

# Mexico YMCA Adult Co-Ed Indoor Volleyball Rules

## I. League Description

This league is an adult league designed for teams with an interest in enjoying competition playing coed volleyball.

- The league supervisor retains the right to modify or change any rules as needed throughout the season. Team captains would be consulted before any major changes.

## II. Player Eligibility / Age Rules

1. All participants must be 18 years of age or older and not presently in high school.
2. All participants must be listed and have signed the team registration form. **No player may register for more than one team.**
3. Teams may have up to 12 players on their roster; any additional must be approved by the league supervisor. **Rosters are frozen after week # 3; no additional players may be added after that time without permission of the league supervisor.**

## III. Game / Match format

1. All matches will consist of 3 games with each game counting separately toward each team's record.
2. **All games will be first team to 25 points. (You do not have to win by 2 points.)**
3. If the third game of the match begins 40 minutes after the start time, the last game will be played to 15 points. For example, if a match starts at 2:00 pm, the third game must begin no later than 2:40 pm in order to play to 25 points.
4. Rock/Paper/Scissors will determine which team serves first in the first and third game of the match. The opposing team chooses the end of court for the first game, and then teams will switch sides after each game.

## IV. Playing Rules (USA volleyball rules will be used unless noted.)

### 1. General Playing Rules

**A. The minimum number of players that can start a game is 4. At no time can a team field fewer than four players, or more male players than female players. (2 women 2 men, 3 women 1 man or 4 women 2 men, etc. unless agreed to by their opponent.**

### B. Forfeits due to lack of players;

- \* 5 minutes after game time game #1 is forfeited
- \* 20 minutes after game time game #2 is forfeited
- \* 30 minutes after game time game #3 is forfeited

**C. If a match is a forfeit, teams may play “for fun” until 10 minutes prior to the next scheduled match. Substitutes may be used during “for fun” play.**

D. Any forfeited game shall be recorded as 0 – 15. Double forfeits will be recorded as a loss for both teams.

E. Teams playing with less than a full team may enter additional players as soon as they arrive. Players must enter in the rotation position following the last server.

H. There will be no penalty for playing with less than a full team, **but when an empty rotation positions come up to serve it will be a “side out” to the other team with NO points awarded.**

I. Teams playing with five players are considered to have two back row players and three front row players. When playing with four players, teams are considered to have one back row player (the server) and three front row players.

J. Contact with the net is only a fault if it is made during the action of playing the ball, or if it interferes with the play.

K. A team is allowed one 30 second time-out per game.

L. There shall be a two minute rest period between games.

M. A ball which comes in contact with the ceiling, lights, or any other obstruction above the court and comes down on the hitting team’s side is in play. If the ball crosses the net after contact with any of these it is a violation.

N. The boundary lines are in bounds.

O. Judgment of all ball handling errors and conditions of the rules are made only by the referee. Good sportsmanship must be displayed at all times. Only the floor captain is allowed to discuss any circumstance of play or a rule interpretation.

P. If there is a question on a play or situation not covered in the rules, a decision will be made by the referee based on USAV rules.

## 2. Serving

A. All players, except the server, must be completely within the court as the ball is being served

B. A server may serve with an open or closed hand. The server may not enter the playing court until after the ball is contacted.

C. Only one hand may be used to strike the ball for a serve.

D. The ball may touch the net while crossing it, as long as it does not make contact with the antennae or other external objects.

E. When serving underhand, the ball needs to be released before contact is made.

F. Rotation occurs after a team gains the right to serve ("Side Out"). The team shall rotate player's one position clockwise and the right back position is the server.

### 3. Passing / Receiving

A. The ball must be "hit" not caught and thrown. It can rebound in any direction.

B. The ball may be legally hit by more than one part of the body on the first contact after the ball crosses the net, providing multiple contacts occur during one action and the ball rebounds immediately and clearly after contact.

C. Simultaneously hitting of the ball by members of the same team (not in the act of blocking) counts as one hit and either of the two players may make the next play on the ball.

D. If 3 hits are used to hit the ball over the net, at least one of the hits must be by a female.

E. A one-handed underhand hit must be made with a closed fist or heel of the hand. If 2 hands are used the underhand hit must be made with interlocked hands.

### RULES OF VOLLEYBALL TIP:

"Ugly Play" or "bad form" isn't a fault. There are basically just two different kinds of playing faults when making a play on the ball, *double contact (hitting one body part and then another) or prolonged contact (lifting or carrying the ball)*.

### 4. Setting

A. A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and thumbs of hands. Improper handling of the ball includes not hitting the ball simultaneously with both hands, contacting the ball with both palms in a slapping action or catching the ball.

### 5. Attacking

A. All one handed hits directing the ball into the opponent's court with the exception of a serve and block are considered attack hits.

B. The ball should be hit with the striking action of an open or closed hand.

C. The player is permitted to pass his or her hand beyond the net after an attack hit provided that the contact with the ball has been made within his or her playing space and they don't contact the net.

### 6. Blocking

A. The blocking of an attack hit is permitted with contact of the ball first being made on the opponent's side of the net, providing it does not interfere with the other teams 3 hits.

B. A player touching the ball while blocking may make the next play on the ball if it remains on his/her side of the net.

**C. No player can block or jump attack a serve from in front of the 10 foot line.**

D. The team which deflected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's area.

#### 7. Substitutions

A. Substitutions are not required to be of the same gender, so long as the minimum number of players per gender is still on the court.

**B. Substitutions may be made at any position on a side out.** A player that enters the game to serve may not come out and reenter to serve again before that serving position comes back up. Injury substitutions may be made at any position. If substituted for the injured player must remain out for one full rotation before re-entering the game.

C. Unlimited substitutions are allowed.

### VII. Equipment

1. The YMCA will provide practice and game balls.
2. The height of the net for Co-ed league shall be 8 ft.
3. Soft-soled, non-marking gym shoes are required.

### VIII. Officiating / Referees

1. Referees will be assigned and provided.
2. If an assigned referee is not available the game may be played as a non-officiated game providing both captains agree. If a game is non-officiated, both teams are asked to call their own violations and faults. If the opposing team believes a fault occurred, only the team captain will be allowed to ask if a fault has occurred. If there is a disagreement over the call, replay the point. Please show good sportsmanship and integrity at all times.

### X. Player Conduct / Sportsmanship

1. Any team exhibiting unsportsmanlike acts towards members of another team, any referee, or any YMCA representative, risks forfeiture of their game. The YMCA reserves the right to forfeit any game following complaints by the referee or YMCA representatives or other team captains. Any team which we feel does not display the high degree of sportsmanship we expect in our leagues may be asked to no longer participate in our program.
2. Any conduct determined to be unsportsmanlike or unruly by either the referee or YMCA staff will result in one warning.

3. The second instance of misconduct shall result in an ejection. Any player ejected from a game for any reason may not participate in that team's next schedule match. The YMCA staff reserves the right to extend the suspension period if the reason for ejection in their opinion is severe enough. Failure of any ejected player to give their name to the referee or YMCA representative will result in the game being declared a forfeit immediately.

#### **XI. Other**

1. A team that **forfeits without prior communication** with the YMCA more than twice in a one season may be dropped from the league at the discretion of the YMCA so schedule revisions may be made.
2. Non YMCA members may come to **watch** the games, but should not be roaming around the building are not YMCA members they. **Children under the age of 12 must be supervised at all times.** Children 12 and older that are YMCA members may utilize the building as always, if they should stay in the volleyball game area.