

JCC Rockland Volleyball Rules

We are happy to have you as part of JCC Rocklands First Co-Ed Pick Up Volleyball League. This is a fun, recreational league that will consist of drills and friendly competition. Teams will be formed each week based on attendance. During the first session, we will decide how we would like to select teams each week. Each week, we will start with a warm up, followed by game play. Please make sure to bring a photo ID to your first session. We will be issuing key tags to each player which will then serve as your ID to allow access to the building. There is a water fountain right outside of the gymnasium but we suggest that you bring water.

- 6 players on each side of the court maximum
- Rock, paper, scissors winner will determine starting choice to either serve first OR court side.
- **Serving:** Ball must be released from hand before contact is made. Serve can either be overhand or underhand. Play continues until violation is made or the ball hits the floor.
- Two people hitting the ball at the same time is allowed on the first ball over the net, as long as it is one attempt to play the ball. It does not matter if the other team served, spiked, bumped or set the ball over the net. Double contact is not allowed on any contact following the first attempt.
- Carrying is illegal. A carry generally is any use of an open hand (s) while making contact with the ball that is not in a firm manner, but can be called with a closed fist.
- **Hitting:** You can use any part of your body as long as it is not a carry. Although, all serve receives must be used with player's arms.
- Players are prohibited from touching the net.
- If player's hand or foot remains in contact with the plane of centerline it is legal, but if half or more is beyond the line it is a violation. If any other part of your body touches the opposing court, it is a violation.
- You can reach over the net as long as you do not touch the net; but the ball must break the plane of the net before you can make contact with it.
- Reaching over to block a set is prohibited.
- Back row players cannot spike or run up to block at the net. If a back row player wishes to spike the ball at the net, they must jump from their playing zone.
- **Rotation:**
 - Teams must rotate after every side out. This includes the first side out of the game.
- All games are played to 25, rally scoring (Must win by 2, or first to 27).
- No one may play without being registered.
- There will be no referees.

UNIFORMS/FOOTWEAR

- Comfortable clothing
- Players must be wearing sneakers/volleyball shoes at all times

CANCELATIONS

- With winter approaching, we may have to cancel due to poor weather conditions. You should always assume that play is on unless you receive notification. For cancellations, JCC Rockland Sports & Recreation Department will notify all members via email or check the JCC Rockland Facebook Page or website.

JCC Rockland's ultimate goal is for you to have fun. This is a social league and your goal should be to have a good time. Please keep that in mind while participating. While games may become intense, you can be competitive while maintaining good sportsmanship. Any unsportsmanlike behavior (towards another player or in general) may result in that player being suspended or removed from the program. No refunds will be issued.