



## ADDISON PARK DISTRICT ADULT CO-ED VOLLEYBALL LEAGUE RULES



**All Rules will follow I.H.S.A. most current Rules except for the following league rules**

### **CONDENSED RULES**

#### **The Game**

1. Forfeit time for the first game is five minutes after the scheduled starting time.
2. Forfeit time for the match is ten minutes after the scheduled starting time.
3. Coin flip determines which team which serve first in the first game of a match. Remaining games of a match start on the same court as the first game.
4. Teams will be given two (2) - 30 second time-outs per team for each game.
5. There is a one hour time limit from the start of the match. When there are five minutes left in the match the referee will announce " NO TIME OUTS, 5 minutes left". If the first two games use the full hour, the third game winner will be the team that goes ahead by two points. Coin flip for serve with alternate serves.
6. All three games are played, game is 25 points (if ahead by two points) Max of 29 points. Rally scoring.
7. When serving, the offense must alternate male and female and line-up as follows. Three players in line in front of 3 meter line, two players in line back of 3 meter line. Server (see rule #8)
8. The serve may be made anywhere on the white line providing that the server is not in motion and is not screened by another offensive player.
9. A serve that touches the net and goes over is live and in play. A net serve may be attacked or blocked.
10. A non-net serve may not be attacked or blocked.
11. All players must be on the court until the ball leaves the servers hand.
12. A received serve may be set or bumped. If set, it may not be returned over the net. If bumped, it may be returned over the net.
13. Back row players cannot leave their feet beyond the 3 meter line.
14. If the ball hits the ceiling, curtain, fan or balcony it is a dead ball.
15. If the ball touches the Net pole (if used) it is a dead ball.

#### **Players on the Court**

16. 6 Players on the court – 3 male & 3 Female. Teams may have a minimum of 4 players to start a game (2 male & 2 Female).
17. Maximum number of male players is 3 on the court. Minimum number of female players on the court is 2.
18. There is no limit on the number of female players on the court.
19. Player(s) arriving late may enter the game when ready. (Not in the serve position.)
20. Males and females on the offensive side of the court must be lined up on an alternative basis while the ball is being served. ***If a team is playing with less than 6 players, the teams will be allowed to line up their players as they choose. When both teams are playing at full strength, teams must be lined up on an alternative basis.***