



## Leagues Rules (Volleyball)

### Coed League

- Roster minimum - 8
- Roster maximum - 12
- 6v6
- Must have a maximum of 4 men on the court at anytime
- Games can start with 4 men and 1 woman
- No gender rule for hits per side

Substitutions during the regular season are allowed. **NO SUBSTITUTIONS DURING PLAYOFFS.**

### Games and Scoring

- Teams will have an allotted amount of time to play 1 match (3 games – NOT Best of 3). All games will be played using rally scoring. Matches consist of 3 games to 23. Team must win by 2. Each game will count in the overall standings for regular season standings. One time-out per game, per team is allowed.

### Beginning the Game/Serving:

- Service of the first game will be determined by a coin toss. The team that did not begin serving the first game will begin serving the second game. The winner of the second game will begin serving the third game.
- The serving player shall not serve until signaled to do so by the referee. Service may be either underhand or overhand with either a closed or open hand. If a player serves before the whistle is blown, the serve shall be replayed. If a player is serving and catches a bad toss, the serve shall be replayed. A served ball must pass over the net

(and can hit the net) as long as it lands within the out-of-bounds lines. A served ball may not be blocked or attacked by the receiving team.

### **Game Rules**

- When a team is awarded the serve, the team will rotate one place clockwise.
- Any position can spike and block
- A player may not play the ball twice in succession unless the initial contact is a block.
- No 10 foot line
- No kicking
- A team must return the ball across the net with three or fewer contacts. A block does not count as contact.
- It is legal for a player to run out of bounds and play the ball; however, a player may not enter another Volleyball court to play the ball.
- If the ball hits the net and goes over on a serve it is live.
- If the ball hits anything besides the net and goes over the net, i.e. poles, posts, etc, the ball is DEAD.
- Out of bounds is the area outside the designated court line. The line is IN bounds.
- Making contact with the ball in an underhand motion with open hand or hands (slapping, scooping or pushing).
- Pushing is hitting the ball overhand with an open hand from a position behind your head, without losing contact with the ball, which is a pushing movement, not hitting.
- Other Common Infractions:
  - ◆ Touching the net or reaching under the net to interfere with an opponent playing the ball.
  - ◆ Stepping over the centerline into the opponent's court, a player may step on the line.
  - ◆ Catching or holding the ball while playing it.
- Any infraction may result in a point for the opposing team and loss of serve

### **Sportsmanship**

- Team captains must be the only players that address concerns to league officials. They are expected to do so in a courteous and respectful manner and to confine their discussions to interpretations of the rules and not challenge league official's decisions regarding judgment. Players are expected to comply with the intent and spirit of the rules. Deliberately attempting to violate the rules is unacceptable.

### **Forfeits**

- Any team without the minimum number of players after the grace period of 10 minutes with forfeit the game
- Teams with two or more forfeits can not qualify for playoffs

