



Co-Ed Volleyball Rules City of Abilene



General League Rules :

- 1A.** All players must be registered and fill out a waiver before game play.
- 1B.** All players must be at least 18 years of age.
- 1C.** Roster limit is 10 (at least 2 women on the team).
- 1D.** Captains must fill out the roster on the scorekeepers book every game.
- 1E.** A team must consist of 10 players but may play a game with as little as 4 players with consent from the opposing team. A team cannot play without any women.
- 1F.** To receive a forfeit win, a team must have its 6 (or 4 minimum) players on the court.
- 1G.** It is highly recommended that you don't wear jewelry (i.e. chains, earrings, rings, watches).
- 1H.** Players must wear athletic shoes.
- 1J.** Net is set at a COED net height.
- 1K.** There must be 2 women on the court at all times.

Roster Changes :

- 2A.** Roster changes can be accepted by the league coordinator via email, text or in person.
- 2B.** All roster changes must be approved by the league coordinator by the 3rd week of the season.
- 2C.** No player changes will be accepted after the 3rd week of the season and player changes due to injury will not be accepted after 3 weeks.
- 2D.** A team will forfeit if a player has participated who is not listed on roster or is not of legal age.
- 2E.** Team Captain must submit roster change and include following :
 - Team name, new player name and name of person being replaced.
 - Waiver signed by a new player.

Pre Game :

- 3A.** Forfeit time is 5 minutes after the scheduled time of the game.
- 3B.** Teams will have 3-5 minutes to warm up between games.
- 3C.** At the beginning of the game, a team will flip a coin to choose to either (1) select to serve or receive first ball OR (2) which side they want to start on. The team losing will take the remaining choice.

Game Play :

- 4A.** Sets are timed - first and second sets are 18 minutes each and the third set if needed will be 12 minutes. Game should last 50 minutes in total with a 5 minute warm up.
- 4B.** Best 2 out of 3 matches decide the winner.
- 4C.** Rally format will be used.
- 4D.** First 2 games are to 25 and if needed third game will be to 15 (Cap of 30 for first 2 sets and 18 for the third set)
- 4E.** If a third set is not needed, teams can elect to play it if time permits.
- 4F.** Each team gets one 30 second timeout per game.
- 4G.** Intermissions between games will be 1 minute.

4H. Team switches sides and service each game.

4I. If a team has 5 players (1 has to be female), they must do 3 in the back row and 2 in the front row or vice versa. One of the outside hitters in the front can pull back to cover the back row for hits and serves and can hit at the net. Back row cannot hit at the net in this rotation. They need to let the official know how the rotation is set up so he/she can monitor.

Hitting Rules :

5A. The ball may touch any part of the body to count as a hit. (Kicking **is not** allowed.)

5B. The ball must be hit or set, cannot be caught and thrown.

5C. The ball cannot be hit more than 3 times on the same side before going over the net unless it is a block then you can block then hit 3 times then over the net.

5D. Double Contact on one player is only allowed in a block.

5E. Hitting the net with any part of your body or clothes is a fault.

5F. Back row can hit the ball if it is behind the 10ft line. Jumping in front of the 10 ft line to hit is not allowed as a back row player.

5G. Lifting (flat hands up), throwing, carrying etc is not allowed.

Other Playing Rules :

6A. Players may go under the net to play ball but cannot interfere with any opposing players.

6B. If the serve hits the net but still goes over, it is in play. (let serve rule)

6C. You can let the ball drop in front of you when serving and it is called a service toss error and the referee will blow the whistle again and proceed. Limit 1 per rotation per player.

6D. Players may not block or attack-hit a serve when above the net.

6E. If any foreign object comes into the court then the ball becomes dead and the point is replayed.

6F. A player may go outside of the court to play the ball

6G. Balls in the rafters are still in play when over a team's own court and falls back into the team's own court, provided they still have any hits left to get it across. Balls may NOT be played off of the side walls and/or curtain.

Substitutions :

7A. Teams must play every player and cannot have less than 1 woman on the court at a time.

Weekly scores & schedules will be posted to <https://www.quickscores.com/abilenetx>

*The league coordinator reserves the right to call out unsportsmanlike conduct (first offense is warning, second offense is a point given to the opposing team, third offense is ejection from the game. Any person ejected shall leave the facility immediately. Failure to do so may result in ejection from the league indefinitely.)

***Refunds will not be given for ejections or suspensions for unsportsmanlike conduct. Please remember this is a recreational league and to treat everyone with grace, dignity and respect.**

If you have any questions, call Rose Park Recreation Center at 325-676-6445

*City of Abilene Recreation Leagues reserves the right to amend rules as we see fit.

*last edit -March 23rd, 2023