

Nampa Co-ed Volleyball

LEAGUE RULES



The goal of the Nampa Recreation Department is to provide opportunities for physical exercise, socialization, and healthy competition for adults through sports programs. Please remember that regardless of the league or caliber of competition, the main goal of the program is to have fun and provide physical activity. Keep this in mind before you get mad at yourself, team members, referees or the other team.

Idaho High School Federation Volleyball Rules will be enforced in any other situation not addressed below.

Fees

Fees are set to cover the direct expenses of the program. Players' fees are additional fees used for improvements in parks and recreation facilities. Players' fees are not refundable or transferable. **All league fees and players' fees must be paid in FULL by the first game. If ALL fees are NOT paid in full, games will result in forfeits until fees are paid.**

Supervisors & Scorekeepers:

Site supervisors & referees are the official representative(s) of the Nampa Recreation Department and will serve in a supervisory role of the facility.

Player Eligibility:

- 1) **It is the team captain's responsibility to keep record/maintain/and update all players on their roster regarding the following rules.** Please check in before tournament has begun to confirm all rosters and eligible players with the league coordinator either by calling 208-468-5858 or by emailing them directly.
- 2) Players must play in **2 legal matches** to be eligible for the end of the season tournament. A legal match is a match in which all players playing for a team have paid their players fee for the team they are playing on and have signed the roster.
- 3) If a player plays in a set/match and is not on the team roster, and/or has not paid all applicable fees, the game will be forfeited. These matches will not count as a legal match.
- 4) A player may choose to sign up on more than one team so long as the two teams are not in the same division. If the two teams the player is playing on are moved into the same division, the player(s) will have to choose which team for that division they will play for.
- 5) All players are eligible for roster moves. However, only two players moving from an upper division CAN move to the same lower division team. A team can only have two players who play or have played in an upper division (this season) on their roster.
- 6) The minimum age for a player is 16 years old with a parent signature.
- 7) All teams and players will need to sign in prior to the start of the game. Players may be asked to show I.D. by the gym supervisor to verify eligibility. Any player participating under a false name will result in an automatic suspension from the league.
- 8) The Nampa Recreation Department will have the final decision concerning player eligibility. A player must participate in at least two regular season games to be eligible for the end of the season tournament.
- 9) Any player who is currently participating in organized sanctioned volleyball (IHSAA, NCAA, NAIA) is not eligible to participate.

Rules:

- 10) Court shoes are required, NO marking sole shoes, bare feet, and no stocking feet.

- 11) **Players:** a maximum of six (6) and minimum of four (4) on the floor at any time. A maximum of three males can be on the court. Teams can play with one female if only one female is present.
- 12) All matches will be three games or 55 minutes. Once the 55 minutes is up, the match will be over.
- 13) Game time is start time. If a team is short players, a loss will result in the first set. Ten minutes will be given to field a full team. If a full team is not filled, the second set will be a loss and the match will result in a loss as well.
- 14) A scheduled game time consist of 3 sets. League Standings will be based on the number of sets won and lost during the regular season. During the tournament, the winner will be determined by winning at least 2 of the sets.
- 15) Points are scored by rally scoring. All sets will be played to 25. The first two sets must be won by 2 points and the third will only have to be won by 1 point. There will be no point cap on all sets during the regular season. **During tournament play, if a match goes to a 3rd set, the 3rd set will be played to 15 points with no cap and must be won by 2 points.**
- 16) If the 3rd set has not been finished when the time limit is reached, the winner will be determined by the team with the most points of that set. If the 3rd set is a tie when the time limit is reached, the win for that set will be determined by the next point.
- 17) **Service:** a coin flip will determine who serves in the first and third games.
- 18) **Substitutions:** allowed in serving position after the loss of serve/or center back at the time of rotation.
- 19) **Time Outs:** Each team will receive a one-minute time out per set. The match time will not stop during time outs. Time outs will not be allowed if there is 5 minutes or less left on the match clock. The match clock will be stopped for injuries.
- 20) **Boundaries:** clearly marked on floor. Walls, standards, basketball backboards and bleachers are out of bounds. Ceilings are playable if you can play the ball on your side and it doesn't cross the net. Players can step on the center line but may not cross the center line.
- 21) **Net Play:** Contact with the top band of the net, at any time is illegal. Contact with any other part of the Net, at any time (including a play on the ball is not fault/illegal unless it interferes with the opponent's body/play).
- 22) Team Captains are responsible for the conduct of their players and fans. **Children are the responsibility of their parents, not the gym supervisor or referee.** Your children MUST always be closely supervised during games by an adult NOT PARTICIPATING in the game. If there are problems, you will be asked to leave.
- 23) If the ball is hit 3 times on your side, 1 hit must be made by a female.
- 24) The ball may be played off any part of a player's body, whether intentional or not. The foot can be used to save the ball but cannot kick the ball.
- 25) A player in the back row can only come up to bump or set the ball. Back row players can only attack the ball if they jump from behind the attack or 10ft line.
- 26) Double hits are illegal.
- 27) No prolonged contact is legal (rolls, lifts, pushes or throws)
- 28) Tournament schedule will follow the completion of league play.
- 29) **Serves cannot be blocked or spiked.**