

PARD #1 Adult Women's 30 & Up Volleyball Rules 2025

Eligibility:

- 1) All players must be registered through Ponchatoula Area Recreation District #1 at www.pard1.com.
- 2) Players must be 30 years of age by the cutoff date listed on registration.
- 3) Out of District registrants are welcome to participate (*Out of District Fees apply)
- 4) All team captains should ensure a full roster of players have signed up by the registration deadline. No registrations will be accepted once the deadline has passed. (*Strictly enforced)
- 5) Teams must carry a minimum of 4 players on their roster.

PARD #1 reserves the right to add players/free agents to a team if the minimum is not reached.

Net Dimensions:

- 1) Net height is 7'4".

Balls:

- 1) PARD#1 will provide official game balls.

Game Time:

- 1) Team captains may determine playing formats i.e., games to 15 pts match. However, the one-hour (1 hr.) rule still applies.
- 2) Teams may play with at least 3 players.
- 3) Six (6) players are allowed on the court at one time.

The Serve:

- 1) Server must serve from behind the end line until after contact.
- 2) Ball may be served overhand or underhand.
- 3) Jump serves are not permitted.
- 4) Ball must clearly be visible to opponents before the serve.
- 5) First game serve will be the team listed first on the schedule.
- 6) Ball cannot be spiked, blocked or tipped from a serve.
- 7) If the ball hits the net on a serve and lands on the receiving side, the ball is live and can be played.

Player Rotation:

- 1) Teams will rotate each time they win the serve from the opposite team.
- 2) Players shall rotate clockwise.
- 3) A player leaving the game for any reason, (injury) may re-enter at anytime.
- 4) Rotating players must be equally subbed in & out.

Playing the Game(Volley):

- 1) Maximum of three (3) hits per side.
- 2) A player may not hit the ball twice in one succession (a block at the net is not considered a hit).
- 3) Ball may be played off the net.
- 4) A ball that touches the boundary line is good. No matter where it touches the line.
- 5) A legal hit is contact with the ball by a player's body, which does not allow the ball to visibly come to a rest. Usage of feet or legs to retrieve the ball is allowed.
- 6) Players may spike from the back row but must jump behind the 10-foot line and can land in front of it.
- 7) If the ball touches the antenna, it is a dead ball; Team/Player agreement from both sides.

Basic Violations:

- 1) Touching the net with any part of the body(except hair) while the ball is in play will result in a side out. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul shall be called, and the ball shall continue in play.
- 2) Reaching over the net, except under these conditions: when executing a follow-through and when blocking a ball that is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact).
- 3) Reaching under the net, if it interferes with the ball or opposing player.
- 4) Failure to serve in the correct order.

PARD#1 Rules:

- 1) No alcoholic beverages, tobacco, or illegal drugs are permitted on PARD#1 premises at any time. (Buildings, playgrounds, fields, parking lots, etc.)
- 2) Fighting is strictly prohibited.
- 3) No one shall deliberately damage PARD#1 property.
- 4) Any persons violating any rule will be suspended or expelled from PARD#1 activities indefinitely.

Conduct:

- 1) All players, spectators and staff are expected to display good sportsmanship and conduct at all times. Examples of unsportsmanlike conduct include, but are not limited to:
 - a) Use of profane language directed towards any staff member, player and/or spectator.
 - b) Arguing, bickering, heckling or excessive display of emotion towards any staff member, player and/or spectator.
 - c) Making unnecessary gestures towards any staff member, player and/or spectator.

Have Fun!!!