

Wendell Parks and Recreation Co-Ed Volleyball Rules Spring 2015

Age Requirements	Each player must be at least 16 on or before the date of the first game played.
Rosters	Each team must submit a roster giving the name, address, and phone number of each player. Teams may add players to their roster anytime during the regular season. However, all players must sign the roster sheet before playing. The penalty for participation by an ineligible player is forfeiture of all games he/she played in.
Uniforms	There is no mandatory uniform requirement.
Game Rules	All games will be played under USVA rules, with the exception of any league rules listed below.
Game Time	There will be no grace period for any game. At game time each team must have at least four participants, and at least 2 players must be female, in order for the game to begin or the game will be declared a forfeit.
Scoring	All games will be rally scoring, best 3 out of 5. We will play to 21 and teams must win by 2 points. The scoring cap is 30 and each best 3 of 5 matches will have a one hour time limit. For timing purposes, the 5th game will be rally scoring to 15.
Time Outs	Each team will be given two 30 second time outs per game.
Net Height	The net height will be 7 feet 11 5/8 inches.
Serving	The official's whistle will signal the player to serve. A player must serve from the back line. A player may not allow their feet to cross the service end line until the ball is served. All serves will be considered legal as long as they cross the net. Home team will start the serve in the first, third and fifth games.
Substitutions	A team may substitute a male for a male and a female for a female, or a female for a male. They must substitute in the position of middle back row. Substitutions are unlimited.
Rotation	A team rotates after winning a side out.
Home Court	The home team is on the left hand side of the court if facing the stage.

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Players	There must be an equal or greater number of females on the court to males. Examples: 3 females 3 males; 3 females 2 males; 4 females 2 males
Offense	All positions must alternate, male and female. Back line players can not spike the ball unless they clearly leave the ground behind the ten foot line. A player may reach over the net only on the follow through of a hit. A player may not touch the net at any time. A ball must be hit at least once during play by a female member of the team unless the ball is only hit once on the return.
Defense	You may not block an opponent's serve. A back line player may not block a ball unless they clearly leave the ground behind the ten foot line. A player may reach over the net to block an opponent's spike. However, the defensive player may not interfere in the play of the ball by the opponent. For example: Interfering with an attempted set or bump. A player may dig an opponent's spike and hit it back over the net on one hit.
In Play	All balls are considered in play unless they contact the official's stand or basketball goals. Any ball contacting the ceiling on the first or second hit is in play as long as it can be played by the offensive team.
Illegal Hits	An illegal hit occurs when the ball comes to rest on the arms or hands of a player or when a player attempts to lift any ball below the waist without hitting it properly with a closed hand. This will be an official's judgment call and will be final.
Ejections	Any player may be ejected by the official for unsportsmanlike conduct. Any player who is ejected must leave that game and serve an additional One game suspension.