

All Conway Parks and Recreation and Conway Sports Center Rules will be enforced as well as the following 1 Time Out per Game per Team

## **Serving**

1. The ball is put into play from the service area behind the back boundary line.
2. The 1st server of the game is the player in the right back position. Thereafter, when a team is awarded a side-out, the player in the right front position rotates to the serving area.
3. The server must stand with both feet behind the rear boundary line.
4. Each player serves in turn and they have one try to get the ball over the net. Net serve will be allowed.
5. The server continues to serve until his team loses the ball.
6. Players must be on the court while the ball is being served.

## **Scoring**

Rally scoring will be used in every game. Each match will consist of the best 2 out of 3 games. The 1st and 2nd games will be played to 25, win by 2. If a 3rd game tie breaker is needed it will be played to 15 win by 2. When the serving team loses the right to continue serving because of a violation or failure to return the ball or to make a legal serve, side out is called and the serve is lost.

## **Playing the Ball**

1. The ball may be played with any part of the body above and including the waist.
2. The ball may be hit 3 times, but no one player may hit it twice in succession except on a block or simultaneous contact. The ball must be returned over the net by the 3rd person who comes in contact with the ball. Player A may hit it to Player B and be considered a 3rd player and play the ball over the net.
3. Each time the ball touches the body, it is considered a hit except on a block. You may run out of bounds to play a ball up to the center green line (the basketball half court line) and the metal strip along the outside & back lines. Everything over these lines will be considered out of bounds. When a ball or foot touches a boundary line, it is considered to be in play.
4. Simultaneous contact by more than one player is considered as 1 hit. When 2 opposing players strike the ball at the same time at the net, this does not constitute one of the 3 plays allowed a team on whose side of the net the ball falls, and the ball may be played immediately by the player making the 1st contact.

5. In coed, if the ball is hit more than one time before being returned over the net, a woman must hit the ball at least once. A man can hit the ball over the net on the 1st hit without penalty.

## **Spiking**

1. A back row may not spike. He/she may move about the court, but may not run up closer to the net than (10) Feet from it to spike or block the ball.
2. A front row player cannot block or spike a serve.

## **Rotation of Players**

All offensive players rotate clockwise one position when a new player begins to serve. At the beginning of each game, the players may rearrange the team in any order. Teams change courts after each game.

## **Fouls at the Net**

1. Players cannot reach over the net to spike or hit the ball. Follow through is allowed as long as the “spiker” initiates contact on his/her side of the net.
2. Players cannot reach under the net.
3. Players cannot touch the net. If both sides touch the net simultaneously, neither side scores. The ball is declared dead and is served again. Crossing the center line: Contacting the opponent’s area with any part of the body except the foot is a foul. Touching the opponent’s area with a foot or hand is allowed as long as some part of the foot or hand remains on or above the center line and does not interfere with the play of the opponent.

## **Players on the Court**

1. Each team may not have more than (6) players on the court at one time. The women’s lowest league can have up to (9) players on the court. You must have 4 players to start a game. In coed you must have at least 2 women to start the game. (Equal or more women) If you play on a Coed and a Women’s team, make sure you have plenty to cover the other game. Games will not be delayed until another game has ended. Scheduled game time is forfeit time. There is a \$25 forfeit. It must be paid by 2pm before the next day of scheduled play. This money will go to the team that was forfeited against. If the fee has not been paid by that time, the next game and each game after that will be a forfeit until the fee has been paid. To avoid the \$25 forfeit fee, the coach must call or email me by 2pm the day of your game.

## **NO EXCEPTIONS!**

2. A flip of a coin will determine who serves 1st. The team that did not serve 1st in the 1st game will serve 1st in

the 2nd game. A coin toss will decide who serves 1st in the 3rd game.

3. All substitutes must take place at the serving position.

## **Overhead Obstructions**

Balls may be played that come in contact with any overhead obstruction over the side of the court that the ball was last played, and the ball is legally played next by the same team. Balls that hit the track, basketball goal, curtain divider, or referee stand will be dead.

## **Ineligible Players**

Players can only play on 1 coed team and 1 women's team. Whichever team you are on their roster and play on first, is the team you have to play on the rest of the season. Any team playing an ineligible player and is discovered by the director or officials will forfeit all games that individual has played in. **The ineligible player will also be suspended and the team playing the ineligible player will have to forfeit their next game.** Each coach will have access to every team's roster within their league. To protest an ineligible player, the coach must do so during that game.

## **Rescheduled Games**

**There will be no rescheduled games for any reason.** If a team can't play a scheduled game they will have to forfeit that game. Do not call and ask us about rescheduling a game. **No exceptions!**

## **Rosters & Add-Ons**

To add players to your roster **you must** contact Pat Burton between the hours of 8:00AM – 4:00PM **VIA EMAIL**, Monday thru Friday for your add-on to be approved. If we approve your add-on, they will be placed on the add-on list and that player must come by and sign your roster before he/she plays. If the coach does not call and have the player approved, he/she will not be allowed to sign the roster. Do not call us at home for add-ons, call us at work at 450-6186. Teams will be allowed 4 free add-ons. Any add-ons over 4 players will cost \$25 per player. The deadline for add-ons is November 23rd.

**EMAIL Pat with any questions or add-on request. [Pat.Burton@conwayarkansas.gov](mailto:Pat.Burton@conwayarkansas.gov)**

**The Conway Parks and Recreation Department reserves the right to change the rules as needed.**

## **Attention Parents**

In the past we have had problems with children during the games going out on the court while play is in progress. We do not want this to happen because it could result in injuries. Please feel free to bring your

child/children to the games, but make sure they stay seated in the bleachers we have provided for the public to watch the games. If any official has to blow a whistle or call a child down during game play, the team the child belongs to will be penalized by losing 1 point each time this occurs.

## **Parking**

The cars parked in the lot south of the Sports Center could be hit with home runs from Field 2. We have 2 signs up warning the people who park there. We recommend the volleyball players park in the lot west of the building or the lot east of the building. Do not park in the grass or along the road, or your vehicle will be towed away at your expense. The walking track is here for people to walk or jog, do not send or let your children go on the track unattended. Do not take cameras or camcorders on the track to take pictures or film the games.