



CITY OF KETTERING

PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

2024 ADULT VOLLEYBALL LEAGUE GENERAL RULES

1. All rules and regulations associated with the City of Kettering, and its facilities will be observed and enforced. The Kettering Recreation Complex will be the final authority on matters pertaining to the league. **Absolutely no smoking or alcoholic beverages will be permitted in the buildings.**
2. The manager/coach/captain of a team is responsible for the conduct of their players and spectators before, during and after the game; until they leave the premises. Failure to comply with the rules will subject the offender, manager, coach or captain to disciplinary action. Any act of unsportsmanlike conduct, including the use of profane language, may cause removal of the offending player by the official. Continuing abuse may cause dismissal from the league by the league supervisor. Any player removed from a game will received a full 7 day suspension from all Parks, Recreation and Cultural Arts Department operated games. Ex. If a player is removed from a game on Monday they are not allowed to play again until the following Tuesday. Any player that is removed from *two* games during the season will be removed from all leagues without refund.
3. No players under the age of 18 and must be out of high school. Age deadline is date of first match. No ladies on the men's teams and no men on the ladies teams. In case of emergency (example-injury), a player may play on more than one team in a league as a substitute only. No one can be a regular on two teams in the same league.
4. **Rosters:** A complete team roster, printed or typed, must be submitted *before the first game* each team plays. The team captain is responsible for the accuracy of the team roster. No players can be added to the roster after the 3rd played game of the season. Any exceptions to the rule will have to be approved by the sports supervisor. Please designate a back-up Manager on your Roster. A maximum of 15 players may be carried on a roster at one time. Additions to the roster may be made at the game site. The team manager is responsible for the accuracy of the team roster. All players should carry identification to the games. **ALL SUBSTITUTES MUST BE ADDED TO THE ROSTER BEFORE PLAYING IN A GAME. NO ADDITIONAL SUBSTITUTES MAY BE ADDED AFTER THE 3rd GAME.**
5. A forfeit will be declared if a team does not start and finish a game with 4 players. In co-ed leagues, there must be more women or the same number of women as men on the court to constitute a legal lineup (exception: teams may play with 2 women and 3 men on the court). There is a grace period of 5 minutes for all games from the start of the scheduled game time. If a team has 4 players present, the game will begin at the scheduled time. Forfeits will be recorded as 3-0 victories.
6. A team that forfeits three games will be removed from the league without refund.
7. In case of ties in the league standings-winner will be decided by, in order:
 - a. Head to head record against each team(s)
 - b. Total points allowed (least)
 - c. Coin Flip
8. Protest Fee is \$50.00 and must be made before the end of the 1st game of the match. Fee is returned if protest is won.



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The Rules and Regulations in USA Volleyball shall govern all games unless otherwise indicated.

1. It is illegal for a player to block the serve. A player may not attack a served ball while the ball is completely above the height of the net.
2. Substitutes may enter the game at any time and in any position. Co-ed leagues must comply with women/men alternating. There are an unlimited number of substitutions allowed.
3. A team must start and finish each game with no fewer than four players. Co-Ed teams must have a minimum of two males and two females on the court at all times. A lady must touch the ball if more than one hit is made on a side. There can never be more men than ladies on the court (exception: can play with 2 women and 3 men). If only four players are used for a team, the team must still rotate on each side out. The serving player is considered the back row player; the other three players are considered front row players and may attack the ball above the height of the net in front of the ten foot line. Six players are required on court for each team during live play.
4. There is no penalty for having only four or five players. There is no ghost player so there will be no loss of serve when the empty spot rotates to right back.
5. You may set the serve. Let serve, a serve hitting the net and staying in bounds is legal. There is no reserve if a player catches the toss or lets the ball fall to the floor in an attempt to serve.
6. A player is permitted over the net (without touching the net) when blocking an opponent's spike or on a follow through after a spike. You may not go entirely over the net if the other team has a chance to play the ball. The defensive player (unless on a spike by the offensive team) must allow part of the ball to go over the net before he can strike it.
7. One back row players may come to the front row to block on each rotation. This player may not attack the ball above the height of the net while in front of the ten foot line.
8. A legal contact is a touch of the ball by any part of the body.

GENERAL:

1. Each game is played to 21 points. There is a limit of 23 points in each games. Every serve results in a point (rally scoring). You must win by 2 points other than the 23 point limit.
2. No hats may be worn during indoor play.
3. At Kettering Recreation Complex, bleachers and adjacent courts scheduled for play are non-playable areas. When a player or ball breaks the plane of a non-playable area, the ball becomes dead and a point is awarded. There is no pursuit rule. These rules are both established for safety reasons.
4. At the Kettering Recreation Complex, all substitutes and spectators must stay in the bleachers or beyond the end lines outside the blue basketball court line. No one may be along the side lines between courts. No children may be left unattended.