ball hits the goal or anything attached to the goal then it is considered playable. However, if Team X hits the ball and it makes contact with the goal on Team Y's side without Team Y touching the ball, it is considered out.
- Each team shall be allowed two 30 second time-outs per match.

REPLAY SITUATIONS

- Another ball rolls onto the court or any outside interference.
- Double violations occur.
- Simultaneous contact by opposing players, i.e., a ball suspended between opposing blockers.
- The official deems it necessary in the sense of fair play.

PROTEST

- The official must be notified that the game is being played under protest.
 - o A written protest must be turned into the Athletic Supervisor by 5:00pm the next working day with a \$50.00 protest fee. Protest fees will be refunded if protest is upheld.
- Any protest that deals with ineligible players must be made the day following the game in question for regular season and tournament play. In any case where a player is ruled ineligible, all games in which the player participated will be ruled a forfeit. **Make sure to have all official rosters and additions in before deadlines.**

Player, Coach/Manager, Spectator and Parents Code of Conduct

1. All coaches/managers should inform all parents, spectators and players of the Code of Conduct.
2. Any infraction of the Code of Conduct will result in immediate ejection from the playing facility. Any player, manager, spectator or parent ejected from the playing facility has 2 minutes to be out of sight and sound or the game will be considered a forfeit.

3. Suspensions

- a. The degree of flagrancy is in the referee's judgment. The umpire will make a written report to the Athletic Coordinator. Suspensions will take place accordingly. Violations can range from a 2 game

suspension to suspension for the remainder of the season. If there is a second offense, the player, manager, spectator or parent will be suspended for the remainder of the season and potentially longer depending on the offense.

4. Code of Conduct

a. **No player, manager, spectator or parent shall:** At any time lay a hand upon, push, shove or threaten an MHPR official or staff.

b. **No player, manager, spectator or parent shall:** Refused to abide by an official's decision

c. **No player, manager, spectator or parent shall:** Be guilty of objectionable demonstrations of dissent at an official's decision by throwing balls or equipment.

d. **No player, manager, spectator or parent shall:** Be guilty of heaping personal verbal abuse upon any official for any real or imaginary wrong decision or judgment.

e. **No player, manager, spectator or parent shall:** Be guilty of physical attack as an aggressor upon any players, officials or spectators.

f. **No player, spectator or parent shall:** Discuss with an official in any manner the decision reached by such official except the team captain or manager.

g. **No player shall:** Shall be guilty of using unnecessary rough tactics in the play of the game against the body and person of an opposing team.