

# CO-ED VOLLEYBALL PLAYING RULES

Updated 1/5/2015

## **COMPETITIVE – DIVISION 1 RECREATIONAL DIVISION 2**

### **GAME INFORMATION**

The Co-Ed Volleyball League will be governed by Rockwall Indoor Sports Expo (RISE). Rule modifications will only be made before the beginning of the session. However, RISE reserves the right to change or modify any rule that is deemed non-applicable or does not benefit the league and its players.

- Game times are always at the discretion of RISE.
- RISE will allow youth players 16 and above to play on Adult teams. Must be of age at the start of the season. Youth, 15 years of age are allowed to play with a parent waiver.
- Volleyball officials will be used to start the game. Winner of a coin flip will have choice of serving first or side of court.
- A team is preferred to be made up of minimum 3 men, 3 women.  
**COMPETITIVE LEAGUE ONLY-** A team may consist of a minimum 2 women, 4 men. However, if a missing player, they cannot play with 5 men and 1 girl – must play 3 men to 1 girl – then men sub for each other through middle back position.  
If a **RECREATIONAL TEAM** only has 2 women, then only 2 men can play at a time. **NEVER** should there be more men than women on the court during play.
- Each team will have an unlimited number of substitutions per game. The server cannot be substituted at any time. Substitution takes place upon rotation through the middle back position. **Both Leagues - Women must substitute for women and men for men.**
- In the event of missing players, teams may begin the game with a minimum of four (4) properly uniformed players. 1 of which must be a woman. **NO ALL MEN TEAMS.** Cannot play with 4 men and 1 woman. If only 1 woman is available, then the team must play with 4 players, 1 woman/3 men. If there are more men available, in order to play they must substitute in the middle back position with a man. This goes for BOTH Division 1 and Division 2.
- A woman must contact the ball before it goes over the net if a team contacts the ball more than once on their own side.
- **COMPETITIVE LEAGUE**—Men can attack the ball **IN FRONT** of the 10' foot line.
- **RECREATIONAL LEAGUE** – Men must attack the ball **BEHIND** the 10' foot line.
- To enter a late arriving player, that team will be charged with a side out/loss of rally. The late arriving player must check in with the scorekeeper. Play will resume from the same serving order. If coach chooses to start the player at the beginning of a new match, no charges are placed. **NOTE:** The rotation with the missing player will count as a side out/loss of rally and point will be assessed to the opposing team.
- Rally scoring will be used (point after every side out).
- Each match will consist of best two out of three games; first two games to played 25 points, win by 2. Cap at 30. If a third game is required, it is to 15 points, win by 2. If a third game is required, a coin flip will decide serve and receive. If on a time restraint, third game will be determined by first team to 15. Scorekeeper will determine before coin toss.
- Two time outs per game; including 3rd game.

- Net height will be **7'11"** feet.
- Service line will be the actual service line.
- Each team, server will be allowed 1 attempt to serve the ball over the net. If the server tosses the ball, and chooses not to contact, the server must allow ball to drop to floor without contact. At this point, server will be awarded a re-serve. The server is allowed only 1 opportunity to a reserve during their time of serves. In other words, only one dropped serve is allowed.
- A team beginning a match with a valid number of players, but through injury loses one or more players and does not have a substitute player, may continue playing the match with all remaining players.
- NO children or players from other teams are allowed to sit with team on the bench. Specific circumstances are allowed at the discretion of the Volleyball Director.
- **NO** food allowed on the court by benches. Only water or Gatorade drinks with non-spill sport tops.
- All coaches and players must show their player ID cards prior to start of the game. If a player and /or coach show without proper ID, a secondary ID card must be purchased and shown to play.
- All coaches and assistant coaches must purchase a coaches card which includes a background check.

## **ROSTERS**

- Team roster is a minimum of 7 with a maximum of 12.
- All rosters are frozen after the third game of the season. No roster additions are allowed after this time.
- A player may request to move from one team to another prior to the second game if coach, parent and player agree to the move.
- There will be no player movement after the third game. The player will have to wait until the next season.
- Any roster changes must be made by contacting the Volleyball Director
- All players and coaches are required to check in with the scorekeeper upon arriving at the game.
- **No more than 2 players from a competitive league team can play on a recreational team.** Players must either play 1 competitive team and 1 recreational, cannot play on 2 competitive or 2 recreational teams. **Even if listed as a substitute, there cannot be more than 2 players from a D1 team listed on a D2 team.**

## **UNIFORMS**

- All Adult teams need to be wearing the same color shirt to play. Numbers are not required. Playing in a league, you play as a team. **SAME COLOR SHIRTS PLEASE.**
- NO jewelry to be worn. No necklaces, no rings, no bracelets, no watches, no dangle earrings. Stud earrings only are allowed.

## **OFFICIATING**

- RISE will supply one referee for each match.
- USAV rules will primarily apply with the exception of net violations. UIL/Federation rules apply.
- All calls and rulings made by the Referee are FINAL. NO protests allowed.

- The team captain, coach, or designated floor captain may be the only one to converse with the Referee.

### **FORFEIT/DISCIPLINE**

- The following rules can cause a team to forfeit a game.
- Any player or team that has not paid the required fees by the first game of the season must forfeit each game until all fees are paid.
- A non-registered/ineligible player participates in a game.
- Two unsportsmanlike conducts are assessed to your team in a single match.
- If a player receives a yellow card, player will be suspended from current game and next scheduled game.
- Coach/bench fouls – any combination of two (2) yellows and/or one (1) red card assessed during the season, coach will be removed from the league.
- Two (2) yellow card – Forfeiture of the game
- Illegal player (non-registered) – Forfeiture of all games player participated in.
- Fighting – Individual will be dismissed from the league for remainder of season.
- Disparaging remarks, foul mouth language or taunting made on the court by a player(s), coach or parent, will result in first offense – a warning; second offense – removal from the game; third offense – removed from the league.

### **PLAYOFFS**

- Any rostered players who play one (1) or more regular season games are eligible for the playoffs.
- All games in playoffs will follow same rules and regulations as in regular season.
- Playoffs are to be determined by final league standing.
- All teams will be seeded according to regular season record:
  - First place team - #1 seed
  - Second place - # 2 seed

#### **Tiebreakers:**

- Head to head – winner will get better seed
- Point differential in head to head games
- Coin flip
- In the event there are more than 10 teams in the bracket, the bracket will be broken into 2 additional brackets. The top 4 seeded teams will play in the playoffs.
- Winner of tournament will be considered Champions of the league for that playing season.

First place champions will receive T-shirts. Players who participate in the actual game will receive award. If on the roster but does not play in playoff game, does not guarantee a shirt. This will be decided by the Volleyball Director for each season.