



# County of Jefferson

## State of Missouri

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### DEPARTMENT OF PARKS AND RECREATION

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## COED INDOOR VOLLEYBALL RULES

### GAME PLAY RULES

#### **NUMBER OF GAMES:**

Each match will consist of 3 games to 25 points in the allotted time of (1 hour). If games start 10 minutes after their scheduled time, they only have until the next scheduled game time to play, not a full hour. (Example: Game is at 7pm, starts at 7:10pm, will only play until 8pm. Whoever is ahead at the time is declared the winner.)

#### **SCORING:**

Rally scoring will be used. This means that a point will be awarded each time the ball is served. Games must be won by 2 points. Due to time constraints, if both teams reach 26 points in a game, the team that scores the next point (27) will be declared the winner.

#### **NUMBER OF PLAYERS:**

Must have a minimum of 4 (2 Girls & 2 Guys) and a maximum of 6 players no more than 3 men on the court at one time and at least 2 women. Players must be 18 and older. **The ghost server rule will NOT be used. You must have a minimum of 4 players on the court at any time, 2 MUST be Female and NO MORE than 3 Males.** If a team is short player(s), they are allowed to pick up players, the opposing captain has the option to decline.

#### **ROTATION:**

Teams must play the entire match positional female next to male. Each player must rotate to every position and stay in the correct serving order for the entire game. Players may switch positions after the ball is served. However, the back-row players can't switch and become front row players.

#### **FIRST SERVE:**

The first server will be determined by coin toss or rock/paper/scissors. After the first game, the teams will alternate serve and court through the end of the third game.

#### **FORFEITS:**

If the minimum number of players is not met after 10 minutes of start time the first game will be forfeited. If minimum is still not present 15 minutes after start time the second game will be forfeited. If the minimum number of players is not met after 20 minutes after start time the third game will be forfeited.

#### **TIME-OUTS:**

Each team gets one 30-second time-out per game and may only be called by the captain.

### **BOUNDARIES:**

Players must be inside the court (side lines and service lines) upon contact of the serve.

A ball is IN if it touches- a boundary line, the net between the antennas, or if it hits the ceiling and comes back down on the same side

A ball is OUT if it hits- the antenna, the floor completely outside the court, the net or cables outside the antennae, the referee stand or pole, the track, the divider curtain, the back or side walls, back basketball hoops, or if it hits the ceiling and goes over to the other side of the net.

### **SERVING:**

The ball may be served underhand or overhand. The server must stand behind the back-service line and must stay within the sidelines. They can't touch or go over the line when serving. The server must wait for the referee's whistle before serving. One warning will be given for the first violation and a side out will result thereafter. The ball may touch the net on a serve and be considered in play, this is called a Let serve. A player must not block or attack a serve.

### **NET:**

A player can't touch the net or completely step over the centerline. A ball may be played off the net during a volley and on a serve.

### **RECEIVING:**

To receive a serve a player must bump or set the ball to another player on their team or the other team. The receiving team cannot spike or block the serve.

### **BLOCKING:**

A block is not considered a hit. No roofing (blockers hands extending over the net and breaking the plane of the net when setter is setting the ball for an offensive play. However, a blocker can extend his/her hands over the net when 1) the ball is above the height of the net and 2) is being attacked by the opponent –a hit or setter is dumping the ball) A player can't block a serve. Back row players cannot block.

### **BALL CONTACT:**

There is a maximum of 3 hits per side. A player may not hit a ball twice in succession; However, a block isn't considered a hit. Players can use any body part to contact the ball **EXCEPT THE FEET**. No throwing or lifting the ball as a hit. Throwing is when the ball is redirected before being released and lifting is when the ball comes to rest when hit by a player. **Suggestion: keep hands in a tight fist to not lift or throw. If setting use your fingertips, if it touches the palm of hands it's considered a lift or throw.** If a player continues to lift/throw it will result in a side out for the team.

### **SUBSTITUTION:**

Substitution will be allowed before the serve. Ex. a player will come in at the serve spot and serve and then continue to rotate clockwise around. No skipping over an individual. Sub women for women, and men for men.

### **OTHER RULES:**

Any rules not specifically covered shall be resolved by the Parks and Recreation Department using the U.S.V.B.A. rules and will be at the discretion of the referee.

### **EQUALITY RULE:**

In the discretion of the referee, if the women are not allowed to play the ball, or if the referee believes the men are purposely bypassing the women for any reason, the following actions will be taken: A) 1<sup>st</sup> Infraction- a verbal warning will be given to the team. B) 2<sup>nd</sup> Infraction and there after- a side out or point will be given to the other team.

\*We are trying not to enforce a rule of minimum of one girl contact, so please let your other teammates contribute. \*

### **TEAM ROSTER:**

Only 12 players listed on the official roster are eligible to play. The eligibility of a player must be questioned by the team captain before the start of the second game; the player in question must then supply a valid ID to the referee. The use of an illegal player will result in the forfeiture of all games in which he/she participated. Players are allowed to be on **ONE** roster only.