



Adult Co-ed Indoor Volleyball Rules and Regulations

Our indoor volleyball follows USA Volleyball standard rules of play, unless noted below.

General

A team must be registered and paid in full, and rosters submitted a week before the new season starts.

Roster limit is 8 players.

Players & Substitutions

- There are a maximum six (6) players per team on the court (at least 2 female).
- A team may play with no fewer than four (4) players.
- If a team plays with four (4) players then 1 of those 4 must be female.
- Teams may add players to their roster through the first half of the season play up to the roster limit.
- Teams may "pick up" players from other teams as "one-time" substitute that does not count as a roster addition if they have the minimum number of rostered players and consent from the opposing team captain.
- Registered players may only take a spot on 2 rosters during a given season.
- Players on multiple rosters must designate a "primary team" and play on their "primary team" in head to head matches.
- Players may only play with their "primary team" during the playoffs.

Pre-game Preparation

- Forfeit time is 10 minutes after scheduled starting time (*voided if a team is playing an overlapping game on another court*).
- Should a court go over on time, 5 minutes will be given before the next games scheduled start time (*eg. Game ends at 2:07, next game start time moves to 2:12. Forfeit time will be 10 minutes from the altered start time.*)
- At the beginning of the game, a coin is tossed with the winning team choosing to either (1) select to serve or (2) which side they want to start on. The team losing the toss takes the remaining choice.
- Team captains must check rosters with officials at the beginning of each game.

Matches and Games

- Matches will be three (3) games played to twenty-five (25) by rally scoring with a minimum two-point advantage (no scoring cap).
- Maximum of 3 hits per side (1 of 3 should be by a female)
- Points are made on every serve for winning team of rally (rally-point scoring).
- Player may not hit the ball twice in succession. (A block is not considered a hit.)
- Ball may be played off the net during a volley and on a serve.

- There will be one (1) thirty (30) second timeout per team, per game.
- Must rotate on every side out.
- Must switch sides after each game.
- No blocking or attacking opponent's serve.
- Back row players may not attack in front of the 10 foot line.
- Ball is in play if it hits the ceiling (or anything else above) and comes back down on the same side.
- Foot fault will be allowed during serve.
- Any touch of the net by the player during play, point for the other team.
- Foot fault will be allowed during serve.
- Any interference from a stray ball on the court results in a replay.
- Substitutions may be made anytime the ball is not in play, but must stay in rotation

Playoffs

ALL TEAMS WILL PARTICIPATE IN A SEEDED SINGLE ELIMINATION PLAYOFF. PLAYOFFS WILL TAKE PLACE ON THE 8th SUNDAY OF THE LEAGUE WITH SEMI FINALS/FINALS ON THE FOLLOWING TUESDAY EVENING.

Seeding for playoffs will be determined by the following (in this order):

1. Win %
2. Head to Head
3. Points Scored
4. Coin Flip

League Awards

1st Place- Champion t-shirts and league prize for all players, free entry for the following season.

2nd Place- League prize for all players, ½ off entry fee for the following season

Conduct

Any unsportsmanlike conduct will result in a loss of point and side out for the first offense.

The second offense will result in removal of the game and facility.

Facility Rules

- Children must be supervised at all times
- Exterior doors cannot be propped open
- Signs may not be taped to walls or doors
- No animals allowed inside
- No smoking or alcoholic beverages on campus
- No red beverages in the gym
- ZERO TOLERANCE for explicit images, language, or behavior
- ZERO TOLERANCE for explicit or suggestive music
- ZERO TOLERANCE for violence or the threat of violence
- Locker rooms are for day use only. Locks are recommended but must be taken off after use. We are not responsible for lost or stolen items