



ADULT VOLLEYBALL RULES AND INFORMATION

1. United States Volleyball Association Rules will be used at all times.
2. Shoes must be worn at all times, and need to be canvas or have a soft rubber top, with rubber soles. In short, please wear tennis shoes. If you have on hard soled shoes, you will not be allowed to play.
3. Teams will consist of six players, with four needed to start each game. For six players, there must be a 3:3 male-female ratio; five players require a 3:2 ratio (either male-female or female-male); four players require a 2:2 ratio. (Unless "OK"ed by McAllister staff)
4. Roster additions must be done in the McAllister office by the 3rd week of the season. All players must play in three regular season games to participate in the tournament. Any player who does not fall into both of these categories will not be allowed to participate in the tournament at the end of the season.
5. If a team accumulates four forfeits in a season, they will be dismissed from the league. The team will be ineligible for tournament play, and unable to receive a refund.
6. Each team will be given a five minute grace period at the start of the first game to get the appropriate number of players to start a game. If after five minutes, the team does not have at least four players present (representing the appropriate ratio); the team will be forced to forfeit the match.
7. Rock, Paper, Scissors between captains will start games one and three. (Best of 3)
8. Each team is given one timeout per game (30 seconds).
9. Rally scoring will be used, with the first two games played to 21. If a third game is necessary, it will be played to 15, and the winning team must win by two points.
10. The winner will be determined by the best two out of three games.
11. Blocks and spikes are allowed by front row players only.

12. Open handed hits are illegal except for a spike.

13. The ball is playable off the ceiling if it hits and comes back down on your side of the net. The ball is not playable if it hits the ceiling and comes off a side wall, or if it comes down on the other side of the net.

14. A served ball is dead if:

- The ball touches the floor of the serving team's court or a teammate of the server.
- The ball passes under the net.
- The ball touches any obstructions or the floor of opponent's court.
- The ball lands out-of-bounds.

15. The ball is replayed if:

- Any object hinders play (i.e. a ball rolls on the court).
- A player is injured.
- Teams cannot agree on a foul.

16. If basketball goals hinder play, replay only if:

- The ball is proceeding downward and is playable
- A player is making an attempt on the ball.
- Hard spikes that hit the walls, balls that go behind the goals or balls that go in the bleachers will not be replayed.

17. There are no officials for this league. If there is a discrepancy on a call it will be up to the team captains to make the call. The McAllister staff will not be asked to make a judgment. If there is any question, replay the ball. Please call own infractions, and remember this is a recreational league.

Other rules to remember:

- You may return a serve with hands above your head as long as your hands are together.
- We do not call foot faults on serves, but please be careful.

Good sportsmanship is essential to a recreational league. Please keep this in mind at all times. Also, please remember that this is your league. Any problems or concerns need to be addressed at the time they arise, and need to be taken care of by the teams themselves. The McAllister staff will not serve in a conflict resolution role. If the McAllister staff does have to settle a dispute, these rules will be followed to the letter. Have fun and enjoy the season!