

**New Albany – Floyd County Parks and Recreation  
Volleyball Rules**



1. All league payments are due before the start of the regular season.
2. All teams must submit a completed roster by the first scheduled game. A team may make changes until the third game, after that the roster is locked.
3. Any team that forfeits for a third time during the league will be eliminated from the league and tournament play.
4. Warm up time will be limited to 5 minutes after the preceeding game concludes.
5. Games will start at their scheduled times. There is a five minute grace period if waiting on players to arrive. If after five minutes a team does not have enough players, a forfeit will be called by the referee.
6. Players may only play for one team in each league. They may however play in a different league that plays on the same night.
7. Each team will be awarded one 30 second time out per game. Only the captain may request the time out.
8. During the game only the captain is permitted to talk to the referee in regards to a call.
9. All matches will consist of 3 rally scoring games. The first two games will be to 21 points, and the third games will be to 15 points. Games must be won by a margin of at least two points. Point caps for games 1 and 2 will be 27, and the point cap for game three will be 17.
10. All teams will consist of 6 persons on the court at one time. At least four persons must be present for the match to begin. In co-ed leagues an equal or greater number of women must be present to begin. In the event the match is started with

four people, a fifth person may enter in the middle back position at the next term of service. For co-ed leagues, men and women must alternate.

11. Only one toss for service may be attempted. If the ball is caught or it drops to the ground without contact, the point/sideout will be awarded to the opponent.
12. A serve is legal if it crosses between the antennas and lands in the opponent's court. A serve is also legal if it comes in contact with the net.
13. A legal contact may be made with any part of the body. On the serve, a double contact is legal.
14. A maximum of three contacts is allowed. In co-ed if more than one contact is made, a female must make one of the multiple contacts.
15. No back row attacking or blocking is permitted. A back row attack is defined as a player who contacts the ball above the height of the net in front of the 3 meter line. A back row block is defined as a player who makes contact with the ball over the height of the net.
16. A player can touch the opponent's court with their feet or hands provided their foot or hand is on or above the centerline. No other part of the body may touch the centerline.