

Adult Co-Ed Indoor Volleyball Rules

MATCHES AND TIMES

1. Each team may play a maximum of six players on the court at one time. Each team must have a minimum of four players on the court. Less than four players present results in forfeit.

□ Team members must be at least 2 girls all the time. Try to have 3 girls and 3 guys all the time, but if this can't happen anything works as long as 2 girls. Try not to have more guys than girls EVERY week.

□ Each team member must be a high school graduate and be of equivalent age (18+). No high school students or minors may be on any team.

2. A team may utilize substitute players during matches and have alternates throughout the season should their schedules require that in order to have enough players to play.

3. Each team is granted one timeout per set. Time outs shall not exceed 30 seconds. Quickly-made substitutions do not require a time out.

4. A team will forfeit the first game of the set if they do not have enough players ready for play five minutes after their scheduled start time. If a team cannot have their team assembled within 15 minutes after the scheduled starting time, all 3 sets will be forfeited.

5. Sets are scored with rally scoring (meaning every service will end in a point except for re-played balls). The Regular Season Play will have 3 sets per match. The sets are played to 25, win by 2, but a maximum of 27 for the win. Tournament Play will consist of best 2 out of 3 sets, all rally scored to 25. Third set, if necessary, will be to 15. No cap for tournament play.

6. The team listed second on the schedule is considered the home team. The home team serves first and chooses the side of the court they wish to play on for the first set. The two teams switch sides of the court and the visiting team serves first in the second set. For the third set, the winner of "Rock, Paper, Scissors" chooses either first serve or side of the court, the opponent receiving the non-chosen option.

7. With the rare exception of foot saves, no kicking of the ball will be allowed. Any part of the body may be used to pass, set, or hit the ball.

8. Each team is granted a maximum of three hits on a single volley, with the exception of a block initiated volley, for a block does not count as the first contact. One player may play the ball twice during a volley, though not in successive hits (with the exception of a ball first blocked and then played on by the one blocking).

9. Replay a ball if (a) a foreign object enters the court during play, (b) a player was seriously injured on the play, (c) a double foul occurred, or (d) a ball released for service was not contacted and allowed to fall to the floor - see serving rules.

Replay a ball if there is a disagreement on a call, lifts, doubles, net, foot fault... Remember to be honest and make your own calls since there are not any refs.

10. No profanity. This league is intended for fun and enjoyment by everyone.

NETS

11. Net play:

□ The plane of the net may be broken and permitted during: (a) the follow-through of a hit made on the player's own side, (b) an attempt to hit, (c) a fake hit, (d) a block, or (e) an attempt to block.

□ Blocking the ball on the opponents' side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when: (a) the opposing team has had the opportunity to hit the ball or otherwise direct the ball to the opponents' side, (b) the attacking team has completed its three allowable hits, or (c) the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

□ Net fouls will be called on all plays when either, contact the top of the net during a play, or if any part of the net is hit and affects the play itself, be it during or after a hit/attack, during or after a block attempt, and so forth. The non-offending team is awarded a point and the ball for service. Should both teams double foul, it results in a re-do of the play.

□ In addition to standard net fouls, it is also a net foul to grasp any cables, standards, or stands. Incidental contact that is not involved in the play, however, is not penalized (for example, brushing one's shoulder on equipment).

□ A player may cross the center line under the net with foot/feet provided part of the foot/feet remain on or above the center line and the player does not interfere with an opponent. Incidental crossing of the line is not ruled a foul, but a foul will be called when the player is involved in the play on the ball. When playing a ball out of bounds (for example to save it), a player may completely cross the center line provided the player does not interfere with an opponent.

SERVING

12. Net serves - serves that hit the net and go over to the opponents' side are fair and in play.

13. The first server for the serving team will be the right back player. The receiving team rotates on side out, so the first server for the receiving team is the right front player.

14. The server may serve any place along and behind the end line. At the instant the ball is contacted for service, the server shall not have any portion of the body in contact with the court, end line, or ropes outside the lines marking the service area. The ball must be clearly tossed or released from the hands of the server prior to service contact. The server must serve in a reasonable amount of time after receiving the ball so as not to delay the set. The server may allow the ball to fall to the sand without contact and be able to attempt to re-serve, but this is not allowed more than one time during a term of service.

15. Serves may not be blocked or attacked/hit by the receiving team and may not be assisted by the serving team.

16. When serving and receiving, any team with both sexes present must alternate men and women. Players may move from their respective positions immediately after the service ball is contacted.

HITS

17. Because there are no refs, illegal hits will be called by either team. In cases of no dispute, a point is awarded to the non-offending team. If the call is truly disputed, it results in a re-do of that point.

Various terms (lift, carry, scoop, and so forth are used officially and unofficially to describe various illegal hits). The volleyball league coordinator may inform captains of legal and illegal hits if a question arises.

18. Legal hitting, setting, and passing: Generally, to be a legal hit with an open palm, it must be above the waist in a forward/hitting/attacking direction. An open extended hand with palm turned downward is legal, hitting the ball with the back of the hand. Legal sets are done quickly and with the fingers – no significant pause in the motion of the ball is acceptable. Legal passes are best done with contact on the wrists/arms and with closed fists (or palms turned away from the ball).

OUT OF BOUNDS

19. Lines are “in bounds.”

20. Players must stay within their court or the adjacent court. Once a ball enters the other court, it is considered dead and may not be played, no matter if another team is playing on that court at the time or not.

21. If it is questioned whether or not the ball was in or out, the point should be re-played. Since there are not refs and the league is for fun, please maintain a spirit of sportsmanship.

22. If the ball from the opposing team is airborne on its way out of bounds, it should not be caught or touched until it hits the ground. The ball is considered to be in play and cannot be touched until officially “dead,” otherwise it is assumed there was a play on the ball.

This league is set up strictly for fun and exercise. Your adherence to these guidelines will help the season run smoothly and create an enjoyable atmosphere for all. Thank you for participating and have a great time!