

Centralia Recreation Complex

CHURCH LEAGUE CO-ED VOLLEYBALL RULES

General Rules:

1. A team consists of 6 players on the court. A team may start with 4 players but may not continue with less than 4. A team that drops below 4 players, for any reason, will be forced to forfeit.
2. **Co-ed – There must be either the same number of men and women or more women than men on the court for each team at the same time. Teams playing with less than 6 players will be forced to play short-handed against teams that are playing with 6.**
3. All players must be in high school or older. Players may be required to show identification. Any player unable to provide ID will not be allowed to participate.
4. All players will be asked to check in prior to game time. This will ensure that all players are on the roster form.
5. Gym shoes must be worn. Players not wearing gym shoes will not be eligible to play.
6. A coin toss before the first game will determine which team will serve or have choice of court. The winner of the toss shall choose either to serve/receive or playing area. The loser of the toss will be given the remaining choice. For the second game, the teams shall switch sides and the team which started the first game receiving shall start the second game serving.
7. If a third game is necessary, a coin toss will determine service or choice of court.
8. All games must start promptly as scheduled. There will be a 5-minute grace period. 5 minutes after game time is forfeit time! The time of the referee shall be the official time governing the games.
9. The height of the net shall be 7' 8 1/8".
10. Any player throwing the ball in anger shall be ejected from the game immediately.
11. Foul language will not be tolerated in this league or in the Complex.
12. Any player, coach, parent, or team violating any league rules or rulings of the Centralia Recreation Complex shall be liable to forfeiture of the game, suspension from play, and probation/suspension/disbarment from the Centralia Recreation Complex.

Game Play:

1. All games will use rally scoring...every serve is a point.
2. A match shall consist of the best 2 out of 3 games. The first 2 games will be played until a team has 25 points, with the winning team ahead by at least 2 points. If a third game is needed it will be played until the winning team reaches 15 points, with the winning team ahead by at least 2 points. Standings will be based on total matches won.
3. If the leading team does not have a 2-point advantage, unlimited overtime shall be played until one team is ahead by 2 points.
4. Each team will be granted one time-out per game (maximum 3 per match). Time-outs are requested to the referee only when the ball is dead. Time-outs shall not exceed one (1) minute.
5. Time between games will be no more than 1 minute.
6. Substitutions may be made in one of 2 ways and must remain this way throughout the match:
 - a. The person who substitutes may go in and out for the same player throughout the game.
 - b. The team may substitute on a rotation basis.
7. The right-back player of the serving team shall be the first server of the game. No rotation is necessary on the first serve of the game.
8. The ball may be served anywhere on the back line between the sidelines extended. The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is contacted when hit for the serve.
9. The server shall initiate the serve by hitting the ball with the hand, fist, or arm. Overhead serve will be allowed. The server shall have five seconds after the referee's whistle for service in which to contact the ball for service.
10. All players, other than the server, must be within the court at the time of service.
11. After the ball is contacted for the serve, players may move from their respective positions.
12. If a serve hits the net but still goes over the net, it will be played as a live ball. It will not be considered a net serve.

13. Spiking – Any frontline player may spike the ball at the net.
14. Blocking – Any player executing a block may have a second hit regardless of the number of blockers. Frontline players may initiate a block only. Reaching a hand over the net on a block is legal.
15. A block may not be attempted on a serve. A serve may not be spiked.
16. A player shall not play the ball twice in succession.
17. A team shall not play the ball more than three (3) times before it crosses the net to enter the opponent's area.
18. If a player touches a ball or ball touches a player, it is considered a play or a hit. If 2 players touch the ball simultaneously, it is considered as one play or hit and either player may play or hit the ball again.
19. Contact of the ball during blocking shall not be considered one of the teams 3 hits.
20. Legal contact of the ball is by a player's body above the waist. The ball cannot visibly come to rest on the player's hands, fingers or any part of the body.
21. A ball touching any part of a boundary line is inbounds.
22. It is permissible to run out of bounds to play a ball, but contact must be made with the ball before crossing the center line.
23. It is legal to step on the centerline when making a play; however, a player may not step completely over the center line.
24. A player may not interfere with an opponent by touching the opponent under the net.
25. A ball may be recovered from the net provided a player avoids contact with the net.
26. Multiple contacts are permitted only when the ball rebounds from one part of the player's body to one or more other legal parts in an attempt to block or save a hard driven spike. This will be counted as 1 hit; the team's next play is considered its second hit.
27. A ball hitting the middle basketball goal, the ceiling, or light fixtures above the court and staying on your side of the net shall be legal to play. If the ball hits any fixture on the other side or hits a fixture and moves to the other side, it becomes a dead ball. A ball hitting the track, side basketball goals, or curtain becomes a dead ball.
28. The net may not be contacted any player while the ball is in play. Inadvertent contact of the net by a player's hair, caused by his/her turning movements which has no bearing on the play, may be "overlooked" by the official.
29. Closed fist spikes are illegal. Two-handed spikes are not allowed.
30. When the ball is driven into the net so that it causes the net to contact an opposing player, it is not a foul.
31. If a player accidentally contacts a cable (including the cables supporting the net) or a post, cables supporting a post, referee stand, etc., it should not be counted as a fault unless it directly affects the subsequent sequence of a play. If the stand, posts, etc., are intentionally grasped or used as a means of support, such action constitutes a fault.
32. When the serving team commits a foul, the ball, and a point shall be given to their opponent.
33. Any ball hitting the antennae attached to the net is considered out.
34. **If a volley goes to a 3rd hit, then a female must be involved in the volley. (If the volley is only 1 or 2 hits then gender is not significant for that volley).**
35. **NEW RULE...NO PERSON MAY PLAY ON MULTIPLE TEAMS IN THE LEAGUE. PARTICIPANTS MAY ONLY PLAY ON ONE ROSTER.**