



SUMMER NIGHT LIGHTS 2024

SNL ADULT VOLLEYBALL

RULES AND REGULATIONS

LEAGUE GUIDELINES

- Participants are responsible for the conduct of their behavior and fans at all times! Any player ejected from a game for an unsportsmanlike conduct will be asked to leave the gym building immediately and will receive an automatic one game suspension.

ELIGIBILITY OF INDIVIDUALS & TEAM ROSTERS

- All players must be on the official league roster in order to play and must be 18 years or older.
- Roster maximum will be 8-9 players with a minimum of 6 players.
- **Switching teams is not allowed.**
- Before every game each player must sign the scorecard.

EQUIPMENT

- **Lanark Park Recreation Center will provide volleyballs for each game.**
- Players should wear gym shoes or athletic shoes that do not mark up the floor.
- The net shall be set at the standard men's height of 8 feet.

START OF MATCH

- A coin toss shall be conducted between the captains of each team prior to the first game of the match and if necessary prior to the third game to choose either to serve or receive.
- A team may begin and finish the game with a minimum of 4 players.
- Teams must always have a minimum of **TWO Females** on the court at all times and a maximum of **FOUR MALES** on the court.
- If at any point of the game the team is down to less than 5 players (ejections, etc.), a side out will be called every time the missing player or players were supposed to serve. **EXCEPT for an injured player, a side out will not be called.**

SCORING THE MATCH:

- A rally scoring will be used for all games.
- All matches will consist of a best of 2 of 3 sets.
- The first two sets are played to **25 points** and the third set to **15 points**.
- The scoring cap for the first 2 games is **35 points** and for the third game is **25 points**.
- Each set must be won by at least **2 points**.
- When the referee blows the whistle signaling the end of the match, players and coaches are to: Go to their respective end lines **and** proceed in a single file line along the side court and net.

TIME OUTS:

- Each team is allowed two **(2) 30** second timeouts per set.
- Only the coach or team captain may notify the referee of a time out request.
- In the third set only **(1) 30** second timeout is allowed.

SERVING:

- A serve is in play as soon as the server strikes the ball with his/her hand.
- A re-serve is called when the server drops the ball, tosses the ball in the air and catches it, or tosses it in the air and allows it to drop to the floor.
- A re-serve is part of a single attempt to serve.
- A server may not step on or over the service line until the ball is in play.
- A serve that contacts the net, yet still crosses over to the opponent's side, will be considered a live ball.
- A server may score a maximum of **(5)** consecutive points. When the fifth point is scored, there is an automatic rotation. **(Max 5 serves per player)**
- A time limit of 5 seconds per serve is in play once the server is set.
- Blocking a served ball is prohibited.

CONTACTING THE BALL:

- A legal hit is a touch of the ball by a player's hands, arms, foot or body at or above the waist (contact by a player's head is legal).
- For a contact to be legal it must be very brief and crisp, any prolonged contact is illegal.
- A team shall not have more than three hits, or two consecutive hits by the same person, before the ball crosses the net with the following caveats:
 - **Simultaneous contact on the same team** – When two players on the same team simultaneously contact the ball, the contact is counted as just one hit and any player, including the two who just touched it, may play the ball.
 - **Simultaneous contact by players on opposing teams** – When two players on opposing teams contact the ball above the net at the same time and the ball falls onto one side, the player on that side may make the next hit. Whether the player involved in the simultaneous hit or another player makes the next hit, it is counted as the first hit for the team
 - **Multiple contacts for one attempt** – When a player receives a hard-driven ball from an attacker (either a block or saving a spike) and the ball rebounds from one part of a player's body to ricochet off of another legal part of the player's body, the ball is still in play and the attempt is counted as a single hit. This does not apply if the ball is not hard-driven and the player simply mishandles the ball.
 - **Blocks** – Blocks are not counted as hits. When a player blocks the ball, either he/she or any other player on her team may hit the ball next and that hit will be the first one for the team.
- A front row player may contact the ball anywhere on or off the court.
- A back row player behind the attack line (**10 foot line**) may contact the ball on or off the court, above or below the top of the net.
- A back row player, who is on, or in front of, the attack line (10 foot line), may not attempt to block or attack the ball above the top of the net.

INBOUNDS, OUT OF BOUNDS AND CROSSING LINES:

- **Inbounds:** A ball is inbounds and live when:
 - Any portion of the ball touches a side-line, end-line or inside the court.
 - The ball touches the ceiling or other obstruction directly above the hitting player's court and returns to the same side of the court.
 - The ball hits the net and goes over into the opponent's court.
- **Out of Bounds:** A ball is dead when it:
 - Fails to go over the net by the third hit.
 - Touches any part of the antenna or pole.
 - Touches the ceiling or other obstruction above the player's court and goes to the opponent's side of the court.
 - Touches an obstruction (e.g. basketball backboard) on the side or end of the court or walls.
 - Touches any non player.

INBOUNDS, OUT OF BOUNDS AND CROSSING LINES:

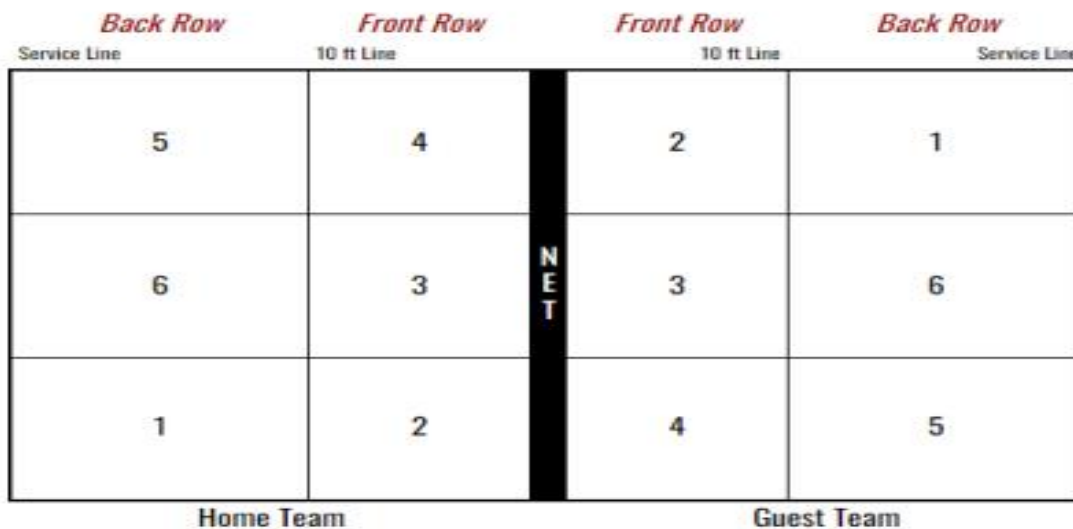
- **Crossing lines:**
 - All players, except for the server, must be fully within the boundaries of the court when the ball is served.
 - Once the ball is served, players may go outside of the court to play a ball.
 - A player may not enter the opponent team’s court.
 - A player may touch or cross the center line with a hand or foot provided the entire hand or foot does not cross it completely. No other body part (e.g. the head or elbow) may cross the centerline.
 - A ball striking the **ceiling** or an overhead obstruction shall remain in play during a rally provided the ball contacts the ceiling or obstruction on the side of the net extended occupied by the team which played last and provided the ball is legally played by the same team.

ROTATION PLAY:

- A rotation is required when the serving team fails to win the point or makes an illegal play (**side out**).
- If a player on the court gets injured and is removed from the game, players will rotate to fill the empty spot(s) and the next bench player will enter the game to the middle back.
 - a. Players out for injury may not reenter play in the same set, but may participate in all remaining sets.

ROTATIONS:

- > A mandatory rotation is required when the serving team fails to win the point or makes an illegal play (side out). 1 bench player must rotate into the game.
- > Players will rotate in a clockwise movement. (Back Row to the left, Front Row to the right)
- > The Bench Player subbing in will come in at spot #6. (for the player who is rotating from #1 spot)
- > Both Players will meet in front of the 10ft line next to the sideline closest to the team bench, high five each other and then go to the spot/bench.
- > See Chart Below (#'s below represent the official volleyball spots)



MISCONDUCT BY PLAYERS, MANAGERS, AND SPECTATORS

- Good sportsmanship is everyone’s responsibility.
- Any player guilty of threatening, striking, or physically or verbally abusing another player, patron, staff or official will be suspended a minimum of **two games or suspended from the league indefinitely**.
- The league commissioner and park director reserve the right to lessen or increase any disciplinary actions.
- We require that ALL spectators practice supportive and encouraging behavior at all times.
- Inappropriate conduct and/or negative gestures are not allowed during any part of the game (e.g. taunting,

derogatory comments, and distracting players with yelling, stomping or banging devices, using horns/bells/whistles). Failure to comply may result in forfeiture and game and/or suspension.

- Referees may bar a player, manager or coach for the entire game for unsportsmanlike conduct, profanity or verbal abuse.

SPORTSMANSHIP AND CODE OF CONDUCT

- The purpose of this Code of Conduct, applicable to every participant, is to engender and motivate a return to good sportsmanship, proper conduct on and off the field, and full compliance with the rules and policies of the Lanark Adult sports leagues. Every individual and team participating has adequate recourse through established procedures in the filing of complaints or protests.
- This code of conduct applies to all players as individuals or as a team. This is not, and is not intended to be, an all-inclusive list. It should, however, give each participant a general idea of what is expected in this league. This code of conduct becomes effective as soon as the participant arrives at the facility and remains in effect until the participant leaves the city grounds. Penalties include but are limited to suspensions, and removal from the league.
 - No alcoholic beverages and/or smoking/vaping allowed in or on recreation centers or school grounds by players, managers, and/or spectators. Penalty: immediate suspension.
 - No participant shall at any time lay hands upon, push, shove, strike or threaten to strike an official, player, spectator, scorekeeper, staff and the public. Penalty: Automatic ejection and a minimum of one game suspension or expulsion from the league.
 - No participant shall be guilty of physical attack as an aggressor upon any official, player, spectator, scorekeeper, staff and the public. Penalty: Automatic ejection and a minimum of one game suspension or expulsion from the league.
 - No participant shall endanger the safety of any official, player, spectator, scorekeeper, staff and the public. Penalty: Warning to a suspension.
 - No participant shall be guilty of using personal heaping and verbal abuse upon any official for any real or imaginary wrong decision of judgment. Penalty: Warning to expulsion from the league.
 - No participant shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player. Penalty: Warning to ejection.
 - No participant shall be guilty of objectionable demonstration of dissent at an official's decision by throwing equipment or any other forceful action. Penalty: Automatic ejection and a minimum of one game suspension or expulsion from the league.
 - No participant shall appear on/at the facility intoxicated condition, or consume drugs or alcohol. Penalty: Expulsion from the league.
 - No participant shall be guilty of discussing publicly with spectators in a derogatory manner of any play, decision, or personal opinion of other players. Penalty: Suspension to expulsion from the league.