



# **Adult Volleyball Rules**

**Dedicated to improving the  
quality of life  
for the community by  
providing  
exceptional programs,  
facilities & services**

**It is the goal of our  
department  
to provide programs that  
encourage  
sportsmanship, respect and  
fun!**

## **Recreation Coordinator**

Dan Opperman  
dopperman@cityofnapa.org  
707.257.9210

**Recreation Supervisor – Pete Hangen**

[phangen@cityofnapa.org](mailto:phangen@cityofnapa.org)  
707.257.9957

# **RULES AND REGULATIONS**

## **RULES OF PLAY**

1. The City of Napa Adult Volleyball League shall be governed by USVBA rules with certain exceptions noted herein.
2. All players must wear appropriate athletic attire at all times, including athletic shoes.
3. Each manager is responsible for obtaining a copy of the league rules adopted by the Napa Parks and Recreation Department. All players are expected to abide by these rules.
4. All games shall be played as scheduled. There will be no changes to the league schedule except in an extreme case as determined by the Napa Parks and Recreation Department.

## **GENERAL PLAYING RULES**

1. All games shall be played with 6 players (Team may start and continue with two (2) players and not forfeit). Teams may consist of any combination of male and female players.
2. All disputed plays shall be replayed.
3. When a "ball on" happens, it is an automatic replay. Players may not enter another court while going after a ball. They must wait until the ball is returned to them.
4. No player may encroach on the opponent's court. The centerline may be stepped on but not over. No player may contact the net.
5. Each team may not play the ball more than 3 times before returning it over the net.
6. Game balls are provided, practice balls will be available.
7. After the serve, players may assume any position on their side of the court.  
\*Exceptions: Back line players may neither spike nor block at the net.
8. A player may run outside the court to play the ball provided they do not cross over the centerline (extended) and/or enters the adjacent court.
9. Any front line player may spike the ball at the net. Back line players may spike the ball, provided they leave the floor clearly behind the spiking attack line (10' behind the net).
10. Unsportsmanlike conduct may be called for any deliberate attempt to distract an opponent.
11. The ball must be clearly hit (not caught, held, thrown, or carried).
12. Simultaneous contact by a teammate is considered one hit. Either player may make the play on the ball. (This will be considered the second of three hits.)
13. If opposing players contact the ball simultaneously directly above the net; either may play the ball on the next hit. (This will be considered the first of three hits).
14. The ball may touch any part of the body and be a legal hit.
15. Balls making contact with any part of the ceiling and/or baskets stay in play if they remain on the same side of the net. If the ball becomes suspended by the baskets it will be called a dead ball.

## **ROSTERS**

1. Each player may submit a roster with a minimum of six (6) players and a maximum of ten (10) players.
2. Players may be added during the 1<sup>st</sup> week at no charge; any additions to a roster during week 2 or week 3 will cost \$10.00 per player and must be approved by the Recreation Coordinator. Rosters are frozen after week 3.
3. Rosters & IDs can be checked at any time. Anyone without a photo ID will not be eligible to play

## MATCH

1. League standings will not be kept.
2. A match will consist of the first team to win two games out of a possible three.
3. Rally scoring will be used in all games – every serve results in a point. The team that wins the rally gets the point (whether they served or received).
4. A game (except the deciding third game) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24, 27-25, etc.).
5. A deciding game is won by the team which first scores 15 points with a minimum lead of two points. In the case of a 14-14 tie, play is continued until a two-point lead is achieved (16-14, 17-15, etc.)
6. A Match will be 60-minutes from the time listed on the schedule. No warm-up time is available. Game time begins with the coin toss.
7. When the game is completed, players will be allowed to practice if time allows.

## SERVICE

1. A coin toss before the first game of a match will determine the service and courtside. Winner of coin toss has choice of serving/receiving or choice of court. Service will be rotated thereafter.
2. The serving position is the right back player of the serving team.
3. The server may strike the ball in any manner with his hand (underhand, side hand or overhand) and may take as much as one step over the service line to compensate for the lack of serving space.
4. If service is a "let" ball (strikes net and falls over the net into the opponent's court) it is live and should be played just as any other serve which crosses the net.

## SIDE OUT FOR SERVING TEAM

The serving team loses the ball for service when:

1. Any service fault occurs.
2. Any member of the serving team is not in proper rotation order.
3. Any member of the serving team contacts the net.
4. The serving team fails to return the ball over the net with a maximum of three hits, or illegally plays the ball.
5. The serving team players use directing remarks, stomp their feet or wave their hands to distract an opponent.
6. Serving team player(s) step over the centerline (they may step on this line, not over).
7. A back line player spikes the ball at the net (a spike is determined as a ball driven hard, from a point above the net).

## SCORING

The serving team scores a point when:

1. Opponents fail to hit the ball legally within a maximum of three hits.
2. Opponents illegally play the ball.
3. Opponents step over the centerline.
4. Opponents are not in proper rotation order as the ball is served.
5. Opponents are guilty of unsportsmanlike conduct.

## ROTATION/SUBSTITUTION

1. Rotation of team players is mandatory in this league and may be used as a means of substitution. Only players on the team's original roster may be used as substitutes. The following method of rotation is used in this league:
  - Rotation is made only after the opposing team loses serve. All players present must be put into the rotation.
  - In coming player enters at the middle back position. Outgoing player leaves after serving.
2. If a player becomes injured and cannot continue a substitute player may replace him in the rotation order. An injured player may not re-enter that game. If all players are being used in the rotation and player becomes injured and cannot continue, rotation order may be altered to compensate for the loss.

## FORFEITS

1. Forfeiture of the match if a team is unable to field 2 players at the scheduled starting time.
2. After two forfeits a team may be dropped from the league.

## Verbal Harassment

Players will not be allowed to verbally harass opposing players, officials, staff, or spectators. Harassment includes profanity, objectionable comments, questioning calls, arguing, threats, or otherwise rude behavior. Anybody at the facility is subject to the Adult Sports Code of Conduct.