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Adult Volleyball Rules – 6-on-6 Co-Ed

Rosters- Each team may have up an unlimited amount of players on their roster, however only 10 players will be allowed to enter the gym each game night. Players must sign waiver in order to be eligible to play. One player is to be designated captain and will be responsible for collecting playing fees and managing the roster. The captain must be 18 year or older. Players ages 14-17 may be in play in the adult league provided their parent signs an additional waiver. Only 4 players under age 18 will be permitted on each team.

Teams- Each team must have a minimum of 6 players with 2 females on the court at all times during play. If a team is playing a match with 4 players, then only 1 female must be on the court at all times. If a team starts with 5 players, they must have 2 females. Teams will rotate side out when they have more than 6 players present.

Spectators- No spectators will be allowed in the gym to watch games.

Start of game- The home team (team listed first on the schedule) will serve first. There must be a minimum of 4 players on the court to start the game. The first match will start at 7:00 p.m., the second at 7:40 p.m., and the third at 8:20 p.m. All teams will be present the entire time to rotate line judges. Teams can start playing with 4 of its players and if the 5th and/or 6th person arrives within the game, they may join the team on the next play. If they do not have enough to start within 10 minutes, they will forfeit the match. If a team has 3 members or less, they are allowed to ask the opposing team if they can borrow players from other teams. If the opposing team agrees, the first team may gather enough players so that they have a team of 4; that team may only ask individuals to play whom are currently registered for that season of Adult Volleyball. The opposing team does have the right to decline the offer, which, in this case, will result in a forfeit of the match.

Scoring- All games are rally scoring. Matches will be won best out of three. Each team will play two matches a night. Games will be played to 25; the third game in a match will be played to 15 to determine the winner. (Games are NOT win by two.) Players will rotate on side out. Players can opt to sub themselves out for a player of the same gender. Players do not have to substitute themselves in for every rotation; however, they must rotate in the following rotation. For example, Player A may skip substituting for Player B for the first rotation, but they must rotate in for Player C on the second rotation on the serve.

Time Out- Each team is allotted 1 (30 second) time out per game, so 3 total for the entire match. Unused timeouts do not carry over to the next time.

Eligibility- Only players on the team rosters are eligible to play in the league and they must play with their team only (no subbing for other teams will be allowed). No player may play for more than one team unless they are substituting at the last minute due to an injury that occurred in the same night. A substitute must be cleared by the other team in order for the game to still count. If a team plays with ineligible players, it will forfeit the match. For a player to play in the playoffs, they must have played 4 regular season games with the team.

STOKES FAMILY YMCA

105 Moore Road, King NC 27021

P 336 985 9622 F 336 985 3976 www.stokesymca.org

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Referee- Each team will be responsible for learning the rules and assisting with line judges. We will provide a referee for all matches. Players on the sidelines not currently in the match should pay attention to lines and help line judge.

Game Calls- Only the TEAM CAPTAIN will be permitted to discuss rule interpretations and ask about a particular call (not judgment calls however). Let the referee know who the CAPTAIN is prior to the match.

Serving- Both feet must be behind the service line at the point of contact, which is the white lines on all courts at Stokes Family YMCA. A player may serve from anywhere behind the end line as long as they are within the court sideline boundaries. Only two tosses will be permitted for a serve after the whistle is blown.

Obstructions- All overhead obstructions (ceiling, heat ducts, pipes, lights, basketball hoops, backboards, and connecting pipes, the divider curtain and walking track railing and wall) are continuous play if the ball stays on the side of the team in play and if the ball has not been hit more than three times. If the ball hits the bleacher or walking track floor it is considered dead.

Centerline/10 Foot Line- If a player crosses the line below the net completely with their foot they will be at fault and the ball will go to the opposing team and they will get a point. If a player touches the line and any part of their foot remains on the line during the play, it is good and the game will continue. When hitting on the front line, at no point can any body part touch the net. A player can break the plane above the net as long as they are blocking the ball on an overhead hit- they cannot break the plane to set, bump or spike the ball, only to block. Any back row players may only attack the ball when jumping behind the 10 foot line when the ball is fully above the height of the net. If any parts of the ball is below the height of the net, it is not an illegal hit. Back row players may not block at all.

Ball Handling- There is no attacking or blocking of a serve. Attacking the serve is considered hitting the ball off a serve while it is above the net. No one is allowed to come into contact with the ball before it clears the height of the net. If a front-row player makes contact with the serve, they must be off the net and on the ground. If there is triple contact, there must be a female handler involved with the play, not just males players involved. A female player must be involved in the play if more than 2 hits; the best way to ensure this rule is kept is to have a female hit the ball on the first or second hit in case the ball is not near a female on the third/last hit. Double contact is only allowed if the first contact was a block at the net. Carrying of the ball is illegal. The ball is considered to be "carried" when the player cups their hands or creates an uneven surface with their palms; open-handed passes are allowed as long as the player's hands are completely flat.

Final Rule- This league was created for coed adults to come out and enjoy playing volleyball and make new friends. Unsportsmanlike conduct will be grounds for suspension of the league. Conduct calls are of the discretion of the referee and YMCA staff monitoring the gym. Be mindful that you are playing in a YMCA league and profanity is not permitted. We want this league to be clean and fun for all players and observers. HAVE FUN!!!

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