



In the Zone Co-Ed Volleyball Rules

The Game:

A match is ended at the completion of 3 games within the allotted time.

- · A game shall be rally scored to 21 points and must be won by two points.
- · Matches are to be started no later than 10 minutes into the hour.
- · A forfeit will be declared if there are less than 4 registered players from an individual team (substitutions are allowed during the regular season with **a limit of 2 per game**).
 - 1 game loss 10 minutes into the hour
 - 2 games lost 20 minutes into the hour
 - Match lost 25 minutes into the hour
- A team can substitute up to 2 registered players but not from their opposing team.
- Upon arrival, late members must rotate in the game on a side out.
- There can't be more than 3 men on the floor playing on either team.
- If male players are missing, a team can have more than 3 women.
- If female players are missing, it is up to the discretion of the opposing team if they will allow more men than women.
- There can't be more than 3 men on the floor playing on either team.

Teams:

- A team's roster is limited to 10 players.
- A team may have as many as 6 players on the court at once and as few as four.
- Exception-if a team has fewer than 4 players the opposing team can opt to play against them, but a forfeit cannot be granted after play has begun.

Playing The Game:

- A coin toss between captains will determine who gets first service and side of the court.
- Once a serve starts a volley, a team has 3 hits to return the ball over the net.
- Blocks do not count as hits.
- Back line players may not leave the ground in front of the ten-foot line.
- No player may crossover the centerline to the opposing side at any time.

Playing The Ball:

- A player may not go over the net to hit the ball unless in the action of blocking a hit.
- Hits must be clean. No "double hits", "lifts", "carries", "dunks" or "throws".
- Contact with the ball must be on top of the ball unless you are setting or bumping.
- A player cannot spike the ball with two hands.
- In playing the ball, a player can use any part of the body above the waist.

- A ball, which touches any part of the sideline, is IN.
- No body part or article of clothing may come in contact with the net at anytime during a point. Contact with the net by a player's hair is allowed.

Serve/Return:

- Service can take place from anywhere behind the back line of the court.
- Jump serves are not allowed in this league.
- The server must announce the score loudly before each serve, saying his score first.
- A side out will be awarded if the ball touches any part of the net.
- A side out will be awarded if either team switches positions before the ball is served.
- Serves may not be attacked. The serve has to cross the plane of the net into the opponent's court before being played.

Faults:

- A fault occurs when either team violates any of the rules as set forth.
- If the serving team commits a fault, a side out is called. If the receiving team commits a fault, a point is awarded to the serving team.
- Captains are responsible for making sure their players know the rules before faults are called.
- It is up to the Captains to call major faults when they are witnessed. If there is an argument, we will replay the point.

Interference:

- If a ball or person from another game enters the court during play, the volley should be stopped to prevent injury. The serving team will replay the serve.
- If the ball hits the ceiling, walls, basketball rims, or any object outside the court, the ball is out of play.

Playoffs:

- TBD

Forfeits:

- Teams will have until 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 4 players, with at least 2 of them being females. Teams fielding less than 6 players or without at least 2 women will receive a forfeit.
- Exception: Teams may play a "legal game" with less than 6 players or less than 2 females with the opposing teams consent. If a team has more male players than female, the opposing team must consent to playing.
- Teams who agree to play under these conditions will lose the option of receiving a forfeit win. Each team's waiver will be used as its final roster. Only players on the waivers may play.
- Teams will be required to pay a \$40 forfeit fine before the start of their next game in cash to the manager on site. If this fine is not paid at the second game, the fee is doubled. If the fine is paid the second week that team is disqualified from the season and will not receive a refund.

Good Sportsmanship:

Please observe standards of good sportsmanship at all times. We understand that competition can generate strong emotions. However, you cannot allow your emotions to negatively affect the enjoyment/comfort/safety of any of our participants.

Foul language, taunting of players, temper tantrums or throwing objects are not acceptable.