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# Fall 2020 Adult Volleyball League Rules

## Teams:

- Team fee \$200.
- Team roster limit is unlimited, however only 10 players per team may enter the gym each game night. No spectators will be allowed in the gym to watch games.
- One player to be designated as Team Captain.
- Each week Team Captain must fill in roster sheet for those players attending that week's games.
- To be eligible for End of Season Tournament a player must have attended and played in four different weeks of games.
- The season will be divided into two four-week sessions:
  - 1. The spring season first session will be reverse coed with the net at lady's height and second session will be regular co-ed with the net at men's height. This means the tournament in the spring will be at the men's height.
  - 2. The fall seasons first session will be regular coed and the second session will be played reverse coed thus the tournament will be played on lady's height net.

## Regular Coed Rules:

- Men's height net
- Basically, the men are the main hitters while the ladies play defense and set.
- A team must have at least two ladies and two guys from their roster on the court for their games to count. If a team does not have that then those games will be counted as forfeits. This means you can play with four players (two ladies / two guys), five players (three ladies / two guys or three guys/ two ladies\*), or six players (four ladies / two guys) if you need to.
  - \*If a team plays with five players in which there are three guys and two ladies,
- A team may either play shorthanded or pick up no more than two players from another team to play with them if they need too for their games to count. The team captain from the team you are playing has the choice of which player(s) the shorthanded team may pick up.
- If a team plays with four players, then only two of the four players (one female and male) will be allowed to hit and block on the front row. This means there are always two back-row and two front row players.
- In the case of a team having to forfeit because they do not have the minimum players required (two guys and two ladies) then that team can pick up as many players, so everyone still gets to play their four games.
- Teams may bring a player (usually a male to replace one of the ladies on the front row when there are two ladies and one male on the front) from back row and switch them with a front row player but remember this player may not jump to hit but they can block. The back-row player must be below the height of the net when contacting the ball over the net if they are in front of the ten-foot line. They may back up behind the ten-foot line to openly attack any ball if they choose.

## YMCA OF NORTHWEST NORTH CAROLINA SPORTS

301 N Main St, Suite 1900, Winston-Salem NC 27101

P 336 777 8055 E [ymcasports@ymcanwnc.org](mailto:ymcasports@ymcanwnc.org) [www.ymcanwnc.org/sports](http://www.ymcanwnc.org/sports)

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### **Reverse Coed Rules:**

- Women's height net
- Basically, the ladies are the main hitters while the men play defense, set, and attack from behind the ten-foot line.
- In reverse coed any team with more than one contact on their side must have a guy contact it to for the rally to count. All three contacts may be made by the guys in reverse coed.
- A team must have at least two ladies and two guys from their roster on the court for their games to count. If a team does not have that then those games will be counted as forfeits. This means you can play with four players (two ladies / two guys), five players (two ladies / three guys), or six players (two ladies / four guys) if you need to. Just remember all attacks for the guys must be behind the ten-foot line and any in front must be below the height of the net.
- A team may either play shorthanded or pick up no more than two players from another team to play with them if they need too for their games to count. The team captain from the team you are playing has the choice of which player(s) the shorthanded team may pick up.
- If a team plays with four players, then only two of the four players (one female and male) will be allowed to hit and block on the front row. This means there are always two back-row and two front row players.
- In the case of a team having to forfeit because they do not have the minimum players required (two guys and two ladies) then that team can pick up as many players, so everyone still gets to play their four games.
- Ladies are the only players allowed to block in reverse coed. Teams may bring a player (usually a female to replace one of the guys on the front row when there are two guys and one female on the front) from back row and switch them with a front row player but remember this player may not jump to hit but they can block. The back-row player must be below the height of the net when contacting the ball over the net if they are in front of the ten-foot line. They may back up behind the ten-foot line to openly attack any ball if they choose.

### **Sets (Games):**

- Sets will be played to 18. Win by two no cap. Rally scoring will be used.
- The net height will be split for the season at the following heights:  
Spring Season: Women's Height first then Men's height second and for tournament  
Fall Season: Men's height first then Women's height second and for tournament
- Each team will play two matches and ref one match each night. (means each team will play four sets and ref two sets.
- Our goal is to have three teams to a net. Two teams playing and one team refereeing.
- Refereeing team will supply one person to referee on the stand, two line judges, and two to keep score.

### **Serving:**

- May be done by underhand or overhand.
- Player gets one toss to hit (that means no re-toss). I will allow one re-toss only if the player hits one of the immovable basketball goals on their service toss.
- Any serve contacting the goal over the net is considered out and a dead ball.

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### **Misc. Rules:**

- I would also like to encourage the teams refereeing and playing to help watch out for the ten-foot foot violation during reverse coed play when the guys are attacking back row sets. It is hard enough for the up ref to normal play and keep up with this also so Honor calls made by everyone goes a long way. This means EVERYONE should honor the calls made and not complain, moan, and groan if you are called for a foot fault.
- Any rally consisting of two or more touches must have one touch by a female player.
- Block does not count as a touch
- First ball over may be double hit by same player (not lifted)
- The center line (also known as the center line plane) under the net may not be crossed by any player. A player may step on the line but not completely over the line. (We will review this at the beginning of the season)
- Anyone or any part of a player's body (hair included) touching the net will result in a fault thus the other team getting a point and/or ball.
- End of Season Tournament format will be discussed later in the season once we know exactly how many teams we will have.
- The blue curtain is out of play if the ball hits it first. The person playing the ball may push the curtain out of their way to play the ball. No one else may help or touch the ball except this one person or the point will be awarded to the other team.
- Any ball contacting the non-movable basketball goals will be under the referee's discretion on a replay. A replay should be awarded if the ball had a downward trajectory and a player was already under the goal in position to play the ball when the ball hit the goal. If a ball is basically unplayable due a flat trajectory or a player was not in position to play the ball then then the ball is dead and the point is awarded to the other team.
- Any part of the track and bleachers are dead zones and the ball may not be played off of either one of them.
- Any ball hitting the rafters or center goal over the net that stays on your side may be played out. Any balls that hits the rafter and/or goal on the other team's side and comes back to your side will be considered a "out of bounds" ball and the point goes to the other team. The referee reserves the right to replay either of these scenarios regardless of outcome because the it can be hard to keep up with a ping ponging around.

This is not an all-inclusive list of rules. We reserve the right to make changes as situations arise.

**Golden Attitude Rule:** Our goal is for everyone to enjoy themselves so please remember that we expect Honor Calls because we are all human and have various skill levels in this game and we expect you to respect your teammates, fellow players (on the court and refereeing), our staff, and our facility. Vulgar language/gestures or threatening actions will not be tolerated. Anyone not willing to respect our rules may be asked to leave the gym/facility for the night or for the season.

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