



Indoor Adult Co-ed Volleyball Rules

(Revised 3-24-25)

City of Concord Parks and Recreation reserves the right to change and implement new rules at any time. We are committed to provide the best program possible to ensure the best environment for the players, teams, and their respective families.

Local Playing Rules

- 1) In case of inclement weather, team managers will be emailed and the athletic hotline (704-920-5640) will be updated. Decisions on game cancellations will be made after 3:00pm.
- 2) The United States Volleyball Association Official Rules will govern all play.
- 3) A coin toss will begin the match. The winner of the coin toss will have two options: serve/receive, or take the choice of the court for the start of play.
- 4) Teams will be responsible for having shirts with numbers on back and no duplicating numbers.

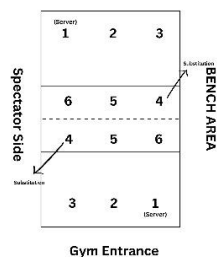
Section 2 - Roster

- 1) A team roster must be registered on Team Sideline before the first scheduled match. Your team will forfeit each match played until your team roster is registered with Team Sideline.
- 2) A maximum of 12 players will be allowed to enroll on your roster.
- 3) Teams that do not have (4) players – minimum of (2) women – at game time will forfeit the match. If a team drops below the minimum numbers due to injury on the court they will not be penalized.
- 4) Teams that have 4 or 5 players at match time may pick up one player from another team during the regular season only.
- 5) A team may add players up to the fifth regular season match. A team can add players if their numbers drop to 6 players or below after the fifth regular season game, but must seek approval from league coordinator.
- 6) Players must check in at the roster table to check in on game days.
- 7) Players must play in two regular season matches to be eligible for the playoffs.

- 8) Players caught playing under an assumed name will be ineligible for the remainder of the season and subject to suspension for 1 year. The team manager will also be suspended for 2 games. All games in which ineligible player played in will result in a forfeit.
- 9) There will not be any rescheduling of matches due to a team's inability to field enough players at the games originally scheduled.

Section 3 - Rules

- 1) There will be a 60-minute time limit on all matches. (Revised 3-24-25)
- 2) Match time is forfeit time.
- 3) Each team will have 1 timeout per match.
- 4) When a forfeit declared, teams can practice until ten (10) minutes prior to the next scheduled game.
- 5) Each match will be a best of 3 sets. The first two sets are to twenty-five (25) – rally scoring, winning by two points (2) with no cap, or 60-minute time limit. For the third game, if necessary, a coin toss will determine the serve, receive or side and game is rally scoring to fifteen (15) points, winning by two (2) points. If a game is tied when time expires, the next point will decide the winner. (Revised 3-24-25)
- 6) The server has five seconds to serve the ball. The server may serve from anywhere behind the baseline. Any portion of the foot touching the baseline at the time of the serve is a violation. On the toss, if the server decides not to serve the ball he/she must let the ball drop to the floor. The server must contact the ball on the second toss.
- 7) Only two males can be in a serving rotation in a row. (Revised 3-8-24) Example: Male, Male, Female. Volitation is Male, Male, Male. If a team scores 5 consecutive points, then a rotation must occur. (Revised (4-12-24)
 - a. Rotation must occur clockwise during each serving rotation. Below are the position numbers. (Revised 4-22-24)
 - b. Rotational fault will be a point for the opponent and loss of serve.



- 8) Any ball that hits the ceiling after a touch and remains on that team's side will remain a live ball. If the ball is returned and hits the ceiling first it is out of play and a point for the opponent. (3-30-23). **A served ball can not hit the ceiling. There will be additional attempt but he/she hits the ceiling it will count as a double fault and the other team will receive a point and the serve (3-22-23).**

- 9) Any ball that touches the surrounding wall will be considered out of play. Only the player making a play on the ball may touch the wall in order to play a ball. Example: A player may not use the wall in order to gain an advantage on the play. **If the ball hits the gym curtain within the antennas it will be a dead ball and a do over will occur. If the ball goes over the net and first hits the backboard then it is out of play.** Only the player making a play on the ball may touch the wall in order to play a ball. Example: A player may not use the wall in order to gain an advantage on the play. **(5-1-23)**
- 10) Minimum of 2 females to be on the court at all times unless injury occurs and team can not field 2 females.
- 11) If the served ball contacts the net and remains in play on the opponent's side of the court, it is a live ball. Any served ball that contacts the antennas or is served outside of the legal playing area is out.
- 12) It is illegal to block or attack a served ball.
- 13) Free substitutions will be allowed. Substitutions can only be made for the fourth position in the rotation during a non-rally. Substitutions will be going from the third to fourth position during a non-rally (4-22-24).
- 14) No jewelry will be allowed except for flat wedding bands. Any medical I.D.s and non-removable jewelry must be taped to the body or deemed safe by the official.
- 15) No head wear with a bill or other hard surface will be allowed.

Section 4 – Unsportsmanlike Conduct

- 1) A player or coach ejected from a game for unsportsmanlike conduct will be suspended from playing in the team's next two scheduled matches. Ejected players must leave the gym.
- 2) A player or coach ejected from two matches will be suspended from the league for the remainder of the season.
- 3) Players, coaches, and spectators who engage in fighting behaviors before, during, or after the game will be subject to disciplinary actions. This includes: (NEW 2-27-25)
 - a. Attempting to strike a person(s) utilizing the arm(s), hand(s), head, leg(s), foot (or feet), or any equipment, irrespective of whether contact occurs.
 - b. Initiating a confrontation by engaging in unsportsmanlike conduct (such as profanity, inappropriate language, obscene gestures) toward an opponent, official, spectator, or game staff that provokes retaliatory actions.
- 4) Individuals found to be responsible for engaging in fighting behavior will receive a suspension from all Concord Parks and Recreation leagues, programs, recreation centers, and park facilities for a minimum duration of one (1) year from when the incident occurs. In cases where the severity of the altercation warrants, additional suspension duration may be implemented. (NEW 2-27-25)
- 5) No Alcoholic Beverages are allowed on Concord Parks and Recreation Facilities. If you are caught with alcoholic you will be asked to leave the facility and will be suspended until further notice.

- 6) Only eligible team members can replace ejected players only.
- 7) If a team shows continued unsportsmanlike conduct during the progress of a match or during the season, the match and seasons remaining matches will be forfeited.

Section 5 – Post Season and Awards

- 1) Single Elimination Tournament at the end of the regular season
- 2) In case of a tie in the league standings, tournament pairings will be determined by the following; Head-to-Head, points against, points for, then at last if still tied a coin flip.
- 3) Tournament winners will receive T-shirts and regular season winner will receive a plaque.