



2016 CO-ED VOLLEYBALL LEAGUE RULES



GYM RULES

1. Players must be 16 years or older.
2. Players must wear shoes appropriate for the gym.
3. No alcoholic beverages or tobacco products are allowed in the gym.
4. No food or drinks in gym (water bottles ok).

LEAGUE RULES

1. **Have fun!**
2. Minimum age 16. Parents of participants under 18 must sign the roster for liability purposes.
3. **A team may add to it's roster anytime before the last 3 regular season games;** players must be registered before playing and must play in at least 3 regular season games in order to eligible for the playoffs(you can have up to 12 players on the roster)..
4. Maximum of six (6) players will play for each team, with at least half the players women, and not more than three (3) men.
Examples: 2 men, 2 women is legal. 3 women, 2 men is legal. 4 women, 2 men is legal, 5 women, 1 man is legal. 3 men, 2 women is not allowed.
5. A team may play with as few as four (4) players. At least half the players must be women with at least one (1) man. Three (3) women, one (1) man is legal. Less than four (4) players will constitute a forfeit.
6. Ten (10) minute forfeit time.
7. **“Rally Scoring” game to 25 points (win by 2) or 30 point cap. Point cap may be reduced due to time. Best of 3 wins match. If a match is won in 2 games, teams will play third game as a scrimmage (if time allows).**
8. Rock-Paper-Scissors for first serve.
9. Server must stand at the back of the court.
10. Serve on whistle.

SUBSTITUTIONS

1. **Extra players may rotate in the game at Back Center, and MUST rotate through every position. Every player must serve. Alternate Male - Female rotation if possible.**
2. The same rotation and serving order must be maintained throughout the game.
3. Players may change positions and serving order at the beginning of each game.
4. In case of injury, a substitute may come in at that position, even though it is not the regular rotation.
5. Serving order is RB-RF-CF-LF-LB-CB.

PLAYING THE BALL

1. The server must wait for a signal from the official before hitting the ball.
2. A LEGAL SERVE is contact with the ball with one drop or toss in the air. The server has five (5) seconds to serve after the whistle.
3. Each team is allowed three (3) hits. A block or attempted block is not considered a hit.

4. When two (2) players hit the ball simultaneously, it is one hit. Either player may hit the ball again.
5. A ball which hits a player below the waist is dead, and point or side-out is awarded.
6. A LEGAL HIT is contact with the ball by any part of a players body, above and including the waist, which does not allow the ball to REST even momentarily.
7. When two (2) hands are used to hit the ball, they must be CLASPED, except when setting to another player, or hitting the ball over the net similar to setting. One fist or arm may be used.
8. When spiking or hitting the ball downward, only one hand should be used to hit or slap the ball, to avoid pushing the ball.
9. No holding, lifting, or pushing the ball, it must be hit, set or bumped.
10. Players may not reach over the net, except follow through of a hit.
11. Players may not touch the net or cross under the net.
12. When opposing players hit the ball at the same time and it goes out of bounds, the player on the opposite side from where the ball goes out, is considered the last one to have hit the ball.
13. A back court player may NOT SPIKE the ball within 10 feet of the net.

BOUNDARIES

1. If the ball hits the net pole, it is out and cannot be played.
2. If the ball hits any part of the baskets, net, or backboards, including the braces, play will continue IF: the ball is played by the same team, and the ball remains on their side of the court. EXCEPTION: if it is on a serve or a third hit, in which case the ball is dead and either a point or side-out is awarded.
3. If the ball hits the ceiling, play will continue IF: the ball is played by the same team, and the ball remains on their side of the court. EXCEPTION: if it is on a serve or a third hit, in which case the ball is dead and either a point or side-out is awarded.
4. The wall is out of bounds.

CONDUCT

1. The Official may remove a player from the match due to arguing or complaining about calls or rules for unsportsmanlike conduct. If said player refuses to leave the court, the match will be forfeited. Decisions by the Official are final. Only the **TEAM CAPTAIN** may address the Official during suspension of play.
2. The Recreation Department has the authority to use any disciplinary measures necessary, including dismissal from the League, for any player violating the rules or for unsportsmanlike conduct.
3. Please keep in mind that it is not easy for one Official to call every violation, their view is limited. They will do their best and will be fair.

For more information, please call 463-6714