

City of Hendersonville Parks & Recreation Department
Adult Volleyball Leagues / General Rules

{Revised 12/19/18}

Section 1- General

- 1-1** All leagues will play with current rules established by National Federation of State High School Associations, except for these exceptions or modifications. Leagues are keyed as follows: **MRL**-mixed recreational league, **MOL**-men's open league, **WOL**-women's open league, **OL**-men's or women's open league.
- 1-2** Note that the block has been defined in more detail (9-5-1-c). It is most relevant with respect to a back-row player and a block. A block attempt (9-5-1-c-1) is no longer the same as a completed block (9-5-1-c-2 and 9-5-1-c-3). A back-row player is not in violation for a block attempt now (they could not even attempt a block in prior years). They are now only in violation if they participate in a completed block or a collective block.
- 1-3** Time outs are limited to 1 per game (for each team). Reference below 11-2.

Section 2- Game Time

- 2-1** The scheduled match time is forfeit time (there is no grace period).
- 2-2** MRL - if the 1st game is ruled a forfeit, the 2nd game of the match will be declared a forfeit 15 minutes after the originally scheduled match time. If the 2nd game is declared a forfeit, the 3rd game is automatically declared a forfeit.
- 2-3** In tournament play, the entire match will be ruled a forfeit at game time.

Section 3 – Scoring Points and Matches

- 3-1** MRL - matches will always play 3 games, with all 3 games counting in team standings. The 3rd game will always be played (during regular season there is no “best of” match).
- 3-2** OL - matches will play best 3-out-of-5-games.
- 3-3** MRL - rally scoring format is used in all 3 games.
- 3-4** In regular season play, all 3 games play to 20 points. It is not necessary for the winning team to have a two-point advantage. The game ends when one team reaches 20.
- 3-5** In tournament play the format is best of 3. The first 2 games will play to 20 points, and game 3 (if necessary) plays to 15 points. A 2-point advantage is required to win all games.

Section 4 – Equipment & Uniforms

- 4-1 MRL – the height of the net shall be 7 feet, 11 5/8 inches.
- 4-2 The Parks Department will provide the game ball. Teams may not use their own ball.
- 4-3 MRL - there is no uniform requirement in the mixed recreational league.

Section 5 – Team/ Rosters

- 5-1 Team rosters must be submitted to the Parks Office prior to the start of the team's first game. All submitted rosters must include each player's full name and signature. Rosters can be submitted by dropping off at the parks office, emailing to the League Director, or turning in to the scorekeeper prior to the first game starting. Failure to turn in a team roster will result in a forfeit of games.
- 5-2 Each team may carry a maximum of 12 people on their roster.
- 5-3 Roster changes will be accepted until the start of the teams 5th scheduled regular season game, except in cases of extreme emergency. Request for emergency decisions will be adjudged by the League Commissioner, whose decision will be final. All roster additions must sign the team roster and re-submit to the League Office. Roster additions may not exceed the maximum of 12 players.
- 5-4 A team may start each game of a match with 4, 5 or 6 players, two (2) of which MUST be female.
- 5-5 A team that begins a game with less than 6 players may insert a 5th or 6th player in the game at any time (only in the position CB or LB). For the remainder of that game, the team is treated as if they started the game with the higher number of players (see rule 6, sec 3).
- 5-6 At least 2 Women and NO MORE than 4 men are required on the court at all times. However, there is no limit to the number of women that may be used at one time on the court. When teams are playing with less than 6 players, they MUST have at least 2 females playing.
- 5-7 Failure to have the required number of players at match start time will result in a forfeit.
- 5-8 MRL – a player is not limited to 3 entries in a game. Players may only sub into the back-row positions CB or LB, never the front-row and never the serve position.

An exception is made in case of injury, but the injured player may not return to the match in progress. The injury must be reported to and verified by a referee. When replacing an injured player on the front row or entering the serve position, the opposing coach has the option of selecting the substitute if more than one eligible player is on the bench (this includes a female as a sub for a male). The replacement player can be removed for a regular sub once they reach CB or LB position.

Section 6 – Player Positions

- 6-1** A team playing with 4 players must play a combination of 2 players front-row and 2 players back-row, and must specify the back-row and front-row players and serving order before the game and may not alter positions during the game. To summarize, when playing with 4 players a team may not play 3 players in the front-row, they must play 2-2.
- 6-2** A team playing with 5 players must play a combination of 3 players in the front-row and 2 in the back-row, or 2 players in the front-row and 3 in the back-row.
- 6-3** A team that begins a game with less than 6 players will not be penalized with a side out when the vacant position is the right back position. But a team that finishes a match with fewer players than it started with will be penalized with a side out when the vacant position is the right back position.
- 6-4** MRL – The Libero position is not used in any form.

Section 7 – Serving & Contacting the Ball

- 7-1** The let serve is a legal serve. Reference 2003-2004 NFHS rule changes, as well as rule 9-6-3.
- 7-2** A coin toss or volley for serve in the first game of a match. Service will then alternate for the duration of the match. The volley-winner serves in games 1 and 3.
- 7-3** Teams will not rotate prior to their first service of each game.
- 7-4** MRL – when the ball is played more than once by a team, at least one of the contacts must be made by a female player (except in the case of a block which does not count as a hit).
- 7-5** MRL – when both male and female teammates contact the ball at the same instant, it is permitted and considered one female hit (except a block which does not count as a hit). Any player may make the next hit.