

ADULT COED VOLLEYBALL RULES



I. TEAM PLAYERS:

- A. A team may have a maximum of twelve (12) players on its roster.
- B. All players must be 18 years of age or older.
- C. No player may play on more than one (1) team in his/her division.
 - 1. Players from the same league may substitute for a team in their same league only if the opposing manager approves it and signs off on the score sheet indicating his/her approval prior to the game.
 - 2. Managers have every right to decline substitutes from the same league.
 - 3. Players must play only for their original team for playoff games.
 - 4. A player cannot be a permanent substitute for another team in the same league they already play in.
- D. All teams must have a team roster with waivers submitted for each player on their team. If a player, including a substitute, does not have a waiver registered the official will not allow him/her to play.

II. SUBSTITUTIONS:

- A. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins. It is not required that servers must alternate females and males in the serving rotation.
- B. Substitutions can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
- C. No free substitution will be permitted, except when a team is short players at the start of a match. When the player shows up they may enter after a rally has ended.
- D. See above section for players substituting on teams in your own league (this is not referring to an in-game substitution).
- E. Ghost player - When a team does not have 6 players on the court a ghost player will occupy a spot in the rotation. When the ghost player rotates into the server position the team will take an automatic, 0-point side out. When the ghost player is in the front row only two (2) players will be eligible to attack. Depending on the gender position the ghost player is occupying, an additional male from the back row may be eligible to block (see blocking rules).

III. PLAY:

- A. A lift will be called if a player obviously throws, catches, or slings the ball.
- B. A foot fault will be called if the player's entire foot is beyond the center line.
(Note: this is not in alignment with USA Volleyball, but is a rule for volleyCR for the safety of our players).
- C. If any part of the ball touches any part of the boundary line it is considered "in".

- D. Players may not touch the net during play, with the exception where an opponent hits the ball into the net such that the net is moved into the blocker.
- E. Hair contact of the net is allowed.
- F. It is legal for a player to hit the ball with any part of their body.
- G. Back row players may not hit the ball over the net from in front of the ten (10) foot line if the ball is completely above the plane of the net.
- H. Attack blocking the set is not permitted.
- I. Only front row players may block, except when there is one male at the net then one other back row male may block but not attack. At no time shall there be more than two male blockers.
- J. Blocks do not count as a hit.
- K. If a team contacts the ball more than once (after the block) to send it over the net, it is not required for a female to contact the ball. The intent of this rule is to avoid stopping play.
- L. On the third hit over, a legal blocker can completely place his/her hand over the net for a block as long as the third ball striker touches it first.
- M. All leagues must rotate on all side outs (including the first serve).
- N. Multiple contact is allowed on any first ball (no double hit call) over the net provided the ball is not lifted and the contacts are the result of one motion in an attempt to play the ball.
- O. Sets and Double Calls – Multiple contact is allowed on a second touch (no double) provided a) the ball does not cross the net, and b) the contacts are the result of one motion in an attempt to play the ball. For sets that cross the net we allow an official judgment call on spins if the setter is making an “athletic attempt” at the ball.
- P. Obstructions:
 - 1. The ball may be played off the roof structure and items suspended from the roof structure (e.g. the blue monster, basketball backboards, netting).
 - 2. If the ball fully crosses the plane of the net after making contact with the roof or obstruction suspended from the roof without touching a player on the side of roof/obstruction contact the ball is considered “out”.
 - 3. If a player on the side of roof/obstruction contact touches the ball at any point before fully crossing the plane of the net the ball is live.
 - 4. If the ball touches any wall, curtain, bleacher or stair the ball is out of play.
 - 5. For the safety of players, once the ball enters the space directly above stairs and bleachers it is considered out of play.

IV. MATCH PLAY:

- A. Warm Up Period – Teams are allowed 5 minutes of warm up before games. Depending on time, teams may be asked to begin warm-ups off court while the previous match is in play.

- B. Team captains will compete in a battle of wits (rock-paper-scissors) for choice of side or serve in the first set. The side and serve will swap for the second set. Team captains will replay a battle of wits for choice of side or serve in the 3rd set.
- C. Each team will be permitted one (1) 30-second timeout per game. An injury evaluation or stoppage to tie a shoe will not be considered a team time-out.
- D. A match will be 3 sets to 21 points (23-point cap*), with rally scoring being used. A third set will be played regardless if a team has already won the match after two sets. If the 2nd set ends after X:45 the third set will be reduced to a 15-point set (17-point cap). Both teams will be notified of the target score prior to the third set. (*see playoff rules for exceptions to the 23-point cap.)
- E. Rally scoring consists of one (1) point being scored on every serve regardless of which team served the ball.
- F. Players must be in their base positions during the serve. Then they may move about the court.

V. SERVICE

- A. Officials will allow adequate time for teams to set up defensively before blowing the service whistle.
- B. Let serves (serves touching the net) are legal.
- C. It is illegal to serve out of order or before the whistle is blown.
- D. The server must contact the ball within 8 seconds after the referee whistles for serve. A warning will be given after the first instance. Following instances by the same player will result in a side-out.
- E. If the server steps on the line or into the court before hitting the ball, they lose the serve. If the ball is tossed in the air as part of the serve and is allowed to land without making a serving motion, it is considered a service tossing error. One tossing error is permitted per rotation. A subsequent tossing error by the same server in the same rotation will result in a side out.
- F. Rotation error: If discovered during play the point will be forfeited by the violating team. If the error is discovered after the serving turn is completed, no penalty shall be assessed. Positions must be returned to the proper established order.
- G. Blocking or spiking of the serve is not allowed.

VI. PLAYOFFS AND CHAMPIONSHIP

- A. Playoff brackets will be completed after the last scheduled games and team managers will be notified.
- B. Tournament is a single-elimination bracket. All teams will compete in at least one tournament match.
- C. All playoff matches are best of three sets to 21 points. The match ends after 2 sets if one team wins both sets.
- D. Point caps:

1. Championship match:
 - a) There will be no cap in any set.
2. All other tournament matches:
 - a) The cap of the first two sets will be 25 points.
 - b) If a deciding 3rd set is needed, there will be no cap.
- E. Only players who played on their respective team during the regular season will be allowed to play on that team in the playoffs. Team captains must challenge their opponent's roster prior to starting the match. Start of the match is considered acceptance of an opponent's roster.
- F. Playoff seeding is determined in the following order:
 1. Regular season record (matches won/lost)
 2. Head-to-head play
 3. Regular season record (sets won/lost)
 4. A coin flip by the league administrator
- G. Championship prize: The winning team of the championship game will be awarded a prize that is TBD, but it's gonna be great!

VII. CODE OF CONDUCT

- A. Unsportsmanlike Conduct: Any player, team, coach, or spectator who displays any form of unsportsmanlike conduct such as vulgar language, disrespect or deceit, shall be penalized in the following manner:
 1. An immediate point/side-out shall be awarded to the opposing team
 2. In the event of a second unsportsmanlike conduct, the official may eject player/spectator.
 3. Any person ejected shall leave the facility immediately. Failure to leave the facility will result in forfeiture of the match by team.
 4. Ejection due to unsportsmanlike physical contact will also result in the player being suspended for their next match.

