



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
MUNICIPAL SPORTS ASSOCIATION**

CO-RECREATION VOLLEYBALL RULES AND REGULATIONS

The Rules of Play as published in the Domestic Competition Regulations as presented by USA Volleyball will govern all play.

For complete rules go to:

<http://www.usavolleyball.org/media/rulesofficials/07DCR/indoor/2007IndoorDCR.pdf>

- I. Each team must furnish a Leather Volleyball.

- II. **ROSTERS:** Limit 12 players on a team. If a roster or Add/Drop is mailed, the team manager is responsible to verify that the sports office received it.
 - A. Rosters are due by the 1st league game.
 - B. Rosters must be turned in to the Municipal Sports Office
 - C. A team may Add / Drop players from the roster through the 5th week of the league.
 - D. A team may only use players on the team roster: An exception is made when a team has less than 6 players present at the game. A team may substitute ONE player from another team scheduled to play that night. Bye Team Players/Spectators may not be used as substitutes.

NOTE: 4 of the 5 minimum fielded players must be rostered to the scheduled team or the match is forfeited.

 1. A team may “borrow” only one player each game if they have less than six team players present. If 6 or more players of a team are present, the team may not borrow a player regardless of the male/female makeup of the players present.
 2. There is no rule that applies “if both Captains Agree” – if the rule is violated an automatic forfeit is given to the officiating team, as well as the team who can not field a legal team.
 3. Borrow a different player each game (same borrowed player can not play with a team more than one game a night.)
 4. In the case of an injury during a match, a team may borrow a player to finish the game provided this action does not violate any of the other rules pertaining to borrowed players or team line-up configurations.

- III. **LINEUP/PLAYERS/ROTATIONS:** A standard line-up on the court would be six players consisting of 3 men and 3 women. Each team must play with a minimum of 5 players. Fielded team must consist of a minimum of 1 male; maximum of 3 males, and minimum of 2 females, maximum of 5 females.
 - A. Line-Up on the court: With six players, the line-up must alternate by sex – male, female, male, female, male, and female.

1. Interpretation: Two males can not play next to each other on the line-up – either a female or the ghost position (see section III-C) must be between them.
 2. A team can use a line-up consisting of 4 women and 2 men, or more than 4 women; and the line-up configuration would be adjusted to female, female, male, female, female, and male.
 3. Teams may play with more than 3 women; however, at least one male must be on the court.
- B. Late arriving male players: When the fielded team consists of 4 women and 2 men and the late arrival is a male; the male must substitute in for a female in the back row, and the line-up adjusted to male/ female. However, no male in the back row can be adjusted to the front row.
1. The female player taken out can participate in a regular sub or rotation system as if she had not yet been in the game.
 2. Should a team have 4 or more women and only two men present for a game, both men should be fielded in the line-up.
- C. Use of Ghost: When a team is one player short, the line-up must maintain a “Ghost” spot on the court while still maintaining the male/female line-up.
1. The referee or umpire must be kept informed at all times of the position of the Ghost. When a rotation occurs, the team shall point out the position of the Ghost.
 2. The “ghost” does not effect the position of the other players after the serve. Examples:
 - a. When the “ghost” rotates to serve, declare to the referee and rotate again. At the serve by the next person, the “ghost” is legal in the center back position.
 - b. When the “Ghost” rotates to the left position, declare to the referee. The person behind the “Ghost”, (legally in the left back), may come in front of the 10-foot line before the serve. However, there must be space for the “ghost” in the front of him/her.
 3. If a player arrives late, he/she can enter the game immediately in the “Ghost” position or as a regular substitute. Maintain the male/female rotation – do not adjust it.
- D. Rotation/Substitution: Prior to the game time, each captain must notify the referee of the system the team will use for putting players into the game.
1. Rotation: Players will rotate in and out at a designated position of the court. (A team can not pick the substituted player; a team can not leave a woman in the game and substitute the other two females).
 2. Substitutions: Regular substitution procedures. No limit to entries per player, but player must substitute in and out for the same player (any position).

IV. **SUPPLEMENTAL RULES INVOLVING BALL PLAY:** There are several additional rules from Municipal Sports Association that will apply for co-recreational play.

- A. Co-Recreational Play: When a ball is played more than once by a team, one of these hits must be made by a female; except when a male returns the ball on the first hit. (Block does not count as a hit).

- B. Blocking: One back court player may also block when there is only one male player in a front line position. He may not attack.
- C. Service: The first service of the game is the player in the right-Back position of the serving team. After that a “rotation” must always occur. When a player from team “A” finishes his term of service (side-out), Team “B” must rotate. Service tossing error is a side-out.
- D. Setting Motion: A “setting motion” may be used when receiving a served ball. Blocking or attacking a served ball is not legal.
- E. Playing a ball near the side walls: On courts that are narrow, the side walls can be a hazard. The USVBA Rule will be used. One foot must be on the floor when the player contacts the ball.
- F. Ceiling Ball: A ball may be played off any part of the ceiling above the playable area, as long as it remains on the same side of the net.
- G. A player may not step onto an adjacent court while the ball is in play. Stepping on the line constitutes entering the adjacent court. Follow-through onto an adjacent court is also a dead ball.

V. **GAME TIME:**

- A. **Game Times: For Recreation League purposes, matches will begin at 7:00, 8:00, and 9:00 PM, or as designated by League Schedule. Teams not ready to play at game time will lose one point a minute until they take the floor. After 15 minutes, the first game is lost and a 3 minute rest period follows. If the team still can not legally take the floor, the match is forfeited. The official’s watch or his/her designation is the only watch used.**
- B. **Matches have a time limit of 50 minutes; 2 games per match. If time runs out, a sudden death procedure will be implemented.**
 - 1. **If it is the second game and one team leads by two points, that team wins the game**
 - 2. **If it is the second games of the match and the score is tied, play continues until one team leads by two points. Now the above condition has been met. The match is determined accordingly.**
- C. **Scoring: Using rally scoring: A game is won by the team which first scores 25 points with a minimum lead of two points.**
 - 1. **A match consists of two games; with one time-out per team, per game**
 - 2. **A team must win by two points – in the case of a 24-24 scores; play is continued until a two-point lead is achieved.**
 - 3. **Teams must be on the court at the scheduled time.**

VI. **TIME OUTS:**

- A. Two time outs per game – one time out per team.
- B. A time out is not allowed during the last five minutes of the match

VII. **EQUIPMENT:** The poles are not considered part of the net.

- A. If a player bumps or falls into the pole, it is not a net violation.

B. If the player grabs the pole or holds it, it is a net violation.

VIII. **TEAM STANDINGS:** Team standing will be based on the following point system per Match.

Win (per game)	=	1 Point
Loss	=	0 Points
Forfeit (Match Play)	=	-1 Point
Failure to Officiate	=	-1 Point
Failure to Report Scores (By Tuesday following scheduled play)	=	-1 Point

IX. **DEFINITION OF A FORFEIT:**

- A. A team cannot legally field a team
- B. A team does not fulfill its referee assignment
- C. The referee can forfeit the game(s) for unsportsmanlike conduct.
- E. Forfeit time is scheduled game time of the first game of the night. Wait 15 minutes and then all remaining games/matches are also forfeited.

X. **PROTEST PROCEDURES:**

The judgment of the official cannot be protested. A protest can be entered on the official's interpretation of a rule when applied. You must protest immediately, before the net serve. The referee states the call and why, any protest is then lodged at this time.

Note the score at the time of the protest and time consumed. Continue the game. Remember, the referee will continue to interpret the rule the same way; don't argue.

A written protest must be submitted to the Sports Office within 48 hours. You must provide the following:

- A. Team Name, League, Night, and Location of the league.
- B. Opponent
- C. Score of the game, time already used.
- D. Rule for protest.

XI. **Levels of Play:**

Municipal Sports offers levels of play from beginner to seasoned teams. The descriptions below offer a guideline to match your skills. Municipal Sports reserves the right to place or move teams into appropriate levels of play as deemed necessary.

"A" – Any teams who consistently displays advanced ability in either offensive skills (spiking, serving, setting) or defensive skills (passing, digging, blocking) and has sufficient ability to execute the dynamics of power volleyball. Teams who have played a while and are competitive.

Players tend to be fundamentally strong, team is organized and play is approached strategically.

"B" – Teams who consistently display intermediate ability in two or more specialty areas. Teams who players may still be new to the sport and are seeking a little more competition. The rules are understood. Teams have played for a few seasons and tend to be more organized and even play with some strategy.

"C" – Teams with inexperienced or new players with the knowledge of Rules and court awareness; the recreational level teams have little previous experience or are those just looking to have fun.

Open Play Night welcomes individual players with the opportunity to play in a team format without the requirements of having a full team; Meet other individuals and possibly form teams to move into the regular leagues.