

# Coed Volleyball Rules/Regulations

*These Rules apply to 4 vs 4 team play.*

## 1) Team Captain Responsibilities

1. Read, review, and understand all rules and regulations. Ensure all players on your team understand all rules and regulations.
2. Represent yourself and your teammates before, during, and after all games.
3. Ensure yourself and teammate display appropriate behavior at all games.
4. Ensure all players, including yourself, are eligible to participate.
5. All players must read, understand, and the team captain will sign the Coed Volleyball Rules/Regulation Form.

## 3) Regulations – Equipment

1. Equipment representing possible hazards to all participants in a game will not be permitted to be worn during a game. Hand, finger, wrist, forearm, or elbow guard, cast or brace made of hard and unyielding leather, plastic, pliable plastic, plaster, metal, or any other hard substance, even though covered with soft padding, shall always be considered illegal. Knee braces shall be permitted if padded and so long as no metal is exposed. Players may not wear jewelry or another other accessories of any kind. Failure to remove any of this equipment when asked to do so, will result in that player being suspended from further play until the equipment is removed.
2. Necklaces, bracelets, watches, rings, earrings, hats, etc. are prohibited. Glasses must have shatterproof lenses and made of a durable material.
3. Flat rubber-soled court shoes are required **No Street Shoes Allowed**. Black-soled and open-toed shoes are not permitted.

## 4) General – Game Play

- 1) Games are to begin promptly: Forfeit time is five (5) minutes.
- 2) League standings shall be determined by **Match Winners**, not individual game winners.
- 3) Matches will consist of the **best three out of five games**. All games will be **Rally Scored** to **21 points win by two or first to 25 points**. With an **hour time limit**.

- 4) If hands are not together when making a two-handed hit, a double hit will be called.
- 5) However, a single-handed hit will be allowed as long as the ball is not carried.
- 6) In case of a block, the blocker may return the ball. The block is not considered a hit by the blocker nor is it counted as one of three hits allowed on each side.
- 7) **Maximum of 3 team hits:** Each team is allowed a maximum of three successive hits of the ball in order to return the ball to the opponent's playing area.
- 8) A spike is legal only if it is hit downward with one hand.
- 9) A blocker may block the ball over the net *ONLY* if the ball is traveling towards the net and not parallel to or away from the net.
- 10) **Contact of ball with body:** The ball may contact any part of the body above the waist and will count as a hit.
- 11) The ball may also come in contact with one foot as long as the foot is in contact with ground.
- 12) **Play and the service:** The serving of the ball must be hit with one hand (open or closed) or any part of the arm while the ball is directly in the hand, dropped or tossed.
- 13) If the server elects not to hit the ball after releasing it for service, he/she may catch the ball or allow it to drop to the ground and will be allowed a re-serve.
- 14) **Serving faults:** A point and loss of serve will be awarded if any of the following serving faults occur:
  - i) Ball passes under net.
  - ii) Ball touches an antenna or does not pass over the net completely between the antennas or their indefinite extensions.
- 15) **Serving:** The ball may touch the net and go over as long as it's between the vertical extensions.
- 16) Screening the players of the serving team must not prevent the receiving player from watching the server or trajectory of the ball. Screening is illegal and a fault, loss of serve and point will be awarded to the other team.
- 17) **Positions of players at service:** At the time the ball is contacted for the serve, the placement of players must conform to the service order.

- 18) In the front or back row, the center player may not be as near the right sideline as the right player nor as near the left sideline as the left player. No back row player may be as near the net as the corresponding front row player. After the ball is contacted, players may move from their respective position.
- 19) Before the start of a new game, the serving order may be changed.
- 20) All serves may be returned with a two-handed, one-handed bump or a set. A served ball cannot be spiked returned. Serves cannot be blocked.
- 21) **Play at the net:** Ball crossing the net-to be legal, the ball must cross the net entirely between the antennas or their assumed indefinite vertical extension.
- 22) **Player contact with net:** If a player contacts the net during play, with any part of the body or uniform, other than hair, including that portion outside the antennas, it is a fault.
- 23) If the ball is driven into the net with such force that it causes the net to contact a player, such contact is not a fault.
- 24) **Simultaneous contact by opponents:** If opponents contact the net simultaneously, it shall constitute a double fault resulting in a play over.
- 25) **Crossing the centerline:** Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's playing area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remains on or above the centerline.
- 26) **General play:** A front line or back line players may play the ball anywhere on the court. All players are eligible to play both front and back row any serving order position.
- 27) **The Net height will be 7'9**

##### 5) Regulations – Players, Forfeitures

- 1) All games will begin promptly.
- 2) For 4 vs 4 play only.
- 3) **Must have 1 female on the court at all times.**
- 4) Any player that is bleeding must be removed from the game until bleeding is stopped.

## 6) Regulations – Game Control

- 1) In order to have game control it is crucial that only the team captain be allowed to question rule interpretations made by the staff.
- 2) Tournament organizer will have final authority on all calls.
- 3) Rules may be subject to change at anytime.
- 4) **All games will be self-officiated.**
- 5) **Remember that this league is Recreational and is for FUN!**

