

**LAWRENCE PARK & RECREATION DEPARTMENT
ADULT VOLLEYBALL
GENERAL LEAGUE RULES**

TEAM RULES

Games will be played according to the rules and regulations of the current National Federation of State High School Associations Volleyball Rule Book, unless superseded by City League Volleyball Rules.

MISCELLANEOUS CITY LEAGUE VOLLEYBALL RULES

- A. A match will consist of 3 games. Rally scoring will be the method used, with a point being scored each time a team commits a fault. All games shall be played to 25 points. A match shall include let serve.
- B. All Recreation Leagues, including Women's and Coed Recreation are NOT allowed to serve overhead or spike the ball.
 - 1. Definition of Spike: Any ball that is hit from above the net downward with force.
 - 2. Underhanded or sidearm serve is legal.
 - 3. Blocking the serve is not allowed in any Recreation or Power Leagues.
- C. Teams **MUST** have a minimum of 4 players to start and finish a game.
 - 1. Coed Teams: Cannot play with more men than women and must have a minimum of 2 men at all times (one exception see #2 below).
 - 2. Coed Teams, with 5 players (3 men – 2 women) it will be at discretion of other team. Otherwise, must play as outlined in C. 1 above.
 - 3. Players who show up late can be added after game begins by getting name to official on score sheet during dead ball.
- D. Coed Team Play: If one team hits the ball two or more times on their side of the net, a woman must hit the ball at least once before it goes over the net.
- **2010 E. Substitutions can take place at the middle back position in regular rotation or player for player. Player for player means that two players can sub in and out for each other and only for each other. Therefore, the use of a Libero is not needed as this can be accomplished by using the player for player substitution method. Whichever method used, it must be used for the entire game (unless there is an injury). The number of times any player can substitute into the game is unlimited for either substitution method. Substitutions in coed leagues must be male for male and female for female.

- F. Coin flip prior to first game will determine serve/receive or playing area.
 - *2009 1. The team not serving first in the previous game of the match shall serve first in the next game.
- G. No player shall break the plane of a nonplayable area such as adjacent courts scheduled for play.
- H. Any ball that comes onto court during play from adjacent court, play will continue and only stopped at officials' discretion.
- I. Ball can be played off basketball goals at ends of volleyball court. Goals on sides of volleyball court are automatic dead call.
- J. All exposed jewelry must be removed.
- K. Please do not bring any unsupervised children to the gym.
- L. Use of alcoholic beverages or drugs is prohibited at all City League sites.
- M. All other rules governed by the K.S.H.S.A.A. adopted Volleyball Rules and Regulations. Rule books can be purchased at the Sports Office, 115 W. 11th Street. Questions, please call the Sports Office at 832-7922.

MIXED 4 ON 4 VOLLEYBALL RULES

- A. Minimum of three players to start and finish the game
- B. All four players may attack the ball, as there is no "back row" or "front row" distinction.
- C. Players must rotate the serve (the serving order should be written on roster so the official can keep track of it)
- D. Any mix of 4 players (can be 4 men, 4 women, 3 men and 1 woman, 2 women and 2 men, etc.)
- E. Players can set the ball over the net but open handed dinks over the net are not allowed
- F. Special rules used in coed leagues **DO NOT** apply (ex: a woman doesn't have to hit the ball over the net if two men hit it)

**Rule Clarification 2010

*New Rule Fall 2009