

# Adult Co-Ed Volleyball League Format and Rules

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**NFHS Official Rules govern game play. All exceptions and clarifications to these rules are listed below.**

## **I. Facilities and Locations**

- a. The net will be set to eight (8) feet.

## **II. League Format**

- a. Team schedules will be emailed out at least two days prior to the start of the season.
- b. Playoff notification and brackets will be completed after the last scheduled games and qualifying team managers will be notified.
- c. Playoff games are best of three and championship games are best of five unless otherwise noted on your playoff schedule.
- d. There is no maximum point cap in the playoffs. Teams must win by two (2) points to win the game.
- e. Team roster will be checked prior to start of playoff games. Only players listed on team roster are permitted to play.
- f. If teams are tied for a final spot in the playoffs, the tie breaking method will be as follows:
  - i. Head to head
  - ii. Fewest number of forfeits
  - iii. Total points scored between teams involved in tie
  - iv. Coin toss.

## **III. Equipment**

- a. Teams should wear matching colors, but do not need team jerseys.
- b. Teams are responsible for bringing a ball to warm up with. Teams are allowed to play with personal balls if both captains agree to it.

## **IV. Team Rosters**

- a. There is a maximum of six (6) players per team on the court (minimum two women).
- b. Teams must have at least four (4) players.
- c. Each team captain must submit a completed roster prior to the start of the season. No changes can be made after the playoffs begin.
  - i. Each team roster must consist of a minimum of six (6), and no more than 12, players.
  - ii. All players must be high school graduates or eighteen years old by the end of the season.
  - iii. Participants are only allowed to play and appear on one (1) team roster per season.
    1. Players from the same league may substitute for a team in their same league only if the opposing captain approves it prior to the game.

2. Substitutes are not allowed for the playoffs.
- iv. Each team shall have one team captain and can have a co-captain.

**V. Rotations**

- a. Team rotate clockwise upon receiving serve.
- b. All of your substitutions may rotate into one position on the court. Players should rotate into the service position.
- c. You may not skip anyone unless it is to adhere to male/female ratios. You cannot have a separate male and female rotation.

**VI. Match Play**

- a. Teams are allowed 3-5 minutes of warm up between games dependent on time. This excludes the first game of the day.
- b. Each team will be permitted one (1), 30 second time out.

**VII. Scoring**

- a. A match will be two (2) games to 25 points and one game to 15 point, if necessary.
- b. Game maximum of 27 points for the first two games and 17 points for the third game. Thus, if score is tied 26 all, the next team to score wins.
- c. Rally scoring will be used.
  - i. Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team.
- d. All line shots are considered good.

**VIII. Service**

- a. The serving team will be determined by a coin toss. The winner of the toss will have the choice to serve or choose sides.
  - i. The team not serving the first game will serve first the second game. Teams will subsequently alternate.
- b. Players must be in their starting positions during the serve then they may move about the court.
- c. Officials will allow adequate time for teams to set up defensively before allowing service.
- d. Ball hitting net on serve is a live ball.
- e. It is illegal to serve out of order.
- f. If the server steps on the line or into the court before hitting the ball, they lose the serve. If the ball is thrown as part of the serve, lands without being touched, it is considered a service tossing error, the referee authorize serve again and the server must execute it within five (5) seconds. One service tossing error is permitted per rotation.
- g. When a serving error is made, all points served during that serve will be forfeited, if discovered during play. When the error is discovered after the serving turn is completed, no penalty shall be assessed. Positions must be returned to the proper established order.

**IX. Blocks**

- a. Blocks do not count as a hit.
- b. Only front row players may block.

- c. No blocking or spiking the serve will be allowed.

**X. Violations and Fouls**

- a. A lift will be called if a player obviously throws, catches, or slings the ball.
- b. A foot fault will be called if the player's entire foot is beyond the center line.
- c. Players may not touch the net during play, with the exception of the USVBA blocking rule.
  - i. Hair contact is allowed.
  - ii. If ball knocks net into the player, it is allowed.
- d. Balls may be played out of the tent.
- e. It is legal for a player to hit the ball with any part of their body.
- f. If your team contacts the ball more than once (after the block) to send it over the net, a female must contact the ball.
- g. Multiple contact is allowed on any first ball (no double hit can be called) over the net provided the ball is not lifted.
- h. Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on the same team are allowed and considered as one play. Players participating in such simultaneous contact may participate in the next play.
- i. Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being shortly held it is a double fault and played over.
- j. When players on opposing teams commit fouls simultaneously, it is a double foul and played over. Points are not scored on a double foul.
- k. On the third hit over, players can completely place his/her hand over the net for a block as long as the third ball striker touches it first.

**XI. Code of Conduct**

- a. Unsportsmanlike Conduct: Any player, team, coach, or spectator who displays any form of unsportsmanlike conduct such as vulgar language, disrespect or deceit, shall be penalized in the following manner:
  - i. An immediate point/side-out shall be awarded to the opposing team.
  - ii. In the event of a second unsportsmanlike conduct, the official may eject player/spectator. When a player is ejected they will be suspended a minimum of one (1) match.
  - iii. Any person ejected shall leave facility immediately. Failure to leave the facility will result in forfeiture of match by team.

**XII. Forfeits**

- a. See Team Rosters for information about minimum player requirements and start times.
  - i. Using illegal players and/or not enough players will result in a forfeit.
- b. Forfeit time is 15 minutes after the scheduled start time.
- c. A team that forfeits more than once will not be able to register for the following season.
- d. You must give the league manager(s) at least three hours' notice to avoid forfeiting the game or you will be fined the cost of the official(s).
  - i. If you won't have enough players, please call/email the league manager at least three hours prior to the start of the game.
  - ii. Email – [croddgers@havtwp.org](mailto:croddgers@havtwp.org)