



City of Kentwood Parks and Recreation Department

Adult Indoor Volleyball League Rules and Regulations

Under extenuating circumstances, the Kentwood Parks and Recreation Department reserves the right to amend all rules for the best interest and safety of the entire recreational atmosphere of the league.

General League Information

1. Team rosters are to be submitted and all fees are to be paid before the first date of each league season. Failure to do so will result in the forfeiture of all games until submission of both items is completed.
2. No portion of a player's fee or entry fee will be refunded after a player/team is placed in a league.
3. **All members of the team are required to know the Kentwood Parks and Recreation Indoor Volleyball Rules and Regulation and abide by them.** Managers are responsible for the conduct of their players.

League Format

1. All players must be 18 years of age or older to participate in the Adult Indoor Volleyball Leagues. Please bring identification to all games.
2. There is no roster limit for teams; this roster must be turned in prior to the start of the first game. All other roster additions must be sent to barnums@kentwood.us by 1:00pm on the day of the scheduled game.
3. Each team will play an (8) week schedule, (2) weeks of forfeits will result in league dismissal.
 - a. 5 minutes late, your team will forfeit the match. 10 minutes late, your team will forfeit the game.
 - b. All forfeit winners will be logged with (3) match scores of 25-0.
4. League schedules will be e-mailed to team managers at the beginning of the season; the schedule and standings will be available online throughout the season at Kentwood.us/schedules. Adult sports leagues will also utilize the Zorts app which can be downloaded and used by all team members to stay updated on the schedule, standings, and other league announcements.
5. Recreational leagues are self-officiated by players; any disagreements on a call will be an automatic replay. Competitive leagues are officiated by a referee.
6. Teams shall consist of 6 players, but a minimum of 4 can play; playing time will be a total of 55 minutes.

Roster Substitutes

1. Substitutes should be of equal or lesser playing level than the person they are subbing for.
2. Players should only play on one team per league unless otherwise agreed upon prior to starting play by both team managers.
3. New substitutes are not permitted during playoffs or tournaments unless pre-approved by the Kentwood Parks and Recreation sports coordinator.
4. The City of Kentwood recommends that pregnant players do not play in games for their own safety. If the player does wish to play, she must submit written permission from her physician. The permission slip must be updated once a month by the physician and filed with the parks and recreation department.



Service

1. The team which receives the ball for service (following a side-out) shall rotate one position clockwise before serving. This applies to the first side-out of the match.
2. The server shall have five seconds after the whistle in which to contact the ball for service. If the ball is served before the referee's whistle for service, the serve shall be cancelled, and a re-serve is directed.
 - a. A second occurrence during the same game by the same player results in loss of service.
3. Net serve is allowed.
4. Setting of a serve is legal in accordance with the official volleyball rules.

Equipment

1. Kentwood Parks and Recreation Department will supply game balls; teams are welcome to bring game balls as well. Both team captains should agree upon the game ball before the start of the game.
2. All loose jewelry must be removed (necklaces, hoop earring, etc.). We strongly recommend removing stud earrings, nose rings, lip rings, wedding rings, etc.; these can be worn at the player's discretion.

Match Play

1. Batting the ball – the ball may be contacted with any part of the body including feet.
2. The ball may be volleyed only 3 times prior to going over the net. A ball striking the net and going over is still in play.
3. A ball other than a service may be recovered from the net, provided the player avoids touching the net. A ball may be played when any part of it has crossed the top of the net.
4. Spiking constitutes a play in which the ball is hit forcibly into the opponent's court from above the top of the net with one or two hands or arms. **A service cannot be spiked.**
5. Blocking – an attempt to block does not constitute a block unless the ball is contacted during an attempt.
 - a. A player from the back row may come up to block in the front row as long as they notify the referee by raising their hand before service. This can only happen if there are 2 women and 1 man in the front row at that time.
 - b. The team which has affected a block shall have the right to three more contacts to return it to the opponent's side.
 - c. Any player participating in a block shall have the right to make the next contact with the ball, such contact counting as the first of three contacts allowed for the team.
 - d. Hands of the blocker(s) may reach over the net; however, the blocker(s) shall not contact the ball over the opponent's court until after the completion of the opponent's action which sends the ball towards the blocker(s) side.
 - e. A blocker cannot touch the ball in the opponent's space before or simultaneous with the opponent's attack-hit.
6. During an attack, a tip is permitted if the ball is directed by contact with the fingers only and the contact is brief, and the ball is not caught or thrown.



7. The ceiling and any objects (ropes, light guards, etc.) that are over the court within 6'6" of the boundaries of the court are in play.
8. Substitutes, coaches, managers, and other team representatives shall not enter the court while the ball is in place. Substitutes players must rotate through all positions before exiting the game again.
9. Liberos – Liberos (DS) are not allowed.
10. The service zone is extended to include the full width of the 9-meter area behind the end lines. A player is permitted to pass hand(s) beyond the net inside the antennas and contact the ball over the opponent's court on his or her team's first or second hit, provided the ball has not completely crossed the vertical plane of the net and is direct back into the player's own playing space.

Co-Ed League Rules

1. When the ball is played more than once by a team, one of these contacts must be made by a female player.
 - a. This does not apply to recreational level leagues.
2. The net height shall be 8 feet.
3. One back court player may also block (no spiking) when there is only one male player in the front line.
4. A minimum of 2 females must be on the floor at all times. A maximum of 3 males are allowed on the court at any given time.
5. **The serving order and position on the court at service shall be male and female alternated or vice-versa.**
 - a. **Alternating male and female service order must be maintained.**

Game Duration

1. All indoor volleyball regular-season games will constitute of 3 matches played to 25 using rally scoring.
 - a. Thirteen (13) points constitutes a game. If time runs out and neither of the teams has reached 13 points, the game will be recorded as a tie regardless of who is winning when time expires.
 - b. If time runs out and a third match is not played at all, a tie will be recorded and will only be replayed if needed for a first-place tie.
 - c. To win a match a match is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; etc.). Games will be capped at 27 points.
 - d. During tournament play, the deciding third match will be played to 15 points.
2. Game time will last 55 minutes.
3. Teams are allowed 1 time-out per match, totaling 3 time-outs per game. Time-outs shall not exceed 30 seconds each.
4. Referees and/or site supervisors oversee the official game time.

Player Conduct

1. Team managers are responsible for any misconduct among their players and spectators.



CITY OF KENTWOOD PARKS & RECREATION

2. Players and/or team managers may be put on probation, suspended, or game may be forfeited if conduct is considered undesirable to the welfare of other players, site supervisors, or spectators.
 - A. Examples of undesirable conduct are excessive profane language, verbally abusing referees, continual disagreement with referees, continual disagreement with referees and/or site supervisors, smoking marijuana on city property and/or use of alcoholic beverages.
3. Physical violence of any kind will not be tolerated.
 - a. Fighting is not tolerated in any adult sports league. Individuals involved in a fight will be immediately ejected from the game. Additionally, the game will be considered a forfeit to both teams.
4. Anyone who is ejected from a game may be asked to leave the park or game location immediately. Failure to comply could result in the forfeit of the current game.
5. Kentwood Parks and Recreation staff reserve the right to now allow a team or player to participate in any game or league for any reason.

Any player or team who fails to follow the player conduct rules listed above will be disciplined accordingly, and may be ejected from the game and asked to leave the premises or game may be forfeited.

Protests

1. Protests will be honored only on a rule infraction, not on referee judgement calls. Team managers must use the following procedure to make a formal protest:
 - a. All protests must be in writing and handed in to the Kentwood Parks and Recreation Department sports coordinator no later than 5:00pm the following day.
 - b. All protests will be addressed with all involved parties within 3 business days of the protest.

Referees and Site Supervisors

2. Kentwood Parks and Recreation will supply at least one referee for each competitive league game; referees are not supplies for recreational leagues. We will also supply one site supervisor at each location.
3. The referees and/or site supervisors are officially in charge of the courts and are empowered to discipline and/or eject players, team managers, and spectators from the game or premises for violation of any of the above rules and regulations.

Weather

1. In case of weather-related issues or cancellations, emails will be sent to team managers by 4:45pm of each game day. Cancellations will also be recorded on the weather line at 616-656-5280.
2. All cancelled games will be rescheduled for the end of the season if there are no conflicts. In the event of a conflict, games will be rescheduled for a night other than the regular league night, if possible.