

# 2025 Livingston Recreation Department Co-ed Rec Volleyball League Rules



1. **Players:** Anyone participating in the league must be a rostered player. Additions can be made BEFORE OCTOBER 28th, by having the player sign the team roster, individual liability waiver and pay the player fee.
  - a. All players must be over the age of 18 years OR have petitioned the Recreation Department for a high school aged player to participate.
  - b. A team may have a maximum of 12 players on their team roster.
2. **Score Reporting:** It is the responsibility of the winning captain to report the score to the League Coordinator.
3. **Gym Set-up and Break-down:** The last teams are responsible for taking down the nets. Please help each other with the nets and returning the equipment. Please respect the facility and leave it in better condition than you found it. **If you or your fans get chairs out of the garage, be a team player and put them away.**
4. ABSOLUTELY NO GLASS IS PERMITTED IN THE GYM.
5. **Forfeits:** If your team cannot play on a particular evening, it is your responsibility to call the League Coordinator at 406-223-2233. There are no make-up dates available. A forfeit will be issued to team cancelling.
  - a. A forfeit will also be issued if a team fields less than **4 players** at the scheduled game time. Teams may seek substitutes for play. The substitutes must have a waiver signed on file with the Recreation Department.
  - b. **Substitute Rule:** If your team is short players, players in the Rec or Competitive Division may substitute on the Competitive Court, however Competitive players MAY NOT substitute on the REC Court. If you are looking for more games, come early, or stay late as teams often look for subs.
6. **Scoring:** Each match will consist of three games to 25 points using rally scoring. If the ball hits the net on a serve and still goes over, it counts, or is playable.
  - a. Ending games on time: when your 1-hour time limit is up, the team that is ahead at that point wins the game, **unless overrode by the League Coordinator.**
7. **Rotation/Substitution:**
  - a. Players rotate clockwise one position, and the back right player serves. All players must be in their relative rotational position at the instant the ball is served.
  - b. **REC COURT:** Substitutions rotate into the back row on every side out, but you must keep the pattern the same the entire game.
  - c. No Free substitutions will be permitted except when a team is short starting player(s).
  - d. **COMPETITIVE COURT:** Position Substitutions are permitted
  - e. **Players must serve in turn.** (It is recommended that if you have more than 6 players that the person in the front line to the right rotates out of the game for one play and then rotates into the serving position when the ball is next awarded to

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your team. **Position on the floor must be an alternation of man – woman OR woman - woman until the serve is hit.**

## 8. Play:

- a. A lift will be called if a player obviously throws, catches or slings the ball.
- b. A foot fault may be called if the player's entire foot is beyond the center line.
- c. All line shots are considered good.
- d. Players may not touch the net during play.
  - i. Hair contact is allowed, if ball knocks into the player, it is allowed and playable.
- e. Players MAY NOT travel under the net during play.
- f. Players may not place his/her hand over the net for a block.
- g. Balls may be played out of the net.
- h. It is illegal for a player to hit the ball with any part of their body below the waist.
- i. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely over the plain of the net.
- j. Blocks do not count as a hit.
- k. Only front row players may block.

## 9. Service:

- a. The player's last contact with the ground before contacting the ball must be behind the back service line, anywhere along its length.
- b. Each player shall announce the score before serving.
- c. Let Serves (serves touching the net) are legal.
- d. It is illegal to serve out of order.
- e. If the server steps on the line or into the court before hitting the ball, they lose the serve.
- f. Overhand and underhand serves are permitted.
- g. No blocking or spiking the serve.
- h. **After the Ball is Served:** Opponents of the serving team may receive the serve with open hands raised above the head (e.g. players can set a serve). However, serves are not considered hard-driven balls, so they must be set cleanly. The team that did not initiate service in a game must rotate one position clockwise prior to its first service.

10. **Contacting the net:** Players may touch the post, ropes or any other object outside the antenna, including the net itself, provided that it does not interfere with play.

- a. The ball may be played off the net as long as the ball does not contact the net outside the sideline markers.
- b. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player, this is not an infraction as long as they did not contact the net by their own momentum.

## 11. PLAYING THE BALL:

**Simultaneous Contacts:** Simultaneous contacts are legal when the ball is played:

- a. by two teammates are considered as one play. Either player may participate in the next play.

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- b. by opponents at the net considered a “joust”, and the officials consider the player behind the direction of the ball as having touched it last. If, after the simultaneous touch by two opponents, the ball falls and touches within the limits of the court, the team on the court is at fault; should the ball fall outside the court, the team on the opposite side shall be deemed as having provided the momentum necessary to cause the ball to be out of bounds and shall be at fault. NOTE: If the player “wipes off” or “tools” the block of the opponent, the opponent is considered to have touched the ball last.

**Successive Contacts:** players, blockers, and/or opponents will only allow successive contacts in situations of simultaneous contacts. A player may make successive contacts by two or more parts of the player's body provided such contacts constitute a single attempt to play a hard driven ball on the first team play after the ball crosses the net.

### 12. Obstacles:

- a. A ball striking the ceiling remains in play provided the ball contacts the ceiling on the side of the net occupied by the team who played the ball last and the same team plays the ball next. (i.e. you hit the ceiling/rafters on your own side and it came back down to you)
- b. If a team hits the ceiling and the ball proceeds to the opponents side of the court, the team that hit the ceiling loses the point.
- c. If the ball hits any other overhead obstruction (i.e. basketball hoop) it will be an automatic do-over. If the ball hits an obstacle outside of the area of play (the court), i.e. the ceiling, back wall, bleacher the ball is considered OUT.

### 13. Match Play:

- a. Warm up period – teams are allowed a brief warm up between games dependent on time. This excludes the first game of the night.
- b. Warm up Balls – balls are available in the ball bag, after your team warms up, please return all balls to the bag. 2 balls will be available per team for warm up.
- c. Game time in scheduled time / play within the hour. Typically teams can warm up for 5-10 minutes and fit the game into the hour time slot.
- d. Game Balls – teams are allowed to play with their personal balls, the league additionally provides 1 game ball per game to be returned to the score desk post game.
- e. Set must be won by 2 points.
- f. A match will be 3 games to 25 points, with rally scoring. If the first two games of the match last 40 minutes or more, the third game will only be up to 15 points with rally scoring due to time constraints.
- g. If a team wins the first two sets of the match, the teams may play a friendly until 10 minutes before the hour when they shall vacate the court for the next teams to warm up.
- h. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.
- i. The serving team will be determined by a Rock-Paper-Scissors battle.
- j. The team not serving first for the game will serve first for the second game. Teams subsequently alternate.

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- k. Players must be in their starting positions during the serve then they may move about the court.
- l. **There are NO OFFICIALS:** Games will be played by the honor system, there are no officials. The Recreation Department will provide Game Monitors as available. Each team will be responsible for calling its own errors. We all agree to the “you’re right” rule.
- m. Teams shall change playing areas at the end of each game of the same match.

### CODE OF CONDUCT

- 1. **Unsportsmanlike conduct:** Any player, team, coach, or spectator who displays any form of unsportsmanlike conduct such as vulgar language, poor sportsmanship (not shaking hands, throwing equipment at opponents, pulling the nets down) disrespect or deceit shall be penalized in the following manner:
  - a. An immediate point/side-out will be awarded to opposing team.
  - b. In the event of a second unsportsmanlike conduct, the league coordinator or recreation director may eject the player/spectator. When a player is ejected they will be suspended a minimum of one match.
  - c. Any person ejected shall leave the facility immediately. Failure to leave the facility will result in forfeiture of match by team.

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