

Co-Rec Volleyball Rules

Net		
4	5	6
3	2	1

30' Serving Area

- I. **Court:**
(Approx.) 30' x 60'
- II. **Net:**
(Approx.) 8' for Co-Rec Volleyball
- III. **Ball:**
27" circumference and approximately 10oz. in weight.
- IV. **Game:**
A game consists of one team receiving 21 points while having at least a two point advantage. Note: If the game is tied 25-25, then the next team to score will win the game.
- V. **Match:**
A match will consist of three games (Exception: see Time Limit). The team that wins two or three games will win the match. If a team wins the first two games of the match, the third game will still be played.
- VI. **Standings:**
League standings will be based on the best win/loss records of games played. A team's match record will be used as a tie-breaker. If teams don't play the same number of games, standings will be based on best winning percentage based on their record of games played.
- VII. **Time Limit:**
Each match will have a 55-minute time limit. If there are many lengthy rallies in a match, it is possible that all three games of the match will not be played. If only two games of the match are played, it is possible for the match to end in a tie. If a game is still in progress when the time limit is reached, the following will happen.
 1. If the current game has a team leading by two points or more, and the leading team has at least 8 points, then the leading team will win that game.
 2. If neither team has scored 8 points, then the game will continue until one team scores 8 points, in which case they do not need to win by two points.

3. If the game is tied and both teams have scored more than 8 points, then the first team to score two more points will win the game. In this example, the winning team does not need to win by two points.

VIII. Teams:

A team shall have a minimum of six (6) players on their roster and a maximum of ten (10) players on the roster. Each team shall have at least two (2) women and two (2) men present at game time. Teams can never have more men than women on the court at the same time.

IX. Forfeit:

If a team does not have the minimum number of players (four players – 2 men and 2 women) to start the match, the match will be forfeited. There is a 10-minute “Grace Period” for 6:30pm matches only. If a team uses up to 5-minutes of the grace period, their opponents will begin the first game up by the score of 5-0. If they use between 5-10 minutes of the grace period, their opponents will begin the first game up by the score of 10-0.

X. Positions:

- 1) A set serving order should be arranged before the game begins. Serving order may be changed between games only.
- 2) Substitutes will rotate into position upon normal clockwise rotation. The server goes out and the substitute will take the position number two (2) on the court.
- 3) Players may substitute only for players of the same gender.

XI Rotation:

Rotation takes place upon winning the serve. Rotation will be in a clockwise direction.

XII. Rally Scoring:

We will be using the “rally scoring” system for this league. A point will be awarded to one team on each serve. Unlike conventional scoring, the receiving team can score in this rally scoring format.

XIII. Serve:

- 1) A serve starts the game.
- 2) If the serving team wins the point, they continue to serve. If the receiving team wins the point, then the serve is switched over to them, causing the need for a rotation.
- 3) The serve must be made in the serving area, which is 1/3 of the right side of the back line.
- 4) The server may not step on or over the back line during the serve.
- 5) It is illegal for the server to unnecessarily delay putting the ball into play.
- 6) A point is awarded to the opponent, and your serve is lost if you serve the ball out of bounds, into the net, or not completely over the net.
- 7) It is proper etiquette for the server to call out the score before he/she serves, (i.e. 4 to then say “service” as he/she serves the ball. This is not mandatory.
- 8) Players will be in their starting positions during the serve. They may then move about the court.

- 9) Men and women must use an under-hand serve. (Side arm and overhand serves are illegal.)
- 10) It is illegal to serve out of order. If the error is discovered during play, all points scored during that serve are forfeited. If the error is discovered after the serving turn is completed, no penalty is assessed but positions must be returned to proper order.

XIV. Time-Out:

Each team is permitted two time-outs per match. Time-outs are one minute in length.

XV. Changing of Courts:

- 1) Change of courts will take place after each game.
- 2) Two minutes are given between games.

XVI. First Serve and Choice of Court:

A coin toss will take place before the match. The team winning the coin toss will serve first for the 1st and 3rd games of the match. The other team will have their choice of court for the 1st and 3rd games of the match.

XVII. Playing the Ball

- 1) The ball must be clearly hit.
- 2) No body contact with the ball is allowed other than the forearm and hands.
- 3) No player can contact the ball twice consecutively.
- 4) Three (3) legal hits are allowed each team before the ball is returned over the net.
- 5) If more than one player plays the ball before sending it to the opponents' court, at least one hit must be made by a woman.
- 6) If the ball contacts two parts of the body at the same time, this is considered to be one play, otherwise it is a double hit which is illegal.
- 7) Simultaneous contact of the ball by teammates or two opponents constitutes one play and either player may play the ball again.
- 8) A player may go outside the court to play the ball as long as he/she does not cross the imaginary extension of the centerline. If two courts are being used at the same time, the official may designate an outside perimeter line that no player may go beyond to return the ball.
- 9) A player may not touch or reach over the net or its cable while the ball is in play.
- 10) It is legal to play the ball off the net.
- 11) It is legal to step on the centerline but not over it.
- 12) It is legal to reach under the net to play a ball, but he/she cannot interfere with the opponents' activity.
- 13) It is illegal for a player to unnecessarily delay play.
- 14) A foul is committed when a player causes the ball to land out of bounds at any time during play. The ceiling and beams are considered out of bounds.
- 15) When multiple fouls occur only the first error is penalized.
- 16) A time out is charged if a team fails to substitute without delay.
- 17) Hitting the ball at a downward angle toward the opponent's court with the hand or arm above the net is illegal. This includes spiking, some blocked shots, and some re-directed shots. Every ball that is struck over the net must leave the player's hand in either a flat angle (parallel to the floor), or have some upward angle causing an arc. Violations will result in a point for the opposing team.

XVIII. Point Replay Taken:

- 1) If a ball, spectator, or player from another court clearly interferes with play or causes a dangerous situation, a replay will be called.
- 2) When there is interference with play. The point is played over. (The basketball rim and backboard is an obstruction and is considered interference.)
- 3) When a player serves the ball before allowing the opponents adequate time to position themselves.
- 4) When a player is injured.
- 5) When a ball simultaneously hit by opponents at the net goes out of bounds.
- 6) When a double foul occurs.