



Ferguson Parks and Recreation

Indoor Volleyball League Regulations and Rules

1. League Rules

- a. The team captain will be the contact person regarding all league schedules, standings, general information, and any items needing to be passed along to their teams.
- b. All players must be at least 18 years of age.
- c. Any player who uses profanity or threatens any league official, player, referee, or spectator will be ejected from the match. Depending on the severity of the situation, the player may be banned from the league indefinitely at the discretion of the league supervisor.
- d. Any player fighting will result in a forfeit of the game. Anyone involved in the altercation may be suspended from the league indefinitely at the discretion of the league supervisor.
- e. All calls in the match will be made by the referee to the best of their ability in accordance to the league rules. Players who are excessively arguing calls may be ejected from the game at the discretion of the referee.
- f. Matches will start on time (warm-ups will be beforehand) and 5-minute warm-ups will be given for subsequent matches.
- g. Teams are allowed one 30 second time out per set/game.
- h. 3-minute breaks will be given in between each set/game. If both teams are ready before the 3-minute break is up, the next set will start.
- i. A 10-minute grace period is allowed before forfeiting the first set; another 5-minutes before forfeiting the rest of the match. Warm-ups will not be given for late teams.
- j. Forfeited matches will not be rescheduled.
- k. If a team forfeits 2 weeks during the season, the team will be removed from the league and refunds **will not** be given out.
- l. Kids/Spectators are not allowed on the courts at anytime for the safety of all participants. Referees have been instructed to cease play until children/spectators are removed from the playing area.
- m. **There are no alcoholic beverages allowed in the Ferguson Community Center.**

2. Equipment

- a. The Ferguson Parks and Recreation Department will supply warm-up/game play volleyballs, scoreboards, and one referees.

- b. Volleyballs provided by the Ferguson Parks and Recreation Department will be the only balls used during game play, no outside balls will be used.

3. Gameplay

- a. Play 2 sets to 21 points (23 point cap) and a 3rd set to 15 points (17 point cap) using rally scoring. Teams must win by 2 points unless the point cap is reached.
- b. Captains will Rock, Paper, Scissors for their choice of side or serve.
- c. Players may serve anywhere behind the back service line.
- d. The receiving team must rotate on their first serve.
- e. Players in the back row may not attack or block in front of the 10 foot line.
- f. Players may not attack or block serves. Overhead passing (setting) is legal.
- g. Let serves are legal (a serve that hits the net and goes over).
- h. Touching the net is illegal and results in a point for the opposing team.
- i. A team may play a ball off the ceiling only on their side of the court. If the ball touches the ceiling after crossing the net, a point is awarded to the opposing team.
- j. Any ball touching any part of the backboard will be deemed out of play and a point will be awarded to the opposing team.
- k. No balls will be played off the gym walls.
- l. Coed Leagues – Teams may play with as little as 4 players; minimum of 2 females, no more than 3 males. If a team shows up with 3 males and 1 female, the opposing team can determine if they play. Once a decision is made, that decision must be followed for all 3 sets if the opposing team grants them to play.
- m. Coed Leagues – Females are not required to have contact during a volley.
- n. A lift (or carry, when the ball is held for an extended period of time comes to a rest) will be called as a warning the first time it happens during a match. Every lift/carry after that will be called and a point will be awarded to the other team.
- o. If teams have subs, they must enter in the middle back position.

4. Playoffs

- a. Teams qualify for playoffs based on winning %. In the event of a tie, the following breakers will be used:
 - i. Winning Percentage
 - ii. Head-To-Head competition
 - iii. Margin of victory with all tied teams
 - iv. Lowest numbers of forfeits
 - v. Coin toss
- b. Teams who qualify for playoffs will play 2 out of the 3 sets to determine which team move on in tournament play. The first 2 sets will be played to 21 and must win by 2 (23 point cap) using rally scoring. If a third game is necessary, the game will be played to 15 (17 point cap) and teams will switch sides at 8 points.
- c. Since matches may run ahead of schedule, be sure to arrive early.
- d. Only subs who have played in regular league play are permitted in playoffs. Opposing teams must protest before match begins.
- e. Tournament winner only will be awarded shirts.

5. Rosters/Schedules/Standings

- a. All rosters are due before the first game. No players are allowed on the court prior to signing the roster (rosters will be emailed to the team captain).
- b. Changes to the team roster must be made by the 3rd week of play. Any illegal player will result in forfeiture of any games he/she participated in.
- c. An individual may not play for more than once team in the same league.
- d. Standings will be based on total game wins/losses and will be updated weekly to the website, sports.fergrec.com.

Volleyball leagues are governed by USAVB rules. Any rules covered in this rulebook take precedence over USAVB rules. Rules are subject to change and may be added, modified, or taken out at any time by discretion of the league coordinator, site supervisor or official.