

## MEN'S VOLLEYBALL RULES & REGULATIONS

1. **Team & Player Eligibility** - The Northwest Ottawa Recreation Authority reserves the right to restrict participation of non-residents and make decisions on eligibility of players. Residents are considered as individuals who reside within the Grand Haven Area Public School District Boundaries. A resident team is defined as a team consisting of 75% or more resident players.
  - a. **Team rosters** must be turned into the Recreation Office prior to first game or forfeit.  
**Team/player fee covers cost of up to 12 players.**
  - b. **New players** may be added up to and including the 4<sup>th</sup> week of the season. Call 850.5125 and leave a message at any time. Players name needs to be called in prior to them playing in game. It is extremely important that you include Players Name, Address, City & Zip, Phone, and most importantly their residency.
  - c. Players may play on only one NORA volleyball team.
  - d. Managers are responsible for **player's eligibility** and any falsification of residence or eligibility may result in forfeit of game and/or suspension of manager and player.
  - e. **Players wishing to transfer** to another team may do so only prior to player deadline. Such player must notify manager of team he is leaving and must sit out next game of team he/she is transferring to from time of official notification to Recreation Office.
  - f. **Rosters** are available for inspection during office hours at the Recreation Office (Mon.-Fri. 8-5pm).
  
2. **Games**
  - a. **Matches** will consist of three 25-point rally score games (win by one point) to determine league champion. Teams are seeded in the End of Season Tournament by League standings. League champions will receive player awards. Tournament champs receive team tournament trophy.
  - b. **Rules of U.S.A. Volleyball shall govern play with certain exceptions.**
    1. Team must have 4 players to start or forfeit. Players may rotate in, however, you may not substitute and rotate players in same game.
    2. A match consists of three 25-point rally games (Win by one point). Total games (not matches) won determines league champion.
    3. **Time Limit** – Time Limit - games will consist of one hour (55 minutes of play, 5 minute warm up). If time expires and game is tied or a one-point difference, team ahead by one-point wins the game.
    4. **Game Time** is Forfeit time unless games are running late.
    5. Ball must be clearly hit or bumped. This is of course a judgment of officials.
    6. During the team's first hit, successive contacts with various parts of the player's body are permitted in a single action of playing the ball. These include contacts involving "finger-action" on the ball and contact with the foot. The ball, however, may not be caught and/or thrown.
    7. **Let serves** allowed.
  
3. **Players Conduct:**
  - a. Any unsportsmanlike conduct, profanity or threatening comments will not be tolerated on or off court. Player ejected from game must leave gymnasium and is automatically suspended for that player's next game.
  - b. No Smoking in school buildings. No Food or Drink Allowed on Gym Floor.
  
4. **Lakeshore Middle School Court Rules:** A ball hitting the north or south basketball backboards or its support poles will be playable. However, it will be at the referee's discretion to replay or call the ball out of bounds.
 

**Example:**

  - a. A hit ball that will obviously be out hits backboard and lands in bounds.  
Ruling: Out of bounds.
  - b. Ball changes trajectory after hitting support poles, which causes player to miss ball.  
Ruling: Re-play.
  - c. A ball hitting west and east backboards will be out of play.
  - d. Part of the partition that can divide the gym in half extends down from the ceiling approximately 3 feet, a ball hitting this shall be called out.
  
5. **Michigan Recreation and Park Association State Volleyball Tournament.**  
Our Recreation Department is eligible to send a team to this tournament. The tournament is held in March. Representative to state tournament will be the first place team in the upper division. The team will be responsible for tournament entry fee and housing. Please contact the NORA Office the first 2 weeks of the league, if your team is interested in going.