



2025 ADULT VOLLEYBALL RULES & REGULATIONS

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** WIAA rules are in effect unless otherwise noted*

Adult Volleyball Rules & Regulations

1. Exception to Official Rules

- A match will consist of three (3) games, and each game shall be counted in a team's league standings.
- Each game will be played to 25 points, must win by two (2) points (27-point cap).
- 6's Volleyball – six (6) players constitute an official volleyball team; however, a team may play with a minimum of four (4) players to avoid forfeiting a match.

- **BORROWING PLAYERS:**

Upon signing mutual agreement on back of the signup sheet by two managers, a team may borrow a player or players as necessary to avoid a forfeit. Teams can borrow a player from any team in the league, but this should not be on a regular basis.

2. Coed Play Only

- When the ball is touched by more than one player on a team, **one touch must be made by a woman.**
- Net height will be approximately eight (8') feet high.
- **6's Volleyball – At no time, may a team play with the advantage of more males on the court than women. An exception will be made IF the opposing team agrees to allow the team in question to play with a male advantage.**

3. Playing Area

- Where court size is reduced, the server is allowed one step on or over the serving line when serving.
- If a ball touches any part of the obstructions overhanging into the court (including nets, backboards or metal supports) replay the play ONLY if the receiving player has a legitimate chance to play it.
- If the ball hits something above the court but doesn't cross the plane of the net, the team can keep playing the ball. If it does cross the plane of the net, it is a dead ball.

4. Ball

- Teams should supply a regulation game ball approved by USA volleyball. LM Rec will have a few balls on site, but it is best to come prepared with a game ball.

5. Jewelry

- If a ring, other than flat wedding band, cannot be removed, it shall be taped. Studs of any kind are allowed.

6. Choice of Team Area or Serve

- The team winning the toss of the coin for the serve has its choice of first serve or playing area. The team choosing the first serve will serve first for the first and third games of the match.

7. Rotation on Services

- The team receiving the ball for service shall rotate into the serving position.

8. Players at the Net – Center Line

- Players are allowed to cross over the opponent's court beyond the center line with the hand as well as the foot if it does not interfere with play or cause hazard.

9. Serving

- The service shall take place after the referee's whistle. The server shall initiate the serve by hitting the ball with the hand or any part of one's arm. If a player serves before the official whistle, the service is canceled, and a re-service will be directed. Approximately eight (8) seconds is allowed after the whistle blows to serve.

10. Back Row Players Attack Hit Restrictions

- A back row player may carry out an attack-hit from front zone if at the moment of the contact any part of the ball is below the top of the net.

11. Blocking

- If the ball is touched by the blocker, it will not count as a hit. The team will have three (3) hits. Any player participating in a block shall have the right to make the next contact with the ball and shall be considered the first hit.
- Blocking is permitted by any or all the players of the front line only. Any player is considered as having intention to a block if any part of the body is placed above the height of the net in a position at the net. Block must be contacted to be counted as a block.
- No blocking the opponent's service.

12. Grace Period

- The official will allow a five (5) minute grace period from the official start time before the first set is a forfeit. If the team is not ready ten (10) minutes after the official start time, all sets are forfeited.

13. Decisions and Protests

- Decisions based on the judgment of the referees are final and not subject to protest.
- Disagreements with the interpretations of the rules must be brought to the attention of the first official prior to the first service following the play in which the disagreement occurred. The playing captain or manager of the protesting team is the only player whom may lodge the protest to the first official. Protest must be filed within 24 hours of the match to the Recreation office. Report includes:
 - Score of the game at the time of the protest.
 - Number of time-outs prior to the protest.
 - Players' positions on court.
 - Synopsis of the situation that caused the protest and the alleged rule violation or penalty improperly imposed.
- **Any player or manager ejection will result in a minimum one (1) game suspension. Each**

case will be looked at by the Lake Mills Recreation Coordinator. A second ejection during the season will result in a full calendar year suspension. Teams may be subject to penalties if they do not disclose the information of an ejected player.

ADMINISTRATIVE RULES

1. PLAYER PARTICIPATION/TEAM ROSTERS

- Individuals are eligible to play by registering online (Team Sideline) and agreeing to the player waiver. Teams may have an unlimited number of players on their roster.
- Players may substitute on another team in the league if they are short players. This should not be done on a regular basis and should only be done when a team is below 6 players.
- Sign In Sheet/ID: All players must **print** their name on the sign in sheet before entering the game to be considered a legal player. All players must be prepared to present an ID in the event of an eligibility challenge.
- **This is an adult league, but high school students are eligible if they are at least 16 years of age or older and not currently enrolled in a high school sport. Parent/Guardian signature is required if under 18.**

2. TIE-BREAKER PROCEDURES

- The following system will be used to determine league winners and playoff seeding:
 - i. Head-To-Head Competition
 - ii. Head-To-Head Differential
 - iii. The team with the greatest total points scored.
 - iv. If any of the matchups resulted in a forfeit, the forfeiting team will automatically lose the tie breaker.
 - v. If all scheduled games are not able to be completed due to unforeseen circumstances (i.e. weather), the winning percentage will be used to break a tie.

3. MISCELLANEOUS

- Once schedules are published, there will be no changes made to the schedule or refunds.