



STAFFORD RECREATION COMMISSION

ADULT CO-REC VOLLEYBALL LEAGUE RULES

All rules and interpretations are covered under the Kansas High School Rules with the following emphasis and exceptions listed below. The Stafford Recreation Commission sets the rules and reserves the right to interpret the rules in the best interest of the SRC's Adult Co-Rec Volleyball League.

1. Player Eligibility:

- a. Participants must be at least 18 years old to play. **Exception:** non-participating KSHSAA High School age players (Seniors only!) are eligible for play with approval by the Sports Coordinator. Individuals who are currently playing High School or Collegiate Volleyball/Basketball are ineligible. No Redshirts Allowed!

2. Sportsmanship:

- a. Any type of unsportsmanlike action will not be tolerated!

3. Entry Free:

- a. The entry fee is set by SRC to cover gym usage, supervisor, game equipment, and league awards.

4. Team Roster:

- a. The team roster must be turned in prior to the first game. All players must sign the waiver/roster before playing.
- b. A player may substitute on another team/
- c. When playing with 6 players the line-up consists of three males and three females. When playing with five players the line-up consists of three females and two males or vice-versa. When playing with four it will be two females and two males.

5. **Playing Rules:**

- a. Each team needs 4 players to start the game. A team is given 5 minutes after game time to meet the requirement to start the game.
- b. Substitutions will take place in the center back position (male for male - female for female).
- c. Teams will volley to decide home team and first serve.
- d. If the ball is hit three (3) times at least one hit must be by a female.
- e. There is a 50 minute running clock.
- f. The matches will consist of two (2) games to 25 points. The third game will be to 15 points (if needed).
- g. Teams may continue to play (with no score kept) until time runs out.
- h. A ball hitting the ceiling (or any permanent attachment to it) may be played if it comes back into the courtside of the team that hit the ball; except on serve.
- i. Spiking is allowed by the males from back court only (behind the attack line). Malicious spiking is not tolerated in this league. Malicious spikes are at the discretion of the supervisor.
- j. Serves cannot be blocked.
- k. This is a "Call Your Own" league. *If you permit it – you promote it!* If you don't call the foul the other team assumes it is permissible.

6. **Game Summaries:**

- a. The sports coordinator shall keep up-to-date records of the standings of all teams in the league. The current standings will be on the SRC website.

Remember, this is a RECREATION LEAGUE for fun and enjoyment of those taking part!