



# Co-Ed Volleyball Rules

Revised: 23 February 2015

## TEAM SIZE, ROSTERS & OVERVIEW

League format: Coed 6 v 6 (at least 2 women)

Teams must have a minimum of 7 players on the team roster.

Each team consists of no more than 6 players on the court at one time (never more than 3 men on the court). If a team has either 5 or 4 players with a minimum of 2 women it will be considered a legal game. There is no maximum limit on the amount of females on the court at one time.

All players on the court must have registered and pay the league fee (or sub fee for one-time substitutes).

## GAME LENGTH, TIME & SCORING

Teams will have an allotted amount of time to play 1 match (3 games or one hour), warm up time included.

The beginning of the game will start with a coin flip (or rock/paper/scissors). The winning team will have one of two options: choose to serve first or choose which side they prefer to play on (not both).

Each match will consist of three games. All regular season games are played to 25 (win by 2) or first to reach 27. Each game will count in the overall standings for regular season standings.

Each team may call one time-out per game. Rally/speed scoring will be enforced.

In the playoffs games will be played as the best 2 out of 3 to 25 win by 2 or first to 27.

Teams will receive a schedule that will list when their team will play each week. Teams will be given an allotted amount of time to play 1 match (3 games). There is no designated warm-up time. Warm-up time is to be included in the allotted amount of time that teams will have for their match. Teams will decide if they wish to warm-up or not. The longer teams take/choose to warm-up the less time they may have to complete their match.

Matches will be played within the allotted time (warm up time included). All games are played to 25 win by 2 or first to 27. One time-out per game, per team is allowed. Rally/speed scoring will be enforced. In Playoffs games will be played as the best 2 out of 3 to 25 win by 2 or first to 27.



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### FORFEITS

Teams will forfeit 1 game for every 10 minutes past the designated start time that they do not have the legal amount of players. If no one is present from a team by 15 minutes after the designated start time the entire match will be forfeited and the team that is present will receive all three wins.

Teams will forfeit 1 game for every 10 minutes past the designated start time that they do not have the legal amount of players. If no players are present from a team by 15 minutes after the designated start time the entire match will be forfeited and the team that is present will receive all three wins of the match. Shorthanded teams may play a legal game with a minimum of 4 players (at least two females are needed). Teams fielding less than 4 players or without 2 women will receive a forfeit. Exception: Teams with less than 4 players or without 2 women may still play a legal game but only with the opposing teams consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win. Teams may pick up players during the regular season in order to field a full team. Substitutes will not be allowed during playoffs.

Teams will have 10 minutes to field a team before they receive their first forfeit.

### COURT BOUNDARIES (IN/OUT)

Out of bounds is the area outside the designated court line, (some facilities may also have antennas attached to the net, at these facilities the antennas will be considered out of bounds as well). The line is in bounds.

### SERVING

A legal serve in PLAYNOLA play is one that crosses the net and is either touched by an opposing player or lands within the opposing team's area of the court within the boundary lines. A serve that makes contact with the net and carries over to the opponent's side of the net is a live serve and must be returned.

The server may not step on or over the end line until the ball has been contacted.

The width of the service area is from sideline to sideline. The depth of the service area is infinite.

### BLOCKING

A defensive block does not count as one of the allowable contacts.



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### OTHER RULES

Setting the serve is legal as long as the ball is not caught or carried.

There are no male/female hitting rules.

There can be no more than 3 males on the court at any time.

A player may reach over the net to block a ball if:

- a.- Any portion of the ball breaks the plane of the net.
- b.- After the offense has come in contact with the ball on the third attempt.

The serve may not be blocked or spiked.

Players can return the serve by:

- a. Bump pass
- b. Clasping their hands together
- c. A closed fist
- d. A set (as long as the ball is not caught or carried)

No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.

Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net.

Spikers may follow through over the net after legal contact.

The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal. (A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.)

A player may touch but not completely cross over the center line with his/her foot.

The ball can contact any number of body parts down to, and including the foot.

USA VOLLEYBALL rules apply unless stated otherwise.



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### LEAGUE POLICIES

#### STANDINGS

- After each week of games, the scores and standings will be posted and updated on the league's page on the PLAYNOLA website.

#### PLAYOFFS

- Typically, playoffs will follow the last week of regular season and are single elimination, lasting between 1 and 2 weeks. However, due to league size, the playoff format may differ between leagues. The league coordinator will notify team about that season's playoff format before the end of the regular season.
- Teams will be seeded based upon their record. Ties in team records will be broken in this order: head-to-head, points allowed, then games won.
  - Note: Depending on the league size, not all teams are guaranteed a spot in the playoffs, though they will be offered at least one consolation game following the regular season.

#### WAIVERS

In order to participate in the league, each participant must sign the team waiver. Participants who register online electronically "sign" the waiver when they complete the transaction. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating.

#### PLAYER ELIGIBILITY

Any questions regarding rules, policies, or eligibility of players must be addressed before the start of the game. Any team that would like to challenge the eligibility of an opposing player must do so before the start of the game. Players who have been placed on the roster and signed the waiver are eligible for playoffs. A formal protest may be filed before a game if an opposing player's eligibility is in question. The player in question will be required to provide his player information (name, address, phone #, signature) in writing to a PLAYNOLA staff member prior to the start of the game. This qualifies as an official protest. Any protest made during a game or after a game will NOT be considered a formal protest. The game will then be played in its entirety as scheduled. Teams will be notified of all rulings on the identified eligibility discrepancy by the following business day – decisions will not be made on site. If the protest is proven to be legitimate, it will result in the forfeiture of the game in question. Games subsequent to the protested game may be rescheduled. The above procedure will also apply for any other "logged" protests. All rulings by PLAYNOLA staff are considered final.



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### SPORTSMANSHIP

The idea of PLAYNOLA is to have fun: Meet. Greet. Compete. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league. Abuse of officials, referees, and other staff will not be tolerated. PLAYNOLA reserves the right to remove a player from a game or a league if they are considered to be bringing down the quality of the league. PLAYNOLA will not tolerate fighting! Fighting will be an automatic ejection from any game and in most cases ejection from the league for the remainder of the season.

### STAFF

To coordinate and run the league, our refs and/or staff will be available at all times to help the league run as smoothly as possible. If you have questions regarding schedules, policies, rule interpretations, directions to the bar, etc. please ask.

### LEAGUE CANCELLATION/RAINOUT

Leagues may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. PLAYNOLA staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league.

If the league is cancelled, PLAYNOLA staff will update the website & voicemail immediately. If we do cancel, follow next week's schedule unless otherwise notified, (i.e. If April 13 is cancelled teams should follow the April 20 schedule for their next game). The games that are cancelled will be made up towards the end of the season if time allows. In extreme circumstances, PLAYNOLA reserves the right to run a shortened season without a refund. PLAYNOLA also reserves the right to schedule games on days other than your regularly scheduled league day/night if necessary.

These policies are designed to make the league run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information: please advise your team of these rules and thanks for playing.