

# Coed Volleyball / Rules & Regulations



## **LEAGUE RULES**

### **Rules:**

1. Games will be governed by Official USVBA Volleyball Rules, with Shepherd Sports modifications.

### **Serves:**

1. The serve is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines). Authorization of the serve must be given to the server from the official before the serve may be hit. If the server does serve the ball before the official blows his/her whistle and gives the signal, the ball is dead and will be re-served.
2. Serves may be underhand, overhand or participants may attempt to jump serve.
3. The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the serve. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them. Any action deemed a distracting by the referee.
4. Blocking or attacking the serve is NOT allowed.
5. Only one serve is allowed, but players may drop a bad toss once during that current service rotation and still serve again. A second dropped toss will void that players serve and give the opposing team a point and the next serve.
6. A serve that hits the net and carries to the opposing teams is considered a live ball and must be played. A serve that hits the net and does not go over will result in a point for the opposing team and service would change.
7. There are no "re-serves" if the serve should hit the ceiling or should fault in any way, a point will be awarded to the other team and a side-out will incur.
8. The ball is out-of-bounds when it touches any surface, object, ceiling or ground outside the court. A ball may be played out-of-bounds from your territory only. However, any ball or player outside the silver metal taping behind the court and on the outside of the court is out of bounds. Also, if team A contacts the ball prior to the third hit which then hits the ceiling or object near the ceiling (retracted basketball hoops, etc.) on the same side of the net as Team A and comes down on side A, then Team A can play the ball. For the middle of both courts where there is not silver metal taping the thin gray basketball line is considered out of bounds. A player serving can go behind the silver metal taping, however once the ball is served the silver metal taping is again considered out of bounds. The ball must enter the opposing team's court through the inside of the antennas. It is illegal to touch the opponent's court in the act of playing a ball.
9. On change of serve, all players shall rotate clockwise (to the right in front line and left in second line). Positions of players may be changed only after a completed game. If your team does not start the game with the serve, the team must rotate before the first serve. After every side out teams must rotate one position prior to their next serve. No exceptions. (see Playing the Game #8: for substitution patterns)

**Faults:**

1. The ball must be cleanly hit. The following constitutes a legal hit: An official's call will be considered final.
  - a) Contacting the ball with the heels of the hands, fists, arms or feet (no kicking).
  - b) A fist punching at the ball.
  - c) When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits.
  - d) At the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
2. The following constitutes illegal hits:
  - a) Ball visibly comes to rest.
  - b) Held ball.
  - c) Successive contacts.
  - d) Ball is trapped
  - e) Ball rolls on body.
3. The following actions are considered faults and a point will be awarded to the other team:
  - a) Player touching net.
  - b) Hand or hands going over the net onto the opponents' side of net (Even if the net is not touched)
  - c) A player takes support from a teammate or any object in order to reach the ball.
  - d) A team contacts the ball four times or more before returning it to the opponents.
  - e) Catching or throwing the ball. The ball must be tapped.
  - f) Serving out of turn.
  - g) A player spikes the ball above the opponents' court (crossing the plane of the net)
  - h) A player contacts the ball twice in succession or the ball contacts various parts of the player's body successively.
4. If a team contacts the ball more than one time during offensive action, one of the contacts must be by a female player, but there is no restriction preventing all three team hits from being made by female players. Contact of the ball during blocking action does not count as one of the three team hits. Therefore, after a block, a male player may play the ball back over the net as such contact would be considered the first team hit.

**Blocks:**

1. A ball hit by a player, playing close to the net, and attempting to block a shot by an opponent, shall not be counted as one of the three taps permitted by his team. He/she may block the shot and play the ball before a teammate touches the ball.
2. Joust: If simultaneous hits by two opponents above the net leads to extended contact with the ball, play continues.
3. No player may cross the centerline inside the opponent's court. (A player's foot may land on the centerline provided none of their body parts are over the line.) Also, while playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the centerline.
4. There is NO blocker assist rule. No back row player may participate in a completed block touch.

**Attack-Hits:**

1. All actions directing the ball toward the opponent, except a serve or block, are attack-hits.
  - a. An attack-hit is completed when the ball completely crosses the vertical plane of the net or is touched by blocker.
  - b. Restrictions to a back-row player:
    - can attack the ball above the height of the net if their feet are completely behind the attack line during or just prior to the attack. Back row players may land in the attack zone after the completion of the attack.
    - can hit the ball in front of the 10 foot line if that player hits the ball below the top of the net.
2. Players may interchange positions to pass or block, only after the serve.

## **LEAGUE REGULATIONS**

### **Player Conduct & Gym Rules:**

1. All captains, players, and spectators are expected to conduct themselves in a manner that glorifies God. Any conduct deemed inappropriate by the Officials, League Coordinator or the Sports Pastor will result in disciplinary action or expulsion from the gym and league.
2. Conduct Violations: Each incident involving a conduct violation (yellow or red card) results in an automatic point and serve for the opposing team. The second yellow card by the same player in the same match will result in the ejection of that player, and his/her ineligibility for the following game. The third conduct violation (yellow card) by the same player in any game or match throughout the season will result in removal from the league. A red card equals the value of two yellow cards. The Sports Pastor and League Coordinator will have the ultimate decision on all conduct related issues
3. For any conduct violations the referee will issue a Red or Yellow Card. Yellow Card related conduct is as follows: Any use of profanity; excessive arguing; destructive play, including deliberately running/sliding into the opposite teams players. For any of these violations and or a more series conduct related issues the referee can issue a player a red card. Any red card is an automatic ejection from that the current game and the following game. A red card is the same as receiving two yellow cards. Any red card and a yellow card will result in removal from the league.
4. Tobacco and Alcohol: The use of alcohol and tobacco is prohibited in the gym, or anywhere on the church campus. Any use of tobacco or alcohol is grounds for removal from the league.
5. Only water is allowed in the gym. No food or other drink is allowed.
6. Children under the age of ten must be accompanied by a non-playing adult.
7. Shoes must be of athletic type with non-marking outer soles with laces or securely fastening Velcro.
8. No loose or dangling jewelry, watches, or protruding rings.
9. No Dogs are allowed in the gym.

### **Teams & Eligibility:**

1. 4 players from a team's official roster are required to avoid a forfeit. You must have at least 2 female and 2 males on the floor at all times.
2. No team may have more than 4 male or female players on the court at the same time.
3. A game can be started with a minimum of 5 total players, 4 of which have to be on the official roster.
4. Teams may only pick up a maximum of 2 players from other Shepherd volleyball teams or official sub list. Teams must use all of their team players first and may only pick up Shepherd Co-ed Volleyball League players as substitutes. If a game begins with these substitutes and the team's eligible players eventually show up, they must be inserted in the line-up to replace the substitutes.
5. When a team adds a sub they must have approval from the opposing team's captain and league director. Captains have the right to refuse any substitute. In order to avoid any forfeits, league officials can override this at any time.
6. Players from other teams may not be picked up for the playoffs. If a team cannot field the required players from their official team roster, they will lose by forfeit.
7. After the third week all rosters are considered final. Any player who did not participate within the first three weeks is considered ineligible, unless granted approval by league officials.
8. All players on the roster are eligible for the playoffs.
9. A player must be 16 years old or turn 16 during the season to be eligible to play.
10. No one can play until they have turned in a signed waiver.
11. If a player has not paid his/her league fee by the second game of the season, that player is considered ineligible until their payment is made.

## *League Regulations Continued:*

### **Playing the Game:**

1. A match during the regular season shall consist of 3 games.
2. Matches will last a maximum of 50 minutes. The team that is winning at the end of the 50 minutes will be declared the winner. Time is decided by the umpire.
3. If a match is approaching its time limit and the umpire or league official rules there is not enough time to finish the current game, the umpire or league official can give a new point total that will conclude the game. Once the new score is reached the game is considered final. If the game is tied at the new score play-off points will be played to determine the winner. (must win by 2)
4. Games will be scored with rally scoring (a.k.a. quick scoring). A Point will be awarded on every serve.
5. A coin toss will be done between the two opposing captains. Winner may choose one of the following: Serve, Receive, or Side. Opposing team will choose from the remaining choices. Following games will alternate serve and side.
6. Games are to 25 points; winners must win by 2 points or the first team to 30 points.
7. Each team is allowed one timeout per Game. Timeouts will be one minute in length.
8. Substitutions may only occur after a team's side out, prior to the next new server. The substitutes may come in as the next new server only. Substitution maybe male or female so long as the Teams & Eligibility rules are not violated. Once a game is started teams must keep there same rotation for that current game. Teams can change there rotations between each game.
9. Any player may sub for an injured player as long as the team does not violate the teams and eligibility rules. Any injured player replaced with an injury sub may not return for the duration of that game.
10. Standings will be based on the number of games won, (win/loss record) not the number of matches won.
11. Teams must be ready to play by 10 minutes past the hour. If a team shows up more than 10 minutes after the hour the league director has the right to rule the first game a forfeit to the team that is not present. The second and third games will proceed in the same fashion. (see teams & eligibility for adding players)
12. Tie breakers will first be broken by head to head match-up. If there is a tie between three or more teams then the head to head match-up would always be considered first. If a head to head tie breaker does not break the tie, then a point spread system between the teams involved will be used. A point spread from those games involving the tied teams will be taken and the team with the biggest winning margin between all teams will get the highest seed and so on to break all ties. (Playoff format subject to change)