



CO-ED VOLLEYBALL RULES

- 1) Each match will consist of three games. Each game will count in the overall standings for regular season standings. The first 2 games are played to 21 through rally scoring. Games will be capped at 25. The 3rd game will be to 15 through rally scoring. One time-out per game is allowed.
- 2) The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is as far as the wall behind the server.
- 3) There are no male/female hitting rules. There is a minimum of 1 female per team required. 1 female must be on the court for each team at all times.
- 4) A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball:
 - a. If any portion of the ball breaks the plane of the net
 - b. After the offense has come in contact with the ball on the third attempt
- 5) The serve may not be blocked or spiked. Serves hitting the net are legal.
- 6) Players can return the serve by:
 - a. Bump pass
 - b. Clasping their hands together
 - c. A closed fist
 - d. A set*

**Recent revisions to USA VB rules allow a player to return a serve with a two handed set. A set in this manner is extremely difficult and is not recommended for players not familiar with high level volleyball (i.e. club, NCAA etc.)*

- 7) No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.
- 8) Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net. Spikers may follow through over the net after a legal contact.
- 9) The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal.**

**A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.

- 10) Out of bounds is the area outside the line. The line is in bounds.
- 11) A player may touch but not completely cross over the center line with his/her foot.
- 12) The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact.
- 13) Oversets will be legal.

Refs will make calls on all violations. All calls stand. Please help them by calling your own "nets", "lifts/carries", and questionable calls - it's good sportsmanship. USA VOLLEYBALL rules apply unless stated otherwise.

LEAGUE POLICIES

GAMES:

During the regular season matches are to be played within time allotted (warm up time is included) **The first 2 games are played to 21 (RALLY SCORE). Games will be capped at 25. The 3rd game will be to 15 (RALLY SCORE).**

REFS:

ALL GAMES WILL BE SELF-REFFED.

Captains are responsible for recording the results of their game and reporting results to the field Marshall/Front Desk/Manager on Duty. Our staff will provide constant reminders with regards to this process.

In cases where teams fail to record their results, both teams will receive losses for the match.

The self-ref policy will continue throughout the preliminary rounds of the playoffs. Our staff will monitor all courts during the playoffs and will be available for any and all questions, concerns, or discrepancies that may arise. We will be able to provide referees for the finals in circumstances where both teams and staff deem necessary.

FORFEITS:

- All teams that do not notify league commissioner 24 hours in advance of a no show are subject to a forfeit fee.
- Teams have until ten minutes past the designated start time to field a full squad. If at that time one team is unable to field a full team (minimum number of players required according to the rules), it will be up to the staff and the opposing captain to determine what is allowable.

STANDINGS:

The updated standings will be posted weekly, displaying each teams rank within its skill level. Rank is based on winning percentage.

PLAYOFFS:

Top two teams will compete for a championship. All other teams will

Seeding: Teams are seeded according to winning percentage and strength of schedule.

Teams may be dropped from their regular season level based on the above criteria. Teams may be moved to a higher division during the playoffs only if permission is granted.

-Speed scoring rules still apply during the playoffs.

-Teams may play more than one match per day.

SPORTSMANSHIP:

The idea is to have fun. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league.