



## Indoor Co-Ed Volleyball League Rules

### Divisions\*:

- Competitive
- Recreational

*\*If not enough teams sign up to split divisions, both will play in the same league with some teams playing each other multiple times to keep skill levels as consistent as possible.*

### General League Rules:

- Arguing with referees will not be tolerated. If team needs clarification of a call, they may ask at the next dead ball in a calm, orderly fashion.
- Unsportsmanlike conduct, taunting, foul language, etc. towards other players and referees will NOT be tolerated. Violations may range from temporary suspension from a game to termination from the volleyball program. These decisions are at the discretion of the League Coordinator and Head Referee.
- Any team that **wins the league 3 consecutive times** in the same division must move up to the next level. If there is no higher level for the reigning team the following applies:
  - A team retaining more than four players that has won 3 championships in consecutive seasons for which they have been registered, the League Coordinator will have the option to, either request that the team form 2 or more separate teams to create more uniformity in the league, or withdraw their registration. That team will then have the opportunity to form 2 separate teams with each subsequent roster approved by the League Coordinator.

### Format:

- 2 courts will be playing at the same time (per league scheduling).
- Maximum of 6 players in order to play, minimum is 4. Must keep % of male vs female the same with less than 6.
- At least 3 players must be female. Maximum males is 3.
- There is no minimum age to play. If a player is under 18, the parent must sign the registration form for the child, agreeing to the waiver and terms of the league.
- For a full 6-player team, there should be 3 front row and 3 back row players positioned as such before the serve.
- If a team has less than 4 players, that team will forfeit the first set, then second set until player shows up. Sets can be played to 25, but will just be considered an "exhibition" game. Teams can also default to the borrowing rules outlined below.
- If a team has 5 players and will not borrow a player, there still must be 3 female players. If a team has 4 players, at least 2 must be female.
- Formation for team of less than 6:
  - If a team has 5, the formation must be 3 in the front row, and 2 in the back. The 2 positions in the back can be in any back row position (please see Serve section for rules on missing positions in the rotation.)
  - If a team has 4, the formation may be 3 in the front row, 1 in the back OR 2 in the front & 2 in the back (please see Serve section for rules on missing positions in the rotation.)
- If a team chooses to play short in one of the above formations, a team must designate a spot in their serving rotation for a side-out. When the missing player's position rotates to the serving position, the team will automatically lose their serve and the opposing team will gain 1 point.

- Before the scheduled match time, the referee will make the coin toss with the captain of the first listed team calling the toss. The winner of the toss will make the choice to either serve or take one side of the court. The other team will have the alternate option.

### Match Rules:

- Matches are best of 3 games.
- Rally scoring will be used with the first two games going to 25 (win by 2 and capped at 27), and the third game to 15 (win by 2 and capped at 17). During the deciding third game, teams will switch sides of the court when one team reaches 8 points. If the switch is not made at the 8<sup>th</sup> point, then the teams should switch as soon as the mistake is discovered.
- Two 30 second time outs are allowed per game.
- If a team does not comply with roster rules, as in all male players or not enough players at scheduled match time, they will forfeit the first game. After 10 more minutes (and no additional players arrive), they will forfeit the second game and the match.
- If a team brings in a player than is NOT ON THE ROSTER, the team agrees to an official forfeit, but can still play the scheduled match.
- Forfeiture is issued if a team refuses to play at the order of the referee.

### Courts

- Standard size of about 30 feet by 60 feet divided by a net ... the actual court size may vary.
- The boundary lines are good, meaning the ball is “in” if the ball hits the line.
- The antennae (within the net and extending above the net to the ceiling) are out of bound.
- The “attack line” is also called the “10-foot line”.
- The “front zone” is limited by the axis of the center-line and the attack line.
- The “back zone” is limited by the back of the attack line and the outside of the back line.
- The “service zone” is the whole area behind the end line limited by the sideline extended.
- Due to the configuration of the courts, the referee can issue the ruling for the service line to be extended inside the back line such that the server can have enough room to serve.

### Registration/Roster:

- All official roster players must be added at time of registration. By the end of the 2<sup>nd</sup> match, no additional roster players may be added to the roster.
- A player may only be listed on one roster.
- Maximum number of players on a roster is 12, and minimum is 6.
- A playing-short and legal team is composed of less than 6 players, but always must have even ratio of male and female players or more female players than male players (50-50).
- If a team has less than 4 players, that team will forfeit the first set, then second set until player shows up. Sets can be played to 25, but will just be considered an “exhibition” game. Teams can also default to the borrowing rules outlined below.
- If a team has 5 players and will not borrow a player, there still must be 3 female players.
- If a team suspects that their opponent is playing with players not on the official roster, the team captain must request a “roster check” to the official. The official will cross reference the sign in sheet & identification with the official roster. THIS IS THE ONLY WAY TO HAVE THE ROSTER ENFORCED. No consequences will be taken AFTER the game has already started playing. Anonymous tips, emails, complaints will not result in league consequences, as they are done after the fact.
- There are no official substitutes, meaning that the roster must be complete with enough players to accommodate a loss during the middle of the season. No players can play unless they are listed on the official roster (if there are too many players injured, the league director can make an exception to the addition of more roster players).
- Rosters can be turned in online through the registration link or hard copy at the Recreation Center.
- Each player must check in with the front desk of the Recreation Center and/or with the referee to verify roster players.

## **Borrowing & Injured Players:**

- If a team does not have 6 players, it can borrow rostered players from other teams. Non-rostered players are not allowed to be borrowed.
- If a team chooses to borrow a player from another team, the opposing team must agree to the individual being borrowed, or the short team will have to play short. The team captains from both teams shall meet with the official to confirm the borrowed player can play.
- A team cannot borrow more than 1 player, for example if a team borrows 2 players then it will be an automatic forfeit.
- A team cannot borrow more than 3 times during a season, or the following matches will be automatic forfeits. For instance, if you borrow a player for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> week, then choose to borrow on the 4<sup>th</sup> week, the 4<sup>th</sup> week game will be an automatic forfeit. Any weeks after that with borrowed players will also be an automatic forfeit.
- During the season-end's play off, teams must play with whatever they have, the Borrow Protocol is not allowed.
- If a team has less than the minimum number of players to play a game, the game is forfeited. The team can play an exhibition game with borrowed players from another team; however, all games are not official.
- If a player is injured while playing, then a bench player can sub in his/her spot PROVIDING same gender. If the team has no bench player, then it can borrow a player following the Borrow Protocol. If the injured player recovers, he/she can come back and play in the same match.
- If a player is injured and cannot play at the beginning of the match, that injured player is not allowed to join in and play later in the match.

## **“Ball is in when...”**

- The ball is “in” when it touches the floor of the playing court including the boundary lines. The ball remains playable if it contacts the ceiling or obstruction above the team's playing area and remains in the team's playing area.

## **“Ball is out when...”**

- The part of the ball which contacts the floor is completely outside the boundary lines.
- It touches an object, wall, or curtain outside the court or a person out of play.
- It touches the rope, post, or net outside of the antenna or the antenna itself.
- It crosses the vertical plane of the net either partially or totally outside of the antenna.
- It crosses completely the lower space under the net.
- It touches the ceiling or obstruction above the team's playing area and crosses the plane of the net into the opponent's court.
- It touches the ceiling or obstruction above the opponent's playing area after crossing the plane of the net.

## **The Serve/Server**

- The server can contact the ball either underhand or overhead with one hand or part of the arm.
- The server does not have to toss the ball before making contact.
- The server can have a re-serve for every toss if the toss is not satisfactory.
- If the overhead balcony interferes with the toss, the referee will issue a re-serve.
- The server must be positioned outside of the serving line of the court and can start outside of the sideline but must be completely inside the sidelines when contacting the ball.
- For the side of the court that does not have enough room for the server, the server can step into the court but not over the serving line. After the serve, the court is back to its original size.
- The served ball can touch the net while going over to the other side of the court as long as it is within the two antennae.
- The served ball is out if it hits any overhead obstruction (such as the basketball goal).

## Playing the Ball

- Each team has three contacts to send the ball over to the other side.
- A player can use any part of the body to contact the ball even such as kicking the ball.
- It is legal to contact the ball with any part of the body as long as the ball rebounds immediately. It may not "lay" against the body or forcefully kicked. If a player touches the ball or the ball touches a player, it is considered as a play on the ball. **Except in the following case:** A ball touching the body more than once in succession is legal when played off a hard-driven spiked ball, or blocked and played again by the blocker.
- None of the contacts can be prolonged or "lift". Players are not permitted to scoop, hold, and lift or push the ball. **The ball may never be contacted with an open-hand underhanded motion.**
- When there is a scheduled game on the adjacent court, all players and the ball cannot enter that court before, during, or after contacting the ball.
- If there is a jousted ball on top of the net by two opponents, the player where the ball comes away from his/her side is considered to touch the ball last.

## Blocking and attacking the served ball ... only when the served ball is above the top of the net:

- It is illegal to block the served ball, it does not matter if the blocked ball goes over the net or not.
- It is illegal to attack the served ball only if that attack successfully sends the ball back to the other side. There is no violation if the attacked ball stays on its team side, in such case, two more hits are allowed.

## Blocking

- Blocking is an action by a player positioned near the net with his/her arms raised with part of the arms higher than the top of the net in an attempt to stop the ball BUT not moving forward as to push the ball.
- A blocking action can consist of multiple contacts as long as it is within the framework of one blocking attempt. Multiple contacts should bounce off any part of the body. If the ball rolls on the body or the ball is held against the net then prolonged contact "lifts" will be called.
- A block is not counted as a contact, therefore three more hits are still allowed.
- Four legal actions in blocking the ball across the net above the opponent's team area:
  1. The block is made after the opponents have executed three contacts,
  2. The block is made after the opponents have executed an attack-hit to send the ball over the net (could be the first or second contact)
  3. The block is made after the opponent's ball has broken the plane of the net,
  4. The block is made if the opponents have hit the ball and it is falling near the net and no one on the opposing team is making a play at that ball.
- Front row players can block and attack the ball when the bottom of the ball is above the net.

## Back Row Players

- When the bottom of the ball is below the net, he/she can attack the ball from anywhere on the court (such as the back-row setter hitting the ball up "over" the net).
- When the bottom of the ball is above the net, he/she can attack the ball ONLY if he/she is jumping from completely behind the 10-foot line.
- A back row male player can come up to the front row and participate in the blocking of the ball ONLY if there is only one male player on the front row at time of serve.

## Net Faults

- It is a fault to touch any part of the net or the antennae, EXCEPT for incidental contact by a player's loose hair and insignificant contact by a player not involved in the action of playing the ball. If a player is involved in playing the ball, either offensively or defensively, that player is liable for a net fault before, during, or after that playing action meaning that until the ball touches the floor or touches another player. Examples of faults are: following through after a spike or a block, coming down after an attack or a block, setting the ball when too close to the net, etc.
- The net fault is only for the part of the net inside and including the two antennae. Touching the net outside of the antennae, the ropes, wires, post or the referee's stand is not a net fault UNLESS the player uses the contact as a leverage or interferes with the play.

- If 2 opposing players touch the net at the same time, the ball is dead and the point is replayed.
- Teammates are allowed to hold and pull any players to prevent a potential net fault.

### **Center Line Faults**

- Players and parts of the body cannot be on the other side of the center-line within the playing court. To be legal, parts of the hands or foot/feet have to be on the line or in the space above the line. By rule, it is a fault if any part of the knee or knee-pads is on the opponent's side of the court.
- Teammates are allowed to hold and pull any players to prevent a potential center-line fault.