



VOLLEYBALL LEAGUE RULES

General Rules

Players on the Court:

- A team must have 4 players on the court during play.
- Teams must have at least one female player on the court at all times. If a team is short players:
 - Teams may play with 3 players but must have at least one female.

Roster:

- All players must be on the team's official roster.
- Substitute players must be inserted before the match begins. (exception for injury)

Match Format

Game Structure:

- Matches are played best 2 out of 3 sets.
- Sets are played to 21 points (win by 2, cap at 25).
- Rally scoring is used (a point is scored on every serve).

Time Limit:

- Matches have a 55-minute time limit.
- If time expires before a match is completed:
 - The team leading in the current set wins the set.
 - If sets are tied, the team with the highest total points across all sets wins.

Gameplay Rules

Serving:

- Serves may be overhand or underhand.
- Players must serve from behind the back boundary line.
- The serve must clear the net without assistance or contact.
- The server may not step on or over the serving line until the ball is contacted.
- A serve that grazes the net and lands inbounds is legal (let serve).

Rotation:

- Teams must rotate in a clockwise direction when regaining serve.
- Players must maintain their rotational order throughout the set.

Hits:

- Each team is allowed a maximum of 3 hits to return the ball over the net.
- A block does not count as one of the 3 hits.
- Players may use any part of their body to hit the ball, but intentional kicks are not allowed.
- Open-hand tipping is permitted.

Net Play:

- Players may not touch the net during play. A net violation results in a point for the opposing team.
- Players may not reach over the net to attack the ball unless:
 - The ball has partially crossed the net.
- Blocks may extend over the net but cannot interfere with the opponent's play.

Ball in Play:

- Balls that contact the boundary lines are considered in.
- A ball contacting the ceiling or overhead obstacles on the opponent's side is out of play. If the ball contacts the ceiling on a team's own side, it is playable as long as it falls within their playable area and the team has remaining hits.

Substitutions

- Substitutions may be made in-between matches.
- Teams may substitute players at any position, but coed rules regarding gender balance must be maintained.

Conduct and Sportsmanship

Fair Play:

- All players must demonstrate good sportsmanship.
- Taunting, aggressive behavior, or inappropriate language will result in a warning, point deduction, or ejection at the referee's discretion.

Timeouts:

- Each team is allowed one 30-second timeout per set.
- Timeouts cannot be carried over between sets.

Referee Decisions:

- The referee's decisions are final. Any disputes must be resolved calmly with the referee.

Forfeits:

- Teams have a 10-minute grace period from the scheduled start time to field the minimum required players. Failure to do so results in a forfeit.

Specific Coed Rules

Hitting Order:

- There are no specific hitting or blocking order rules.

Equipment and Attire

Ball:

- An official size and weight volleyball must be used.
- Matching Shirts are encouraged but not required.

Injuries

Injury Timeout:

- In the event of an injury, play will stop, and an injury timeout will be granted.

Replacement:

- If a player cannot continue, a substitute may enter, or the team may continue shorthanded.