



EXCELSIOR SPRING PARKS AND RECREATION ADULT WOMEN'S RULES

1. Call Your Own League

- Will play with old school rules- No Rally Scoring or Play.
- Home team will serve first. Teams will supply the game ball.

2. Must have at least 4 players to start a game with a maximum of 6 players on the court. **Must be 18 years or older to play and sign the liability waiver prior to playing.** Must wear clean tennis shoes in the gym.

3. Teams with less than 4 players at game time will forfeit 1st match. A team with less than 4 players has 10 minutes to at least have 4 players to participate in the 2nd game of the match or the match will be forfeited. In the event that a team has only 3 players, if both teams agree, then the team with 3 players can play.

5. Scoring:

- A. 45- minute time limit
- B. Game is 15 points – win by 2.
- C. Match is best 2 out of 3 games.
- D. Team serving must call score out loud before serving.
- E. Report scores after the game to the supervisor.

6. Tiebreakers:

- A. Teams may adjust lineup before EACH tiebreaker is started. Teams can move best server to serving position before EACH tiebreaker is started. Each tiebreaker is separate.
- B. If first game is over and during the second game the 40-minute time limit runs out:
 - 1. Team that is ahead wins the second game. Team ahead does not have to win by 2 points.
 - 2. If score is tied in the second game and time limit runs out, the supervisor will flip a coin for serve. First team to score a point wins the game (regular scoring). Does not have to win by 2 points.
- C. If match is tied (one game is won by each team) tie will be broken in the following manner:
 - 1. Tie breaker if there are less than 5 minutes:
 - a. Each team will serve twice (2) in succession (regular scoring). Does not have to win by 2 points.
 - b. If score is tied at the end of tie breaker, the supervisor will flip a coin for serve. Whichever team that has the most total points in the previous game will call the flip. First team to score a point wins the game and match.
 - 2. Tie breaker if there is more than five minutes:

- a. Flip a coin for serve. Play until the time is up. Game is finished and the winner is the one that has the most points. Does not have to win by two (2) points.
 - b. If third (3rd) game is tied and the time is up to end game, the supervisor will flip a coin for serve. First team to score a point (regular scoring) wins the game and match. Does not have to win by two (2) points.
7. Playing area: Basketball goals located over the court are in play as long as the ball contacts the backboard on your side of the court, comes down on your side of the court and you have legal play left. A served ball hitting the backboard/goal is out. Walls are in bounds if people touch them; however, ball is out-of-bounds if it touches the wall.
9. **Serve:**
 - A. The ball is served with the hand or the fist but after that the ball can be only hit above the waist. **Overhand serves can be closed fist or open palm.**
 - B. The ball must be served behind the service line.
 - C. On the serve, the opposing team cannot attack. Players can block the ball but they cannot attack or have forward motion.
 - D. If the ball hits the net on the serve it's an automatic turnover.
10. **Rotation:**
 - A. Clockwise on win of serve.
 - B. All players must be in a set rotation.
 - C. In case of injury, players will move up one spot to fill void of injured player.
 - D. Injured player cannot return that game if taken out of rotation.
11. **Hitting**
 - A. Players must hit the ball cleanly, they may not throw, lift or carry it.
 - B. Simultaneous contact by two players is now one hit therefore after both touch the ball, either can take the next hit.
 - C. Any part of the body is legal to hit the ball as long as the ball does not touch the floor.
12. **Substitution**
 - A. In the Recreational League players may substitute only during dead ball situations
13. **Please call:**
 - A. Player in the net, under the net, over the net.
 - B. Line ball.
 - C. All basic volleyball rules.
 - D. If there is a disagreement in point, reserve
14. **Unsportsmanlike conduct will not be tolerated.**
 - A. No foul language.
 - B. No alcoholic beverages or smoking on school property.
 - C. Any fighting will mean dismissal from all Parks and Recreation sports.
 - D. If unsportsmanlike conduct persists by individuals or team, they will be terminated and fees forfeited.
 - E. If an individual fails to leave the premises, their team will forfeit the game and/or season.
 - F. If a player is ejected from the game and the gym, the ejected player will not be allowed to play or spectate the following week.

15. Standings/Schedule

- Standings and the schedule can be found on teamsideline.com/excelsior.
- There will be an end-of-season playoff tournament

16. Team Roster

- Players must be placed on the team roster prior to participating in the program and must sign the league waiver.
- Changes to the roster may be made prior to the start of the 3rd week of games. No changes can be made after that match.

17. Cancelations

- The recreation coordinator will inform team captains by 3:00 pm on game day if games are cancelled.
- If there is no school, there are no games.
- Games will be rescheduled to the next available date.

If you have any questions or concerns, please call the Excelsior Springs Parks and Recreation Department at 816-630-1040 or email kendrabeaver@esparksrec.com.