



# Rush Sports Complex

## Co-Ed Adult Volleyball League Rules



### Rosters

- Teams must have a minimum of 6 players and can have up to 9 players on their roster.
- A player must be registered on a team for them to participate in the league.

### Team Format

- All teams play 6 v 6. Teams may play with less players, but are required to have at least 4 players on the court at all times. Failure to have 4 players will result in a forfeit.
- A standard Coed team shall be made up of 3 men and 3 women.
  - USING 5 PLAYERS: a team may use 3 men and 2 women without penalty. If a third woman arrives after the match has begun, she may enter the game when instructed by the referee, or a team who is playing 4 players may add her without penalty.
  - USING 4 PLAYERS: A team may play with 2 men and 2 women on the court at all times. If a team does only have 4 players, the server is the back row person - if this player comes up to the net, they can only block, not attack.
- Teams may play with more women than men without penalty: ex. 3 women and 2 men or 4 women and 2 men on the court is acceptable.

### Scoring

- Teams will play two matches each night.
- Matches are scheduled for 5 minutes of warm up (if needed) and 55 minutes of play.
- A match consists of the best 2 out of 3 sets, with all sets being rally scoring, each set is 25 points (win by 2) with a cap of 27 (win by one).
- The 3rd set (if needed) will be dictated by time. If a team does not reach 25 points (win by 2) or reach 27 points (win by one), the team that is ahead at the end of the time will win. Director will give teams a 5 minute warning. In the event of a tie, Sudden Death Play will continue. The first team to make a point wins the 3rd set.
- Regular season standings shall be determined by sets won and in the event of a tie in regular season records, points scored differential will determine tournament seeding.
- For tournament matches, the match winner will advance - winner is the team that wins the best of 3 sets. All sets in tournament play will be first team to 25 (win by 2, no cap).
- Teams are allowed one 30 second timeout per set. No timeouts in the last 5 minutes of play.

### Forfeits

- We encourage teams to make every effort to field a team for each match as a courtesy towards their opponent.
- Forfeits will occur when a team is unable to begin a match with at least 4 players. A team with less than 4 players present from their roster will be allowed an additional 5 minutes to the warm-up period for the first game.
- After the warm-up period is over, the following will occur:
  - 5 minutes - 1st game forfeit
  - 15 minutes - Team will forfeit the entire match
- The score recorded for a forfeited game will be 25-0.

### **Choice of Side or Service**

- Determined by captains who will call the toss of a coin or a quick round of rock, paper, scissors. Rotate playing areas and serve after each set.

### **Positioning**

- Players must alternate males and females
- If a team has only 4 players, the server is considered the back row player. This person may not “attack”.
- Teams with extra players may substitute or rotate in, but not both. If a team elects to rotate players, the team captain must inform the official where the rotation will take place.

### **Serving**

- Alternate male and female servers whenever possible.
- The serve is considered good if the ball passes over the net within the court boundaries, even if it touches the net. ○ Jump serves are not allowed.
- Spiking or blocking the serve is not allowed. Setting the ball off the serve is legal

### **Playing the Ball**

- Any ball that lands within or on a boundary line is in bounds.
- Each team is allowed 3 successive contacts before returning the ball to the opponent’s court.
  - If a team touches the ball 3 times on their side, a female must have one touch on either the 1st, 2nd, or 3rd touch. Contact of the ball during blocking does not count as a touch.
  - The ball may not be hit 2 consecutive times by the same person. A block is not counted as a hit; the person attempting the block is eligible to hit the ball again.
- The ball may be hit by any part of the body. All shots below the waist should be hit with a closed fist.
- If the ball strikes any part of the body, it is a legal hit and the ball is in play. ●
- The ball may be spiked with a 1 handed overhead batting motion. A “hook” or pushing type of spike is a “carry” and is a violation.

### **Held Ball (Lift)**

- When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player.
- Scooping, lifting, pushing, or carrying the ball shall be considered a form of holding.
- A ball clearly hit with one or both hands from a position below the ball is considered a good play. Do not use an open hand when hitting the ball from below waist level.

### **Faults**

- If a team fails to return the ball with three or fewer hits before the ball touches the floor within the boundaries, a fault occurs.
- Additional faults occur when:
  - An illegal hit occurs.
  - A player touches the net with any part of their body. It is not a fault if the net is driven into the player from a driven ball.
- The penalty for a fault is a point for the opposing team.
- If there is a question on whether a fault has occurred, the point should be replayed.

### **Referees/Line Judges**

- There will not be any referees or line judges during the league. Please use integrity and honesty to make your own calls.