

SAINT JOHN PARISH PARKS AND RECREATION DEPARTMENT

ADULT CO-ED VOLLEYBALL RULES

***COURT/EQUIPMENT**

1. Net Height 7'4 ½" with tolerance for equipment.
2. All players must wear tennis shoes and appropriate playing clothes. NO TURF SHOES.

***TEAMS/PLAYERS**

1. Team roster limited to 10 players.
2. Teams cannot start game with less than five (5) players, teams must have six (6) players/3 men/ 3 Women on the floor always.
3. NO Residency Requirements are in effect currently.
4. Any player past the fifth month of pregnancy is ineligible to participate in league games or practice
5. Players Eligibility
(A) Must be at least 18 years or older at the start of league play to determining age

***GAMES/SCORE SHEETS/SCORING**

1. Captains must turn in written line-up at least five (5) minutes before each game. When listing players on scoresheet, **PLAYERS MUST BE LISTED BY FIRST AND LAST NAME.**
2. Captains must sign scoresheet after each game.
3. Time of Games: 1 hour 15 min. or Best 2 out of 3. First team to 15 wins game. (Straight up)
4. **FORFEITS:** 15-minute grace period for first game only. If a team forfeits, that team must pay the referee fee for both teams.

***PLAYER POSITIONS**

1. 6V6= 3 men/3 women, 4 women/2 men or 6 women
2. NO rotating players in and out. **SUBSTITUTIONS ONLY** (as per high school rules)
3. NO rotating before first serve

***SERVING**

1. Serving area: Shall be behind the end line from sideline to sideline and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve.
2. **JUMP SERVE ARE ALLOWED**
3. Blocking serve are not allowed (per high school rules)
4. **NET SERVE- A BALL CAN HIT THE NET ON A SERVE AND REMAIN IN PLAY AS LONG AS IT CROSSES THE NET AND STAY IN BOUNDS.**

***CONTACT WITH THE BALL**

1. Legal Contact- A legal contact is a touch of the ball by any part of the players body (as per new high school rule 09-10 season)
2. Reaching over the net is permitted during:
 - (a) The follow-through of a hit made on the player's own side
 - (b) An attempt to hit
 - (c) A fake hit
 - (d) A block or attempt to block
3. **MEN MAY SPIKE**

***MISCELLANEOUS**

- 1. Overhead Rule – A ball striking the ceiling, or any obstruction shall be in play provided it is legally played next by offending team.*
- 2. If a child or spectator steps onto the court, play should continue. If, in the referee's judgement play was interfered with, a replay will be called. This is also a referee's judgement.*
- 3. ANY derogatory remark made to or about an official will be considered misconduct and will be treated as such.*
- 4. Any Player that receives a misconduct/unsportsmanlike conduct penalty will take a sportsmanship test thru SJPR department before the next game.*
- 5. Any situation arising not covered by these rules, please refer to High School Rules. Any conflict between High School Rules and SJPR rules will be decided by SJPR.*

***AWARDS**

- 1. Teams will compete in single-elimination championship tournament at the end of the season (per W/L records during the regular season)*
- 2. CHAMPIONS/RUNNER-UPS to receive T-Shirts awards.*

PLEASE INFORM ALL PLAYERS OF ALL RULES AND REFER TO HIGH SCHOOL RULE BOOK FOR FURTHER EXPLANATION OF SITUATIONS.

For Information, call 985-536-4933 ext. 1161 or email Errol Manuel @ E.Manuel@stjohn-la.gov or ext. 1241 or email DeMarcus Bernard @ D.Bernard@stjohn-la.gov

***THIS IS A FUN LEAGUE, SO LETS HAVE FUN!!!!**