



# RECREATION

## CO-ED VOLLEYBALL 2024 LEAGUE RULES

**Captains, please review all rules with your team before the first game.**

### TEAM RULES

- 1. TEAM DISCIPLINE:** Playing coaches and/or captains are responsible for discipline and proper conduct of their team members. Please refer to the player code of conduct for specific information.
- 2. TEAM SPOKESMAN:** The playing captain is the only player who may address the referee and shall be the spokesman for that team. One of the six players shall be designated as the playing captain. When replaced, the coach or playing captain must designate another player to assume playing captain duties. The designated non-playing captain may address the referee only for the purpose of requesting a time out, substitution, or line-up check.
- 3. TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or the playing captain when the ball is out of play. Each team is allowed two 30-second time outs per set. Teams must return to the court upon notification by the referee.
- 4. JEWELRY, HATS, ETC.:** **All jewelry, including ear piercings, bracelets, necklaces, and any type of hat, bandana, or hard cast/brace are not permitted while playing. These restrictions are for your safety. If the match is stopped in order to remove jewelry, a time out will be assessed to your team.**
- 5. SUBSTITUTIONS:** Only the coaches and/or playing captain on the court may ask the referee for permission to make a substitution. Except for replacing an injured player, substitutions may occur for the server before the service has taken place. If a team chooses, they may use the USA rule with a rotation of 8 instead of subbing for the server. The choice must be maintained for the entire match. No libero players allowed.
- 6. FORFEITS: Match time is forfeit time.** All teams must have four players to play. The opposing team will receive the win for the first set but not the match if the other team has only three players to start. If after fifteen minutes the team still doesn't have a fourth player, the match will be declared a forfeit. **NO EXCEPTION. Match time will be determined by the official. If a team has two forfeits they will be dropped from the league.**
- 7. TEAM ROSTERS:** Team rosters must be filled out completely and signed by all team members. Rosters must be turned no later than the first match. Each player can be on one team only. NO player can be added to a roster after the third week. Each team may carry a maximum of 15 names on their roster. Players must be 18 years old or older by the first scheduled match in order to participate. **A team consists of six players on the court, but may start with a minimum of four players. A team may not have more than three men on the court at all times, and the rotation must allow to always have at least one woman on the front row at all times.**
- 8. ID Checks: Players are required to provide a photo ID at each game.** The penalty for using an illegal player is that the said game will be a forfeit if recognized and reported by either the recreation department or the opposing team. If an unregistered player plays under the name of another player on the roster, both the registered player and the unregistered player become ineligible to participate for the remainder of the season.

## RULES OF PLAY

Play will be governed by USA Volleyball Rules ([www.usavolleyball.org](http://www.usavolleyball.org))

- 1. TIME RESTRICTIONS:** Match time is forfeit time. Please be warmed up and ready to play at match time. There is no allotted time for warm-ups. A five-minute grace period will occur, if needed, for the first set of the evening only. Matches will be played best of 3 sets. The first two sets will be played to 25 points with a cap of 27 points using the rally scoring system, or to 50 minutes. The last set will be to 15 points with a cap of 17 points. The official will call the match at the end of the third set. Between sets a clock will be set for 2 minutes to keep the flow of the match.
- 2. PARENTS ARE TO SUPERVISE CHILDREN:** A parent or responsible person, other than a player, must supervise children at all times – children under the age of 8 cannot be left unsupervised on the bleachers or in the facility. Please keep children in the gym and out of the hallways at all times. Recreation staff will not be responsible to supervise children.
- 3. TOURNAMENT PLAY:** All teams will participate in tournament play. Tournament seeding will be determined by regular season standing. Tournament games will not have a point cap. Only 12 award T-shirts will be awarded to the first and second place teams for each league. Players need to play in at least 3 regular season matches to be eligible to play in the tournament.

