

# Nampa Co-ed Volleyball

## Outdoor 4 on 4 League Rules and Guidelines



The goal of the Nampa Recreation Department is to provide opportunities for physical exercise, socialization, and healthy competition for adults through sports programs. Please remember that regardless of the league or caliber of competition, the main goal of the program is to have fun and provide physical activity. Keep this in mind before you get mad at yourself, team members, referees or the other team.

### **League Play/Schedule:**

This league will have NO officials but will have a site supervisor. All players are required to make each call. **Honesty is expected by all players on all teams at all times.** If teams cannot determine what call to make, the play will not count and that rally be replayed.

All teams will play 8 games during the regular season. Teams with the best winning percentage at the end of the regular season will be deemed champions of their division. All your regular season games will be scheduled based on the amount of space available.

Teams will be responsible to notify the site supervisor the final score and which team won.

League standings will be updated weekly and are available on the Nampa Parks and Recreation website, [www.nampaparksandrecreation.org](http://www.nampaparksandrecreation.org) If a tie exists in the standings at the end of the regular season, head-to-head competition will be the first tie-breaker. If a tie still exists, a coin flip will be used. Exception: If there are two or more teams in a tie for 1st after head to head competition, they will be a Co-Champions.

All games will be played Tuesday evenings at the Nampa Recreation Center Lawn between 6:30pm and 8:30pm.

Champions of each division will be awarded League T Shirts.

### **Rules:**

1. Players - a maximum of four (4) and minimum of three (3) on the court at any time.
2. All matches will be three games or 55 minutes. Once the 55 minutes is up, the match will be over.
3. Each team will be allowed one, one-minute time-out per set. The match clock will not stop during time outs. No time-outs will be allowed if there is 5 minutes or less left on the match clock. The match clock will stop if there is an injury during the last 5 minutes.
4. Game time is start time. If a team is short players, a loss will result in the first set. Ten minutes will be given to field a full team. If a full team is not filled, the second set will be a loss and the match will be forfeited.
5. A scheduled game time consist of 3 sets. League Standings will be based on the number of won and lost during the regular season.

6. Points are scored by rally scoring. All sets will be played to 25. Sets must be won by 2 points. There will be no point cap on all sets during the regular season.
7. Players serving the ball need to call out the score before they serve loud enough that both sides are ready and aware of the score.
8. If the 3<sup>rd</sup> set has not been finished when the time limit is reached, the winner will be determined by the team with the most points of that set. If the 3<sup>rd</sup> set is a tie when the time limit is reached, the win for that set will be determined by the next point.
9. Service - a coin flip will determine who serves in the first and third games.
10. Co-ed - Ladies and men must be of equal numbers (2 and 2) **or** ladies must be the greater number on the court.
11. Substitution - allowed in serving position after the loss of serve/or center back at the time of rotation.
12. Boundaries - clearly marked on ground.
13. NET PLAY: Contact with the net is not permitted and occurrences will result in a turn over and point for the opposite team. If a member of each team touches in the same play, the player who touched first should call it as such and hand over the possession. If there is a disagreement or uncertainty, then re-serve the play with the points the same as they were.
14. Team Captains are responsible for the conduct of their players and fans. **Children are the responsibility of their parents, not the game supervisor.** Your children **MUST** be closely supervised at all times during games by an adult **NOT PARTICIPATING** in the game. If there are problems, you will be asked to leave.
15. If ball is played 3 times on your side, 1 play must be made by a female.
16. Serves cannot be blocked or spiked.

### **Player Eligibility:**

17. The minimum age for a player is 14 years old with a parent signature.
18. All players are eligible for roster moves. However, only two players moving from an upper division team **CAN** move to the same lower division team.
19. If a player plays in a game and is not on the team roster, and/or has not paid all applicable fees, the game will be forfeited.
20. Any player participating under a false name will result in an automatic suspension from the league.
21. Players may be asked to show I.D. by the game supervisor to verify eligibility.
22. The Nampa Recreation Department will have the final decision concerning player eligibility. A player must participate in at least two regular season games to be eligible for the end of the season tournament.

### **Other Information:**

23. Team Captains are responsible for the player's knowledge of rules and regulations of the league.
24. The City of Nampa does not provide accident insurance to cover individuals who may be injured while participating.

For any questions, comments, or concerns please contact the league coordinator Diego Estrada at [estrada@cityofnampa.us](mailto:estrada@cityofnampa.us) or 208-468-5858.