



ADULT VOLLEYBALL CO-REC 4'S INDOOR LEAGUE RULES

Current U.S.A.V. rules and Code of Conduct will be used where applicable in conjunction with South Suburban rules and Code of Conduct. South Suburban reserves the right to expel or suspend any team or team member from the league for reasons of conduct or failure to observe to the rules, regulations or policies outlined in the Rules and Regulations and Code of Conduct. The Team Manager is responsible for briefing each team member about league rules.

Team Rosters:

- Rosters are limited to 6 players.
- Managers must input the roster on our team sideline website
- Initial rosters are due after the 1st week of play. A team using a non- rostered player will result in a game forfeit.
- All players must be 16 to play.

Coed Rules:

- Teams must play with 4 players
- Males cannot outnumber females, but females may outnumber males

Uniforms: Teams are not required to wear matching uniforms

Officiating: Games are self-officiated. Teams will need to report their scores to the site supervisor

Game Time:

- If a team is not ready to play at game time, the first will declared a forfeit and the team has 20 minutes before the final 2 games will be declared a forfeit.

Game Regulations:

- Volley for first serve
- Matches consist of 3 games to 21 with rally scoring
- Must win by 2 points cap of 23 with a 50 minute limit
- Each team is allowed one 30 second time-out per game

Schedules:

- All schedules can be viewed online at www.southsuburbansports.com
- Schedules may change. Managers are responsible for checking the schedule each week

Forfeiting: A team that forfeits nights of play will be removed from the playoff schedule

Alcohol: Not permitted in any of the recreation centers

League Specific Rules:

- **Male Dominance Rule:** If a team attempts to use more than one hit on their side; a female players must account for at least one hit.
- **Out of Bounds:** If the ball touches the running track and it is within the imaginary boundary of the lines, the ball is still playable. However it must be hit by a player before crossing the net, otherwise is considered 'out'. It is the same rule applied to the ceiling when in the boundary lines.
- **Blocking a Serve:** Receiving team cannot block an oncoming serve
- **Touching the Ball:** The ball may touch any part of the body. Players may use their knees and legs to dig the ball. Touch of the body counts as a hit.

Unsportsmanlike Conduct:

- Profanity/vulgarity toward players, employees or spectators will not be permitted. Managers or team representatives will receive their only warning from the site supervisor. There is ZERO TOLERANCE for acts of unsportsmanlike conduct.
- If a player is removed from the game, they will need to leave the facility immediately.

Weather Hotline:

- All weather related announcements will be communicated through the rainout line. The website option allows you to sign up for email & text alerts.
 - Phone: 303-219-1150 Extension 12
 - Website: www.rainoutline.com
 - Smartphone App: Rainout Line