



Bowling Green Parks and Recreation Adult Volleyball League

- *All calls will be made on an honor system by the team or individual; the success of this program depends on honesty by all participants.*
- *Participants found to be taking advantage of the honor system or being discourteous to other people can and will be banned from participation in the program.*
 - *This is a family friendly program.*
- *All participants' clothing needs to be appropriate for play. No jewelry, casts, cleats, or spikes*
 - *Wear hats or sunglasses at your own risk*

Basic BGPR Volleyball Rules:

- Catching, lifting, or throwing the ball is illegal.
- A serve that hits the net and goes over (let serve) is legal.
- The service zone is behind the end line and between the extensions of the sidelines. A player must not touch the line or the area within the court when serving.
- It is permissible to jump serve – as long as the player does not contact the line or area inside the court before leaving the ground.
- Players may not block or attack the serve – regardless if you leave your feet or not. A ball that contacts the pole or antennae is out.
- A team has three (3) contacts to get the ball over the net.
- A single player is not allowed multiple contacts consecutively. The block does not count as a contact.
- A ball that contacts any part of the line or rope is considered in bounds.
- Players may play the ball with any part of their body so long as it is "cleanly" contacted. Leniency is granted to defensive players attempting to block or play a spiked ball.
- The ball must be returned within the poles (in lieu of antennae) to be legal.
- A ball may not be touched by the defensive side of the court until it breaks the plane of the net or is contacted by the offense for the 3rd contact or a block attempt on an attack.
- Touching the net or interfering with the opponent during game play is a violation. Touching any part of the net is considered a violation.
- If the ball is driven into the net, causing the touch by the opposing player, no fault is committed. It is permissible for the player to contact the poles as long as it does not interfere with play and the ball did not touch the pole.
- If two (2) players from opposing teams contact the ball over the net at the same time and the ball remains in play –the team receiving the ball is entitled to another three (3) hits.
- The ball goes out of play, it is considered the fault of the team on the opposite side of the net from where the ball lands.
- A playing action contrary to the rules is a fault.

- If two or more faults are committed successively, only the first one (1) is counted, except when the first fault was the ball contacting the ground and the second fault occurs during the continuation of the play. Example: If a player hits the ball out, but the blocker came down in the net. Net counts as the fault. If two (2) faults occur simultaneously – replay the point.
- Players may partially or completely cross the center line below the net or outside the poles, provided they do not contact the opponent in any way, pose a safety hazard in any way, or interfere with play. An example of posing a safety hazard would be laying on the ground in the opponent's area of play. If another ball enters the court area during play – Stop and replay it.
- If there is any dispute over a point – replay it.

Facility Specific Rules:

- The chain or cable connecting the net to the pole is considered part of the net.
- A ball that contacts the ceiling over the court can be played as long as contacting the ceiling did not result in the ball going over the net.
- A ball that contacts the wall, fence, pole, curtain, or any obstacle outside the court area is considered out. It is the players' responsibility to put all ropes in their proper location prior to start of the play. Continue play for a point even if the ropes are moved. If it cannot be determined if the ball lands in bounds or out – it is a replay.

Game/Match Format

- Failure to field a legal team of at least two (2) players by five (5) minutes past game time results in a forfeit of the first game. Failure to field a legal team after 20 minutes results in forfeiture of the second game and match. A forfeited game is considered a game played. The score is listed as 25-0.
 - *In Coed divisions, two players must be present to begin game—one male, one female.*
- Each team is allowed one (1) 30 second timeout per game. Use it or lose it.
- Matches will consist of a "Rally Point" format in which either team may score on the serve; the point totals and game format will be determined by the Volleyball Supervisor per season, pending the number of entries and courts available.

Player Eligibility and Substitution Policy

- Any team may use substitutes in place of one or more of their rostered players during their season so long as the substitute: 1.) does NOT currently play for an opposing team in the division 2.) does NOT currently play in another Coed division AND 3.) has NOT been a substitute for any team in any Coed division throughout the current season.
- One-Team Rule (Per Season): A player may only participate with one team per season, regardless of whether they are listed on the official roster or appear as a substitute. Once a player has played in a game for any team—either as a rostered member or as a substitute—they are tied to that team for the remainder of the season and may not appear for any other team in any capacity.

- Substitute players are subject to the same one-team rule. A player who has acted as a substitute for any team is not eligible to substitute or play for any other team for the rest of the season.
- Players are not permitted to play in more than one Coed division during the same season.
- Tournament Eligibility: Players must participate in at least two (2) matches or four (4) games with their assigned team during the regular season to be eligible for postseason/tournament play.

Violation of Player Eligibility and/or Substitution Policy

- If a team files an official protest at the Scorer's Table with the Volleyball Supervisor, Scoreboard Operator, and/or Athletics Coordinator regarding player eligibility, an immediate roster review to verify the claim will be conducted.
- If the protest is upheld and an ineligible player is confirmed—whether due to violation of substitution rules, one-team restrictions, or any other eligibility rule—the following penalties will apply:
 1. Immediate Set Forfeiture: The set in which the ineligible player is actively participating at the time of the protest will be forfeited by the offending team, with the score recorded as 25-0 in favor of the opposing team.
 2. The next set may proceed only if the offending team can field an eligible lineup without the disqualified player.
 3. If the team is unable to produce a legal and eligible roster after removing the ineligible player, the entire match will be forfeited, and the final score will be recorded as 25-0, 25-0 in favor of the opposing team.

League Specific Rules

Coed-6

- Players must be at least 16 years of age to participate in Coed Divisions
- Coed Teams may have no more than three (3) males on the court, and no less than one (1) female.
- Lineups must alternate male-female where possible.
- All players must rotate in order.
- At the time of the serve, each player must be in their proper rotation position.
- The rotation order must be maintained throughout the game.
- No more than three (3) players are ever considered to be on the front row.
- Unlimited substitutions are allowed as long as one (1) player does not occupy more than one (1) position in the service order during the game.
- Abnormal substitutions may be allowed in the case of injury.
- If the ball is contacted more than once on a side (not counting block), it must be contacted by a female at least once before crossing back over the net.
- Players may not block or attack at the net if they are back row.
- The server is always considered back row.

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- Back row attacks are permissible, but the attacker must leave the ground behind the 10-foot line. For outdoor play: An imaginary 10-foot line does exist.
- Any dispute over a backrow attack – replay it.
- Serves may be received by open hand.
- For Coed A: Sets need to be relatively clean.
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3-Man

- Players must be at least 16 years of age to participate Men's League.
- Serves cannot be received by open hand.
- All open hand sets need to be clean
- No setting the ball over the net
- The one exception is if it is the 3rd contact, in which case the player must be square
Only attacks may be received with open hand.
- No Dinking.
- Knuckle hits or pokes are permitted.
- No rotation is necessary.
- There is no backrow.

4-Man

- Players must be at least 16 years of age to participate Men's League.
- Serves may be received open hand.
- Anything (other than serve or an attack) taken open handed must be clean.
- No open hand oversets, unless the player is square.
- No Dinking.
- Knuckle hits or pokes are permitted.
- No rotation necessary.
- There is no backrow.

Womens-4

- Players must be at least 16 years of age to participate Women's League. All players must rotate in order.
- At the time of the serve, each player must be in their proper rotation position. The rotation order must be maintained throughout the game.
- No more than three (3) players are ever considered to be on the front row.
- Unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during the game.
- Abnormal substitutions may be allowed in the case of injury.
- Players may not block or attack at the net if they are back row.
- The server is always considered back row.
- Back row attacks are permissible, but the attacker must leave the ground behind the 10' line. For outdoor play: an imaginary 10-foot line does exist.
- Any dispute over a backrow attack – replay it.
- Serves may be received open hand.

Tournament Seeding

- Tournament seed is based upon a team's season record.
- In case of identical win records: establish seeds based on head-to-head competition. (Matches won against opponent – Games won against opponent)
- If the teams tied did not play or the head-to-head competition did not produce a winner, the tiebreaker is match/game winning percentage against the 1 seed, 2 seed, etc. until the tie is broken.

Prizes/Rewards

- Prizes will be awarded to the top two teams each tournament.

Definitions

- *An attack*: The ball is struck with force, normally in a downward direction, by a player into the opponent's court.
- *Being square*: The ball travels in a path perpendicular to the player's shoulders.
- *A clean ball*: The set should continue in one fluid motion, and the ball should not come to rest at any time during that motion. Excessive spin is normally, but not always, indicative of a double contact.
- *The Court*: The 30' x 60' area delineated by lines (or ropes) and the space directly above.
- *Dink*: A one handed soft hit or push with the fingertips.
- *Rally Scoring*: A point is awarded every rally regardless of which team served.
- *Rotation*: The clockwise movement of players through the serving position following a side out.
- *Side Out*: Change of service when the serving teams fails to score the point.

Miscellaneous

- All calls will be made on an honor system by the infracting team/individual; the success of this program depends on honesty by all participants.
- Alcoholic beverages are not permitted in the parks or indoor facilities.
- No glass containers on the courts or grounds.
- Profanity is NOT acceptable for any reason.
- Profanity directed towards staff or other participants is grounds for immediate suspension. Please be respectful of other players; "trash talking" will not be permitted. These are grounds for dismissal from the program.
- DO NOT hang on the net or change the heights of the net without approval of the Volleyball Supervisor.
- Teams competing in the Coed-B or Coed-C divisions that win two consecutive championships will be considered for promotion to the next higher division.
 - A team may remain in its current division after back-to-back championships only if it removes at least two players from the original championship rosters and replaces them with two new players
 - Teams that do not meet this roster adjustment requirement and decline

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promotion will be ineligible to register for one (1) full season.

- Final decisions regarding team placement rest solely with the Volleyball Supervisor and/or Athletics Coordinator. Decisions will be based on factors such as team skill level, medical exemptions, and overall league balance.
- The Volleyball Supervisor and/or Athletics Coordinator reserve the right to implement and enforce any additional rules or decisions not explicitly outlined here, in the best interest of the league and its participants.