

CITY OF ROCKVILLE
Department of Recreation and Parks

WOMEN'S VOLLEYBALL

General Information and Clarification:

1. Upper and Lower team will each play three games an evenings at 6:30, 7:30, 8:30 and 9:30 p.m. respectively.

The first five minutes of each play period will be devoted to warm-ups, and the game promptly will begin immediately thereafter. Teams will leave the court promptly after the game so that the next group can get started.

2. A team consists of six women. A team must have at least four players to start and continue a game. If a team has less than four players at ten minutes past the hour, it will forfeit the first game. **If a team is still short of players by 20 minutes past the hour they will forfeit the remaining two games of the match.**

3. **Rally Scoring** will be used. Teams will play 3 games in a match. Games will be scored 4-25 points. In case of 25-25 tie play must continue until a two-point is achieved or the first team to score 27 points.

Rally scoring is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. If the serving team wins a rally, they score a point and continue to serve. If the receiving team wins a rally, they score a point and they must serve next.

Let Serve If the serve hits the net as long as it lands in bounds it is **good**. If the ball hits the antennae it is **out**.

Serving- The server will be allowed to release or toss the ball and as long as the server does not make an attempt to strike the ball, then the server can attempt to reserve the ball. In this rule the ball may be caught or touched by the server.

4. Substitutions will be made on a rotation basis. Once the server loses her serve and the team rotates the server steps out the substitute enters back middle position, and play continues.

5. Before the game begins, the two team captains will conduct a coin toss. The winner of the coin toss chooses:
A) right to sever or to receive the service, or
B) side of court

The loser of the coin toss takes the remaining alternative
The loser of each game will begin serve in the next game.

6. Server will announce the score before severing the ball announcing her score first.

7. Each team should have a copy of the rules and general information at each game.

8. In volleyball, as in all sports, one of the great values received is the fun one has playing the game. Games that result in poor sportsmanship, uncontrolled emotions, and ill feelings do not foster fun. The volleyball player has numerous opportunities for sportsmanlike play. She can call the fouls correctly; when uncertain. Call the play in favor of the opponent; and always return the ball on the floor to the opponent.

9. No personal volleyballs are allowed in the gym. Volleyballs will be provided by the City for warm-ups and game play.

10. No warm-up spiking will be allowed when the other court is in competition.

11. Unless modified by this set of rules, all games of the League, shall be played in accordance with the rules of the USA Volleyball. Each team will be allowed two (2) – 30 second time outs per game.

12. In case of sports inclement weather the day of the game - please call 240-314-5055 after 3:00 P.M.

13. Roster and Player Eligibility

Final roster is due to the Sports Office on or before the 3rd scheduled match. If rosters are not received by third scheduled match forfeitures could occur. All player's challenges must be done before the start of the first match or when a new player is introduced into the game. This action must take place with both mangers and gym supervisor. Player Photo Identification – At all times, player must be prepared to show positive proof of identification (Drivers License) upon request/challenge. Name (s) and other personal data of the alleged offenders must be included in the written protest and must be filed with the Sport Office by the close of the next business day.

CITY OF ROCKVILLE
Department of Recreation and Park
WOMEN'S SIMPLIFIED VOLLEYBALL RULES

1. A team consists of six players. Three in the front row, three in the back row.
2. The far right back row position (when facing the net) is the server's position.

After each side out, the team who has just won the serve shall rotate one position clockwise. This includes the first side out of the game. Therefore, on the team receiving serve to begin in the server's position, will be the first to serve on that team.

3. Violations:

A team may not hit the ball more than three times in an attempt to return it to the opponents' side of the court.

A team may not cause a ball to hit outside the playing area. The boundary lines are considered part of the playing area.

A ball contacting the floor, stage, curtain, wall, bleachers, or center divider is a dead ball resulting in a point or side out. A ball contacting the ceiling or any fixture suspended above the court may be played only by the team last contacting the ball and only if the ball contacted the ceiling on that team's side of the net. For example, the second hit by Team A contacts the ceiling above Team A's side of the court, then comes down on Team B's side, or contacts the ceiling above Team B's side, it is a point or side out for Team B.

For safety reasons, the ball may not be played from within the boundaries of the adjacent playing court.

It is a violation to lift or carry the ball. A prolonged contact of the ball in player's hands constitutes a lift or carry. The ball may be **received with open hands** as long as it is not caught, held, or thrown.

Net Violations: A player may not – at ANY time come in contact with the net whether playing the ball offensively or defensively. The ONLY exception to this rule is when a ball spiked by an opponent drives the net into a player.

Legal Contact in regards to sides: A player's hand may follow through passed the "vertical plane of the net" to the opponents side after legally contacting the ball when spiking or playing a ball. A defensive player may NOT contact a ball on the offensive side of the court until the ball has reached the "vertical plane of the net." (NOTE: "vertical plane of the net" is that area of the net, should the net be extended to the ceiling from antenna to antenna).

A player may not go under the net or completely across the center area in an attempt to play the ball.

A server may not step inbound until the ball has been hit on a serve (unless ground rules permit)

An opposing team may not make contact with a served ball until part of the ball has fallen below the top of the net.

Back line players are not allowed to block or hit the ball across the net if they are on or in front of the 10 foot line and the ball is completely above the height of the net.

Winning teams must report all scores to the Gym Director.