

Greenwood Parks and Recreation Department Co-Ed Volleyball Rules

1. **Start Match:** Captains toss a coin or paper, rock, scissors for service and courtside.
2. **Number of Players:** Teams must start the match if they have 4 or more players at the scheduled time. If they do not, the first game will be a forfeit. If the team is still unable to field a team after waiting five minutes after the scheduled time, the second game will be a forfeit. If the team is still unable to field a team after waiting ten minutes after the scheduled time, the third game will be a forfeit. ***There should be an equal number of male and female players on the floor. A team may play with 5 (3 guys, 2 girls) however they will have to side-out when the missing female player's position is up to serve.***
3. **Female Hit Rule:** If the ball is hit more than once, it must be hit by a female player before it crosses the net. **EXCEPTION:** The female hit rule will be enforced **ONLY** in a play that ends with a spike attack. If a "free" ball is played over the net, the female hit rule is not enforced.
4. **Recreation League Spike Rule:** In the view of the official, if a player spikes the ball and hits an opposing player with such force that it could cause injury, the official has the discretion to stop the play and award the point to the opposing team. This rule is designed to highlight the difference between the competitive league and the recreation league. Recreation league players are less likely to be able to defend themselves from a powerful spike. Safety is our main concern.
5. **Scoring:** Rally scoring format is used. The first two games shall be played to 21 points, and the winning team must win by two points (play to a 25 point cap). The third game is played to 15 points.
6. **The Match:** The match consists of three games. All three games will count towards a team's overall record. The third game will not be played in a tournament if the same team wins the first two.
7. **Time Limit:** There is a 40-minute time limit for each match. The clock starts on the first serve of the first game. The time limit is not used in the tournament.
8. **Time Outs:** Each team is allowed two 60-second time outs per match (3 sets).
9. First server is the right back position. The server may contact the ball in any manner: i.e., underhand, sidearm or overhand.
10. Net serves are permissible.

11. In playing the ball, the ball must not come to rest on any part of the body.
12. Players may not come into contact with the net. (Incidental hair contact is an exception).
13. Players may step on but not over the centerline.
14. The ball may be played a maximum of 3 times by one team (excluding the block), before it returns over the net.
15. A ball is in if it contacts the boundary line.
16. A player may run outside his/her court to play the ball.
17. Teams exchange courts at the end of the game.
18. After the serve the players may take any position on their side of the court. The backcourt players cannot jump to block/spike any closer than 10 feet in front of the net.
19. All substitutions and rotations will be completed in the middle back row position. Substitution is substituting the same player for the same player each time s/he enters the game. Rotation is consistently rotating players from the serving position, to sitting out, to back on the court at the middle position of the back row. Male players will substitute and rotate for male players and female players will substitute and rotate for female players.
20. Once a team begins to use rotation to get players into the game, then that team may not substitute players during that same game. If a team begins using substitution to enter players into the game, then they must continue using substitution the rest of that game. Upon notifying the referee, teams may switch game to game from substitution to rotation if they would like.
21. All players, coaches and spectators are expected to exhibit appropriate sportsmanlike behavior before, during and after a match.
22. A player who is ejected from a game will not be permitted to play in their next scheduled match and must meet with the Recreation Supervisor. Grounds for ejections are up to the discretion of the official. It is the responsibility of the coach of each team to insure all players have read and understand these rules and regulations.
23. Each team must submit a roster before their third game. Final roster changes must be made prior to the start of a team's third game. All rosters will be final at this time. Rosters are limited to 12 players.