



EASTBANK ADULT 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 15 players.
2. Teams to consist of eight players. Teams cannot start game with less than four (4) players (in all brackets).
3. No residency requirements are in effect at this time.
4. Any player past the fifth month of pregnancy is ineligible to participate in league games or practice play. *JPRD reserves the right to request proof of number of months of pregnancy.*
5. Player(s) may dual participate (**Thursday & Friday, not 2 teams on the same night**) in the Jefferson Parish Recreation Department Women's Volleyball League, providing:
 - a. She is ineligible to participate in JPRD Girls Volleyball program,
 - b. She is at least 18 years or older, (using league start date as age determining date),
 - c. She does not participate on a high school or college volleyball team during that same season.

Games/Score Sheets/Scoring

1. Captains must turn in written line-up at least five minutes before each game. When listing players on score sheet, players must be listed by first and last name.
2. Captains must sign score sheet after each game.
3. Each team is responsible for paying half the referee's fee before the first game starts (**\$10.00 per team**).
4. **Time of games** – 1st game, (7:00pm and 8:00pm), 2nd games to follow.
5. **FORFEITS** –
 - a. Should first game be forfeited, second game is 15 minutes later.
 - b. Should first and second games be forfeited, third game set for 10 minutes later.
 - c. A team that forfeits two games in a match must post a forfeit fee before their next scheduled match. (**\$20.00**). **This fee is to be paid at the main office (6921 Saints Dr., Metairie—the blue building behind Miley Playground).**
6. Three games will be played. Each game will count as a win or loss in league standings.
7. **Rally scoring is a point earned for each infraction or dead ball. All three games in the match will be rally scoring to 25 points, win by 2 (CAP @ 30 win by 1)**

Player Positions

1. **Interchanging** – players may interchange positions in front line only
2. Teams do not change courts in the middle of the third game.
3. **Mixed League** – These are the only combinations that may be used when participating in the Mixed League.
 - eight players present: 4 and 4, 5 and 3, 6 and 2
 - seven players present: 4 and 3, 5 and 2

- six players present: 3 and 3, 4 and 2
- five players present: 3 and 2
- four players present: 2 and 2, 3 and 1

No rotating players in and out. Substitutions only (as per high school rules).
Combinations (male/female) remain the same.

4. Service rotation will remain the same as previous. No rotation before first serve.

Serving

1. **Serving area** shall be behind the endline from sideline to sideline and shall not touch the endline or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve.
2. NO JUMP SERVES!
3. **BLOCKING SERVES ARE NOT ALLOWED!** (as per high school rules)
4. Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of play until it completely crosses the vertical of the net or is contacted by an opponent. (as per high school rules)
5. LET SERVE - A BALL CAN HIT THE NET ON A SERVE AND REMAIN IN PLAY AS LONG AS IT CROSSES THE NET (and stays inbounds).

Contact with the Ball

1. **Legal contact-A legal contact is a touch of the ball by any part of the player's 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. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack.
4. **Men may spike.** A play in which the ball is hit forcibly into the opponent's court (with a downward overhand are motion) from any position on the court. PROVIDING . . .
 - a. **He spikes from behind the 10' line,**
 - b. **And, after the attack, lands with both feet behind the 10' line.**
5. **Men may dink!**
6. No one may cross the centerline to hit a ball, when (2) courts are being played upon. However, if the ball is hit before the player crosses the line, the hit is legal. If the player's momentum carries him/her over the line after the ball is hit, then the ball is still in play and is legal. Should this player continue into the other court, the ball shall then be declared dead. **N/A**
7. *Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only on any first team hit, whether or not the ball is touched by a block. Finger action is allowed provided there is no prolonged contact.*
Rule # 9-4-8 in high school rulebook.

Miscellaneous

1. **Overhead rule** – a ball striking the ceiling or any overhead obstruction shall be in play provided it is legally played next by offending team.
2. If a ball from the opposite court comes onto court during play, play should continue. If, in the referee's judgment play was interfered with, a replay will be called. This is the referee's judgment.
3. If a child or spectator steps onto court, play should continue. If, in the referee's judgment play was interfered with, a replay will be called. This is also referee's judgment.
4. A player may cross the center line with his/her foot/feet as long as part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.
5. Any derogatory remarks made to or about an official will be considered misconduct, and will be treated as such.
6. Any situation arising not covered by these rules, please refer to High School rules. Any conflict between High School rules and JPRD rules will be decided by JPRD.

Awards

1. Top teams in each bracket, to compete in Pro Am, Am and Rec single-elimination championship tournaments. (see schedule for number of teams)
2. Champions and Runners-up to receive **CASH** awards. 1st place-\$400 2nd place-\$200

Please inform all players of all rules and refer to High School rulebook for further explanation of situations.

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