

TULARE PARKS AND RECREATION DEPARTMENT
CO-ED VOLLEYBALL RULES

I. RULES OF PLAY

- A. Tulare Adult Volleyball League shall be governed by standard volleyball rules with certain exceptions noted herein.
- B. Each manager is responsible for obtaining a copy of the league rules adopted by the Tulare Parks and Recreation Department. All players are expected to abide by these rules.
- C. All games shall be played as scheduled. There will be no changes to the league schedule except in an extreme case as determined by the Tulare Parks and Recreation Department.

II. MATCH

- A. League standings will be based upon the number of matches won and lost.
- B. A match will consist of the first team to win two games out of a possible three.
- C. A set will be awarded to a team that scores 25 points, with a 2-point advantage (ex. 25-23, 27-25 or 29-27). Third game will be played to 15 points.

III. SERVICE

- A. A coin toss before the first game of match will determine the service and court side. Winner of toss has choice of serving/receiving or choice of court.
- B. In subsequent games, teams shall change courts at the end of each game.
- C. The losing team wins the service of the next game.
- D. The serving position is the right back player of the serving team.
- E. The server may strike the ball with their hand in any manner underhand, side arm or overhand.
- F. If service is a "let" ball (strikes net and falls over the net into the opponents court), it is one point for receiving team and ball possession.

IV. SIDE OUT FOR SERVING TEAM

- A. The serving team loses the ball for service when:
1. Any service fault occurs.
 2. Any member of the serving team is not in proper rotation order.
 3. Any serving team player contacts the net.
 4. The serving team fails to return the ball over the net with a maximum of three hits, or illegally plays the ball.
 5. The serving team players use derogatory remarks, stomp their feet, or wave their hands to distract an opponent.
 6. Serving team player(s) step over the center line (they may step on this line, however).
 7. A back line player spikes the ball at the net. (A spike is determined as a ball driven hard, from a point above the net.)

V. **SCORING**

- A. A point is scored by the serving team when:
1. Opponents fail to return the ball legally within a maximum of three hits.
 2. Opponents illegally play the ball.
 3. Opponents contact the net, or step over the center line.
 4. Opponents are not in proper rotation order as the ball is served.
 5. Opponents are guilty of unsportsmanlike conduct.

VI. **ROTATION**

- A. Rotation of team players is mandatory in this league and may be utilized as a means of substitution. The following method of rotation is utilized in this league:
1. Rotation is made only after opposing team loses serve.
 2. Incoming player enters at the left front position. Outgoing player leaves at the right back position.
- B. If a player becomes injured and cannot continue, a substitute player may replace him in the rotation order. Injured player may not re-enter that game. If all players are being utilized in the rotation and a player becomes injured and cannot continue, rotation order may be altered to compensate for loss. Injured player may not re-enter that game.

VII. **SUBSTITUTION**

- A. Substitution of players into a game is NOT mandatory.

- B. If a team desires to substitute players into a game, this must be initiated at the start of the contest and continued on a regular rotation throughout the course of that game. Subsequently, teams may not substitute players at random.
- C. If requested by an opposing team, you must declare if you intend to substitute during the rotation or will continue with your original 6 players during the entire course of that contest.

VIII. GENERAL PLAYING RULES

- A. Number of Players: Game shall be played with 6 players, 3 on the front line and 3 on the back line. Co-ed teams must have a minimum of 3 women on the floor at all times placed alternately in the rotation order. Teams may play with 4 women and 2 men. (Teams may start and continue with only 4 players, 2 of which must be women and not forfeit.)
- B. All disputed plays, except when ruled upon the program supervisor, shall be replayed.
- C. No player may encroach on the opponent's court. The center line, under the net, may be stepped on, but not over.
- D. No player may contact the net. Exceptions: When the ball or an attacking player causes the net to contact an opponent.
- E. Each team may not play the ball more than 3 times before returning it over the net. In co-ed volleyball, when ball is struck more than one time on either side, one play must be made by a woman.
- F. If the ball hits boundary line, it is "good".
- G. The ball must pass between or over the side boundary line as it crosses the net.
- H. After the serve, players may assume any position on their side of the court. Exceptions: **back line players may neither spike nor block at the net.**
- I. A player may run outside his court to play the ball, provided they do not cross over the center line extended.
- J. Each team is allowed a maximum of a one-minute time-out per game. Time-out may be called during any dead ball period.
- K. Any front line player may spike the ball at the net. Back line players may spike the ball provided they leave the floor clearly behind the ten (10) foot line.
- L. Unsportsmanlike conduct may be called for any deliberate attempt to distract an opponent (point or side out).
- M. The ball must be clearly hit (**not caught, held, thrown or carried**).

- N. Simultaneous contact by team mates is considered one play. Either player may make the next play on the ball. (This will be considered the one of three hits.)
- O. If opposing players contact the ball simultaneously directly above the net, either may play the ball on the next hit. (This will be considered the first of three hits.) A ball simultaneously caught or held above the net by opposing players is a double foul. Ball is replayed.
- P. If the ball strikes anywhere, above and including the wrist, it is a legal hit.
- Q. The ball is dead if it crosses the net outside the side line, or lands out of bounds.
- R. A ball other than the serve may strike one or more times on the ceiling and/or fixtures or obstructions which intrude upon the height of the court and may still be in play by the offending team according to the rules as though the ball had not touched such obstructions. However, no such rebounding ball may legally strike above the opponent's side of the net nor may it legally fall to the opponent's playing area.

IX. FORFEITS

- A. Forfeiture of the match will result if a team is unable to field at least 4 players at the scheduled starting time. (Double forfeit if both teams are, two of which must be women, unable to field 4 players.)
- B. After two forfeits, a team may be dropped from the league.

X. AWARDS

- 1. 1st place only t-shirts eight (8) total.

XI. TEAM PLACEMENT

In the event of a tie in the standings, final placement of teams will be determined by head to head competition during league play. Playoff games will not be scheduled.

XII. ROSTERS

Teams may submit rosters with a maximum of eight (8) players. No roster additions will be permitted after the second game.