



EASTMONT METROPOLITAN PARK DISTRICT

Parks and Recreation

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Co-Ed Volleyball Rules

National Federation Volleyball rules apply to Eastmont Parks and Recreation Volleyball except for the following:

League Administration:

1. League administration will be conducted by Eastmont Parks & Recreation.
2. Must be at least 16 years old to play (with parent/guardian approval if under 18).
3. Team enrollment is on a first come, first serve basis. Each team shall pay the league registration fee and submit a complete basic data sheet by the date listed on the Basic Data Sheet. Team rosters are due at your first game. Failure to do so will result in being omitted from the league.
4. Established schedules are final, except when school activities require games to move to another time and/or place. No changes will be allowed unless approved prior to date or originally scheduled game. Failure to show up for any game will result in a forfeit.
5. Any rescheduled game will be made up at the discretion of the Park's Department.
6. Eastmont Parks & Recreation shall have final authority regarding rule interpretations, settlements of disputes and acceptance and/or rejection of any and all policies.
7. NO refunds of league registration fees will be made, for any reason, including team expulsion for rule violation.

GAME PROCEDURE: For the first game of a match, a coin is tossed to determine which team will serve and which side of the court each team will occupy. The team not serving first will have the choice of which side they want. On the third game, a coin will again be tossed with the winner choosing to serve or the side they want.

THE TEAMS WILL SWITCH SIDES OF THE COURT AT 8 POINTS.

PLAYER POSITIONS: A team consists of 6 players. Players must align themselves on the court with 3 comprising the front line and 3 the back line. There may be no overlapping of adjacent player's front-to-back or side-to-side at the instant of the serve. After the ball is served, players may move from their respective assigned positions. Prior to the next serve, players must move back to their correct positions. It is a foul if a player is out of position at the moment of serve.

SUBSTITUTIONS: TEAMS CAN USE EXAMPLE #1 OR #2 BUT NOT A COMBINATION.

#1. A substitute may enter the game for any player on the team but must take the position of the player replaced. If the original player re-enters the game, the player must assume the original position in

relation to their teammates. If the substitute re-enters the game, they must replace the same player they originally replaced. The substitute may come in anytime (e.g. the person does not have to do a full rotation). (We will no longer keep count of how many times a player enters the game.)

#2. Free substitution rotation - players rotate as if in a continuous line, each player rotates through all positions on and off court.

SERVICE: The ball is put into play by a serve which is executed by the right back-row player who hits the ball with one hand or arm from the service zone. The server may serve from anywhere behind the back line, but within the sidelines.

ROTATION: The first server for each team is the right back player. Thereafter, players rotate in a clockwise direction one position with the right front player advancing to become the next server.

PLAYING THE BALL: The ball may be played by any part of a player's body above the waist. The ball must be cleanly struck or hit and not lifted, held, carried, thrown, or visibly come to rest (even momentarily) at any time during the play of the game. A player may not play the ball twice in succession except in the following instances: (1) *When playing a hard driven spike, the ball may rebound from one part of the body to another and still constitute one attempt to play the ball,* (2) When there is simultaneous ball contact by teammates or opponents, or (3) When participating in a block. A player involved in any of the above may also hit the ball again without a penalty being called. **A team may not play the ball more than three times before it crosses the net except when there is a block at the net and both players play the ball simultaneously. In this instance, the team is still allowed three more hits.**

THE GAME

1. A match will consist of best two out of three “**Rally Score**” games.
 - a. A rally score game consists of a point awarded on each service. For example:
 - 1) When the receiving team commits a fault, a point is awarded to the serving team.
 - 2) When the serving team commits a fault, the opponents are awarded the point and the ball for service.
 - 3) The winning score shall be **25 points** or with a two point advantage if the score reaches 24-24 in all non-deciding games. In the deciding game the winning score is **15 points** or with a two point advantage if the score reaches 14-14. **Ceiling rule** will be 28 points in non-deciding games and 18 points in deciding games.
 - b. One team captain will call the toss of a coin. The winner of the toss chooses:
 - 1) Serve/**Receive** or
 - 2) **Team area for the first game.** The loser of the toss shall choose the remaining option. The captain of the team not calling the toss of the coin for the first game shall call the toss of the coin for the deciding game.
 - c. After each game of the match the teams will change playing areas and when one team reaches 8 points in a 15-point tiebreaker or deciding game.
2. Each team is permitted two team timeouts of 1 minute per game.

THE SERVICE

1. Each member of the team shall serve in turn and continue to serve until the server or member of the serving team commits a fault. The team receiving the ball for service must immediately rotate one position clockwise.
2. Both feet of the server must remain behind the end line of the court until after contact has been made for service.
3. If the served ball touches a teammate or an object before touching an opponent or the opponent's court or if the ball passes under the net or beyond the boundaries, a side-out is declared.
4. Teams shall change ends of the court at the conclusion of each game and at 8 points in a 15 point deciding game.

BOUNDARIES AND BOUNDARY VIOLATIONS

1. The ball is out of bounds when it touches any surface, object, or ground outside of the court. A ball touching a line of the court is considered good.
2. It is permissible to run out of bounds (not into an adjacent court being used, however) and play a ball before it contacts an object considered out of bounds. Once a ball contacts any object other than the ceiling or overhead obstructions other than a player out of bounds (outside of playable area); it is considered dead.
3. Any ball that hits the ceiling or overhead obstructions is dead.
4. **Crossing the centerline within the court boundaries** – It is a fault to contact the opponent's team court with any part of the body except the feet, hands, or hair. It is not a fault to cross the centerline under the net when:
 - a. Some part of the encroaching foot, feet or hand(s) remains on or above the centerline.
 - b. The foot, feet, or hand(s) completely crosses the centerline, if the encroachment does not present a safety hazard to the opponents, does not interfere with the opponents, and is not a significant distance from the centerline.
 - c. The ball has been declared out of play.
 - d. **COMMENTARY**
 1. If a player with some part of their foot or hand on or above the center line lands on a foot or hand of an opponent, such contact is ignored unless the contact prevents the opponent from making the next play on the ball. (center line violation)
 2. If a player penetrates the opponent's space under the net and makes inadvertent contact with an opponent, the contact is ignored unless the contact prevents the opponent from making the next play on the ball. (center line violation)

BALL CONTACT

1. The ball must be cleanly hit. When the ball comes to rest momentarily in the hands or arms of a player, it is considered to be held. Scooping, lifting, pushing, or carrying the ball shall be considered holding—a fault. A ball clearly hit with one or both hands from below is considered a good play.
2. The ball may be contacted with any part of the body above the waist. The ball can contact any number of parts of the body providing the contacts are simultaneous and that the ball is not held.
3. A player who contacts the ball or is contacted by the ball shall be considered to have played the ball.

4. Each team is allowed a maximum of three successive team contacts of the ball in order to return the ball to the opponent's area. **Exception:** See Blocking and First Team Touch (#6)
5. No player may contact the ball twice in succession without another player having touched it in between these contacts. **Exception:** See Blocking and First Team Touch.
6. Multiple contacts of first play of ball multiple contacts of the ball will be legal on any play that meets all of the following criteria:
 - 1) It counts as the First Team Touch of three hits.
 - 2) It is now allowed if an overhand play involving finger action on the ball.
 - 3) There is a single attempt to play the ball on the First Team Touch.

Thus, a player may legally double-hit a serve reception, the dig of a spike, a retrieval of a block (whether blocked by an opponent or a teammate), or even a "free-ball" The speed of the ball is of no consequence. Lifts, carries, held balls, which visibly come to rest, are still illegal.

BLOCKING

1. The three players who are in the front row positions of the service order at the time may only do blocking.
2. Any player participating in a block shall have the right to make the next contact with the ball, such contact counting as the first of three contacts allowed the team.
3. The team, which has affected a block, shall have the right to three more contacts in order to return the ball to the opponent's area.
4. Any blocker may reach over the net; however, the blocker shall not contact the ball over the opponent's area until after the completion of the opponent's action that sends the ball toward the blocker's side.
5. It is illegal to block or attack a serve.

SPIKING

1. Any front row player of the service order at the time of the service is eligible to spike the ball.
2. Backline players of the service order at the time of service are eligible to spike the ball only if the player is behind the 3-meter attack line at the time of the spike or if the takeoff for the spike was clearly behind the attack line.
3. Spikers may follow through over the net, but may not make contact with the net.

NET VIOLATIONS

1. **Player Contact with Net or Antennas-** It is a fault to touch any part of the net or antennas, except for contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.
 - a. If the ball is driven into the net with such force that it causes the net or antennas to contact a player, such contact is not a fault.
 - b. A player may touch a post, a rope or any other object outside the total length of the net provided this contact does not interfere with the play or is not used as a means of support while playing the ball.

Commentary: Players directly playing the ball, or players attempting to fake an attack hit, or attempting to block such play, are considered to be involved in the action of playing the ball.

2. A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on that side. A player may not interfere with the play of the opposing team by entering their court or distracting the opponents while the ball is in play.
3. A served ball touching the net and going over to the opponent's side is considered a live ball. At other times, if the ball touches the net and goes over, it also considered good and play continues.

TIME-OUTS: Each team is permitted two one minute time-outs per game.

UNSPORTSMANLIKE CONDUCT: (e.g. harassment of officials and opponents, or swearing)

Eastmont Parks and Recreation rules include the Official's use of **YELLOW AND RED CARDS** to administer unsportsmanlike conduct penalties. Procedures for violations are as follows:

1. **WARNING - FIRST MINOR OFFENSE** by an individual, a yellow card is administered by an Official. The warning shall be recorded on the score sheet, but no penalty is assessed.
2. **PENALTY - SECOND MINOR OFFENSE** by the same individual, **OR** a single serious offense, a red card is administered. A point/side-out is awarded the opponent, and the penalty is recorded on the score sheet.
3. **EJECTION - THIRD MINOR OFFENSE** by the same individual, **OR** a single, flagrant offense, the yellow and red cards are displayed apart. The offender is ejected from further participation in the **MATCH**; no other penalty is assessed.
4. **FORFEIT** - If an individual violates the unsportsmanlike conduct rule following ejection, the offender's team shall forfeit the match.
5. **ALL CARDS CARRY OVER FROM GAME TO GAME THROUGHOUT THE MATCH.**
6. When the situation warrants, the Officials may issue a red card or a yellow and red card on a first unsportsmanlike conduct violation. When misconduct occurs from the bench and the Officials cannot determine the specific offender(s), the warning or penalty is issued to the Captain.

ADDITIONAL RULES:

- * *Game time is forfeit time!!*
- * The points made during out-of-turn serving are canceled if the incorrect serving order is noted before the opposing team serves.
- * A player may step on the center line but not over the center line.
- * The serve must be contacted within 5 seconds after the official signals for service or the penalty is delay of game. Side-out results.
- * Teams may begin play with two less than the required amount. The required amount is 6 people.

ADDITIONAL CO-REC VOLLEYBALL RULES

1. A team consists of 6 players - 3 men and 3 women in alternate positions. A team may play with two less than 6 people and is not considered a forfeit. If a team has less than 6 players the men-to-women ratio must stay as close to even as possible, for example:

- A team may play with 3 men and 2 women or 3 women and two men.
- A team may play with 2 men and 2 women.

2. A match shall be the best 2 out of 3 games (rally scoring).
4. Teams change service at the beginning of each game.
5. Net height will be eight feet.