

YMCA of Arlington

Adult Coed Volleyball Rules

1. **Conduct:** *Absolutely NO fighting or arguing!!!* Any player who is considered rude, unsportsmanlike or abusive will be given a verbal warning on the first offense. On the second offense, the player shall be ejected from the match. The player must then leave the premises. If the player fails to leave the premises, the team he/she belongs to shall forfeit all remaining games in the match. If a player is ejected twice in the season, that player shall be removed from the team for the remainder of the season.
2. **Minimum Age:** All players must be at least 19 years old.
3. **Referee:** The Referee will have complete control of a match. The team captain or designated team representative **are the only individuals** who may address the official for substitutions, time-outs, questioning a call, etc.

Any mistaken or unresolved calls as well as opposing simultaneous fouls will result in replay.
There is to be NO Arguing with the referee!
4. **Jewelry/Hats:** With the exception of flat wedding bands, jewelry and hats are not to be worn.
5. **Standings:** Standings will be based on the number of matches won & lost. Standings will be posted each week. If all games have been played and the time is left, teams may continue to play on their own
6. **Coin toss** will determine choice of first service. Teams will alternate service & sides after each game.
7. **Time-outs:** Each team is entitled to two 30-second time-outs per game.
8. **Matches/Games:**
 - Each match will consist of 3 out of 5 games to 25, cap at 27. Third game is to 15, no cap win by 2 points.
 - 1st match start time is 4:00pm
(There is no grace period for the first game. After 15 mins, the second game is a forfeit. The following game and match will forfeit 15 minutes later
 - If both teams are not ready to play, or not enough players, it will be declared a double forfeit. Each team will receive credit of a match lost.
9. **Team size/rosters:**
 - No player may be on more than one roster
 - If a team plays an individual who is not on their roster, or one who is on another team's roster, that match will be forfeited.
 - Teams are a minimum of 6 players. No maximum number. Teams with more than 6 players eligible to play at the start of the game, may rotate the extra players into the game at any position so long as the rotation is consistent the entire game; or may substitute player for player, but both options are not permitted.
 - All games must start with a minimum of 6 players, 3 female – 3 male.
 - Teams may start with 4 males – 2 females, if a team plays with only 1 female, the team may not have more than 4 male players on the court (at no time can 5 male players be on the court)
10. **Rotation:** When the receiving team has gained the right to serve, its players must rotate one position clockwise. This includes the 1st play of the game. There are no restrictions on the rotation or positions of alternating genders.
11. **The serve:** The service zone is the area behind the end line between the extensions of the right & left sidelines. The serve may not be hit directly out of the hand. Service reception may not be blocked or attacked. The server must contact the ball within 5 seconds after the referee whistles for service. One tossing error is allowed. **The serve may hit any part of the net while crossing.**

12. **Simultaneous Contacts**
- If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another 3 hits. If such a ball goes “out” it is the fault of the team on the opposite side. If a simultaneous contact leads to a “held ball”, the rally will be replayed.
 - If two or more teammates simultaneously contact the ball, it is counted as one contact. Any player may play the ball next if this is not the third contact.
13. **Penetration under the net:** A player may reach or penetrate into the opponent’s court and/or space under the net, provided this does not interfere with the opponents play. Penetration into the opponent’s court, beyond the center line to touch the opponent’s court with (a) hand(s), foot or feet is permitted, provided some part of the penetrating hand(s)/foot/feet remains either in contact with or directly above the center line. Contact the opponent’s court with any other part of the body (except hair) is a fault.
14. **Contact of the ball:**
- A female player must make one play of the ball for every two successful plays on a given side. If only one contact is made, the rule will not apply.
 - The ball may contact any part of the body above the waist
 - “Attack Hits” are any hits which return the ball over the net. They are not always “spikes.” All actions directing the ball toward the opponent, except a serve or block, are attack-hits
 - The ball must be hit, not caught or thrown. The ball may touch various parts of the body, provided that the contacts take place simultaneously:
- Exceptions:**
- During the first hit of the team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. [This includes the serve.]
 - During blocking, consecutive contacts may occur by one or more blockers provided that the contacts occur in one action.
 - During blocking, a player need not have his hands above the net “for a legal “block”. Blocking is the action that deflects the ball coming from the opponent by (a) player(s) close to the net reaching higher than the net. Commentary: To be considered a blocker, the player(s) must reach above the net sometime during the effort. A blocker ceases to be a blocker only when he/she returns to the floor or makes a subsequent attempt to play the ball.
15. **Back row players:**
- Back row players may attack the ball above the height of the net as long as at the moment of take-off, their foot (feet) must neither have touched nor crossed the attack line. Any ball attacked by a back row player above the height of the net on or in front of the ten foot line, will result in a point for the non attacking team.
16. **Contact with the net:** It is a fault to touch any part of the net or the antennas, except for incidental contact by a player’s hair and insignificant contact by a player not involved in the action of playing the ball. A player may touch a post, rope, or any other object outside the total length of the net provided this contact does not interfere with the play.
17. **Reaching beyond the net:**
- In blocking, a blocker may contact the ball beyond the plane of the net inside the antennas, provided the blocker does not interfere with the opponents play. The blocker may only block an opponent’s attack hit (any hit causing the ball to cross the plane of the net). Any third team hit by the opponents may be blocked at any time after the contact.
 - A player making an attack hit is permitted to pass hand(s) beyond the plane of the net after the attack hit, provided the ball is contacted within his/her own playing space or within the plane of the net.
 - A player is permitted to pass hand(s) beyond the plane of the net inside the antennas and may contact the ball over the opponent’s court on his or her team’s first or second hit, provided the ball has not completely crossed the plane of the net and is directed back into the player’s own playing space.
18. **Screening:** Players of the serving team may not screen the opponents from seeing the server or the path of the ball. A player of the serving team may not wave arms, jump, or move sideways when the service is being executed and the ball is served over that player. If a player(s) bend(s) over during the serve they are not considered a screen.

19. **Overhead Objects**: A ball shall remain in play if it contacts the ceiling or other overhead objects above the playing area. The ball is out of play if it makes contact above the opponents playing area or above the team's playing area and crosses the plane of the net into the opponent's court. The ball is out of play and a replay directed if it contacts overhead objects above the playing area and would have remained playable if the object had not been present.
If the basketball hoop are hit and the referee thinks the play could have continued, a replay is called.
20. **Foreign Objects**: When playing the ball near the wall, players may not use the wall to gain a height advantage. If the wall is contacted by the foot of a player prior to contact of the ball at least one foot must be on the floor at the time the ball is contacted.
21. **Substitutions**: Substitutions must maintain an established rotation.
22. **Playoffs/Championship**
 - Only players who have competed in at least 50% of regular season games will be eligible to compete in the play-offs. Exception: players missing games due to injuries, illness or health conditions are exempted from this requirement.
 - Play-offs for the top four teams. Tie will be "broken" by head-to-head results, then highest point total.
23. Equipment will be furnished
24. Players are not required to wear a shirt of similar color with a number, but a shirt must be worn.
25. The height of the net for CO-ED play shall be 7'4 1/8".
26. Authority of the Referee is final. Decisions of the Referee are final. No protest will be allowed concerning decisions made by the Referee.
27. A protest regarding regular season play may be made before the tournament begins only. No protests may be made during the tournament.
28. The League Director reserves the right to act at his discretion on any matter not covered in these rules and to interpret these rules as he sees fit.
29. The official USVBA rules will govern any rule not covered in these local rules upon approval by the League Director.
30. The League Director reserves the right to disqualify any player or team that fails to conduct themselves in an orderly manner. This mainly covers verbal or physical abuse of players and league personnel.

Gym Rules

- No food or drink is permitted in the gym.

If you bring your children with you to the match, please make sure they:

- Do not play with volleyballs during the match.
- Do not run around the gym during the match.
- Stay in the gym. It is okay to use the bathroom facilities, but we can not roam the halls.