



SPORTS OFFICE

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RULES AND REGULATIONS GOVERNING ADULT VOLLEYBALL

The rules of USA Volleyball shall be enforced in the Burbank Parks and Recreation Department adult volleyball programs, except as amended below:

I. GENERAL INFORMATION

- A. Managers and all players are responsible for knowing the "General Rules and Regulations Governing Adult Sports" in their entirety.
- B. The Burbank Athletic Federation Board of Directors shall act as an advisory board, hear and rule upon protest appeals, and act on disciplinary cases.
- C. Where there is more than one league within a given group, grouping shall be determined by team ability, with the better teams grouped in the higher league.
- D. Players may only play on one Volleyball team per league.

II. EQUIPMENT REGULATIONS

- A. JEWELRY
 1. It is **required** to remove all jewelry, and any potentially dangerous hair, wrist, neck, face, or ear objects while playing.
- B. SHOES
 1. Participants must wear appropriate athletic shoes while playing. Bare feet or street shoes are not allowed.
- C. NET HEIGHT
 1. Coed and 4-Man – 7' 11¾".
 2. **Reverse Coed, 4-Woman, and Women's – 7' 4¼".**

III. PLAYING RULES

- A. USA Volleyball Rules will be used.
- B. WARM UP
 1. No one is permitted to warm up in the lobby areas.
- C. MATCHES
 1. Best 2 out of 3 games (rally-point scoring) to 25, capping at 27. Third game to 15 with a cap of 17.
- D. TEAM AND SUBSTITUTION
 1. **Women's League**
 - a. Maximum of 6 players, minimum of 4 players
 2. **Coed and Reverse Coed**
 - a. Maximum of 6 players, minimum of 4 players. There shall not be more than three (3) females or three (3) males on the court at a time. The makeup shall be as follows:
 - i. 6 players: 3 males/3 females
 - ii. 5 players: 3 males/2 females or 2 males/3 females
 - iii. 4 players: any combination of 4 players with a minimum of 1 player per gender
 - b. The serving order and position on the court at service shall be an alternation of male and female unless there is a difference in number of female/male ratio 3:2 or 3:1
 - i. In the event there is a difference there will be a ghost position. Therefore conceivably two males or females may serve consecutively. This is only the case when the number of males and females on the court are not equal.
 3. **4-Man and 4-Woman**
 - a. Maximum of 4 players, minimum of 3 players
 4. Before the game starts, all players' names and those of the substitutes must be recorded on the line-up card. Any player whose name is not on the card may not participate in the game.
 5. When a team starts with less than six players, they must list all the players they assume will be playing and must use the straight substitution option. The team will start the game short players (less than maximum for

the league but at least the minimum of the league). When a player arrives late; he/she may be substituted into the rotation in the appropriate serving order position until the team reaches the maximum number of players.

6. USA Volleyball substitution or Rotation-In Option
 - a. Rotation-In Option: will be allowed as players rotate. The previous server goes out and the new player (of the same gender for coed/reverse coed) goes into the center back position. Teams may change their method of substitution between games.

SPECIAL LEAGUE RULES

E. Coed Rules

1. In all divisions, when the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute playing the ball.
2. When only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking.
3. If a team is playing with 4 players, the following rules will apply:
 - a. Server is considered a back line player.
 - b. All other players are considered front line players who can hit or block.

F. Reverse Coed Rules

1. In all divisions, when the ball is played more than once by a team, at least one of the contacts shall be made by a male player; contact of the ball during blocking shall not constitute playing the ball.
2. When only one female player is in the front row at service, one female back row player may be forward of the attack line for the purpose of blocking.
3. No male player may participate in a block.
4. No male player may contact the ball above the height of the net in front of the 10' line. If a male player contacts the ball in front of the 10' line and it enters the opponent's area, the ball must have an upward trajectory. A male player may attack from behind the 10' line; one or both feet must be in contact with the ground when the ball is hit.
5. If a team is playing with 4 players, the following rules will apply:
 - a. Server is considered a back line player
 - b. All other players are considered front line players who can hit or block.
6. A male player must keep one or both feet in contact with the ground on a serve.

IV. PREGNANCY RELEASE

- A. Any woman who knows she is pregnant shall be responsible for informing the sports office supervisor in charge and obtain a release form. This form is to be signed by her doctor and returned to the Sports Office. Managers are responsible for informing players of this release form.

V. FORFEIT SCORES & FEES* - Effective January 2020

- A. When a forfeit is issued the score will be recorded as follows:
 1. 25-0 per game; 2-0 match
 - a. EXCEPTION: In the case in which a team has been made incomplete by reason of an injury (team shall lose the current game, but will keep the benefit of points which have been won.
- B. IF a team does not have the minimum number of players to begin at game time, the first game will be forfeited 25-0. The forfeiting team will have 10 minutes to reach the minimum number of player. If at the end of the 10 minutes the team still does not have the minimum number of players needed the score will be recorded as 25-0 and 2-0 for the match.
- C. **Teams Forfeit Free*** will be charged a \$10 forfeit fee.
 1. The fee must be paid prior to the next scheduled game. Failure to pay a forfeit fee could result in forfeiting the remainder of the games until the fee is paid.
 2. Forfeits not paid within 4 weeks will be sent to collections and the team will not be allowed to participate within the league until the fees have been collected.

VI. PROTESTS AND PROCEDURES

- A. Eligibility protests may occur at any time during the season. Eligibility protests will only be for that round in which the protest occurred.
 1. When a player's eligibility is in question. The official will request the player in question to sign the scorecard.
 2. The staff member may ask for picture ID.
 3. If it is found that the player is ineligible or the requirements listed above are not met the following penalty will be issued.
 - a. Forfeiture of the game(s) the player has participated in.

- b. Suspension of the player for the remainder of the season.
- c. One game suspension of the manager of the team(s) involved.

VII. ADULT SUSPENSION GUIDELINES

- A. See General Rules and Regulations Governing Adult Sports
- B. Burbank Athletic Federation Code of Conduct