

# FT. THOMAS RECREATION DEPARTMENT

## VOLLEYBALL LEAGUE RULES & REGULATIONS

### I. Game Equipment, Uniforms, and Playing Area

- a. Official Volleyballs provided by the league
- b. Net Height: Women = 7' 4&1/8" Men = 7' 11&5/8"
- c. Team uniforms are not required. Modest apparel of shirts, shorts, and sweatsuits is encouraged.

### II. Team Composition and Forfeits

- a. All games require a minimum of 4 players.
- b. A team having less than 4 players shall Forfeit Game 1 and receive a 15-minute grace period to field a proper team for Game 2. After the grace period, all 3 games shall be declared a Forfeit.
- c. If neither team has 4 players, Game 1 shall be declared a Double-Forfeit. After the 15-minute grace period, if Team A has attained the minimum and Team B has not, then Team A will be declared the winner of Game 2 & Game 3 by forfeit. If neither team has attained the minimum after the grace period, then the match shall be declared a Double-Forfeit.
- d. Co-Ed Lower Divisions shall not have more Males than Females. Ratios of 1M-3F, 2M-2F, or 2M-3F are legal.
- e. Co-Ed Power Divisions shall allow a 3M-2F line-up...however, a 4M-2F line-up will not be permitted.

### III. Team Eligibility & Protests

- a. A player may play on only one team per night. Players will not be permitted to play on more than one team on a given night – even if those teams are in different divisions.
- b. When a player is discovered to have played for more than one team, all teams on which that player has played on that night shall be credited with a forfeit. The offending player shall be suspended from all play – on any night – for a period of 2 weeks.
- c. Should this occur during tournaments, all affected teams shall forfeit out of the tournament and the player shall be suspended for the remainder of the season from all leagues.
- d. Protests shall only be accepted in cases of player eligibility and will not be granted for any officiating calls made during the game. A protest must be made to the game official prior to the conclusion of the match. A written submission of the protest with a \$50 protest fee must be filed with the Recreation Department within 24 hours of the game. If the protest is upheld, the fee will be returned. \*\*\*A protest made during a tournament game must be made and fee submitted immediately. Protest will be ruled upon before the next scheduled match.

### IV. Scoring – (Rally Scoring)

- a. A point shall be scored by the opponent each time a team commits a fault.
- b. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.
- c. Ft. Thomas Volleyball League matches – Games 1 & 2 will be played to a 21-point total. Game 3 shall be played to a 15-point total. All games must be won by a 2 point margin.

### V. The Serve

- a. A serve is contact with the ball to initiate play. The ball shall be contacted within five seconds after the referee's signal.
- b. The server shall serve from within the service area and shall not touch the end line at the instant the ball is contacted for serve.
- c. Re-Serve: A re-serve shall be called when the server releases the ball for service, then catches it or allows the ball to drop to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five-second count..

### VI. Substitutions

- a. Ft. Thomas Volleyball League will allow "free" substitution for all league and tournament games for rostered players on a team.
- b. A "libero" player is not recognized in this league and will not be utilized.

### VII. Playing Actions

- a. A "spike" is an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
  - a. In Co-Ed "Power" and Co-Ed "A" Divisions – male players in the front row may jump to spike and play the ball above the net. In all other divisions – this action by male players shall be illegal and result in point/loss of rally.
- b. Blocking a serve is not permitted.
- c. A back row player shall not: 1. Participate in a completed block; nor 2. Attack a ball which is completely above the height of the net while on or in front of the attack line; nor in the air, having left the floor on or in front of the attack line.
- d. A player may touch the floor across the center-line with one or both feet/hands provided that a part of the foot/feet or hands remains on or above the center-line. Contacting the floor across the center-line with any other part of the body is illegal.
- e. A ball striking the ceiling or an overhead obstruction above the playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

**VIII. Conduct**

- a. It is imperative that good sportsmanship be shown at all times to fellow team members, opposing teams, and game officials. Acts of deceit, disrespect, vulgarity, baiting/taunting, and any action unbecoming to an ethical, fair, and honorable individual will not be tolerated and will be penalized accordingly.
- b. Officials will judge each un-sportsmanlike act according to its intent and severity and will penalize accordingly. Penalties will be issued in the following manner for most instances: 1. verbal warning – 2. Point/loss of rally – 3. ejection from the contest.
- c. The Ft. Thomas Recreation Department reserves the right for officials to penalize at their discretion. Game officials may choose to immediately eject a player if the situation warrants.
- d. Any player ejected from a game will automatically be suspended for one game. Suspension of the player may be extended pending review by the Department.
- e. A second ejection of the same player will result in expulsion from the league for the remainder of the season.

**IX. Rules**

- a. Any rule not specifically covered in this Ft. Thomas Recreation Department League Rules shall be governed by the current edition of the National Federation of State High School Associations Volleyball Rules.