



CO-ED VOLLEYBALL RULES – WINTER ‘08/’09

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LEAGUE FORMAT

SEASON

8-week regular season w/ single elimination play-offs for top teams. Playoffs will be the week after the end of the regular season. The number of teams in each league that make the play-offs will be determined by the SSB.

GAME TIME AND LOCATION

Court location: Silver Spring International School - 313 Wayne Ave, Silver Spring, 20910.
Games are Thursday evenings from January to March. Games are scheduled between 6:00 and 10:30pm. Games last approximately 45 minutes.

TEAM SIZE

Six versus six format (typically 3 men & 3 women players on the court). Teams must start or continue play if they have at least four players. There must be *at least* as many women on the court as men at all times. For example, if only two women show up, only two men will also be allowed to play. There is no limit on the number of women players allowed on the court at one time.

PLAYER RESTRICTIONS

No jewelry allowed. Non-marking shoes required. All players not in the game and all gear must be clear of the sidelines.

To be considered eligible, players must:

- Be at least 21 years old by the start of the season.
- Have a current, signed waiver.
- Be on the team roster.
- Play for only one SSB team.
- Be wearing their current SSB tee shirt.
- Not have participated in professional volleyball.
- Not have participated in division I college volleyball, unless at least 5 years out of college.

Using ineligible players will result in forfeit of all affected games.

TEAM RESPONSIBILITIES AND SPORTSMANLIKE CONDUCT

Team captains (or appointed captains) are responsible for their team's actions. Only the team captain may interact with a referee regarding a call during the game. Teams please clean up after your games and keep the facility clean.

This is a social league and unsportsmanlike behavior will not be tolerated. Players are obligated to act appropriately at the courts during game days. The referees will call unsportsmanlike conduct for:

- Any excessive attack on the net.
- Any excessive hit deemed unsportsmanlike by the referee's.
- Taunting the other team in any manner.
- Abusive or insulting language to anyone.
- Aggressively challenging the ref.
- Any other inappropriate behavior.

If a player is unsportsmanlike, the whole team will be given one warning followed by individual player ejections from the game. Severe cases of unsportsmanlike conduct (e.g., fighting) will result in the offending player(s) being disqualified for the remainder of the season. Refunds will not be given.

FORFEITS

Notice of forfeit must be given to SSB 24-hour before game night to avoid a forfeit fine. SSB will notify the other team of the forfeit. If a team does not have the minimum amount of players (see Team Size) at game time, the opposing team will receive a win for the first game. Teams will combine players so the first game can be started on time. If the team does not have enough players by the beginning of the second game, a forfeit fine will be assessed. Teams can continue to play as a scrimmage if they want to, but the opposing team will receive the official win.

Forfeit penalty = \$50 fine. All fines must be paid before your next scheduled game to keep your team eligible to play.

RULES OF THE GAME

GAME CLOCK

The rec. center clock will be the official game clock. All teams must be set and ready to play at the scheduled game time. The clock will not wait for teams that are not ready. See 'Team Size' and 'Forfeit' rules for more info. Matches will last 45 minutes.

START OF GAME AND SCORING

The Home team is listed first on the schedule and provides game ball. The Home team serves first for the first and third games. The Home team serves from the court closest to the game clock. The team that reaches 15 points first wins the game. Win by two with a cap of 17. A match consists of best two-out-of-three games. If a third game is necessary, rally scoring will be used to (also to 15 points, win by two with cap of 17). For rally scoring, there are no side outs and points are awarded on both the serving and receiving side. The team awarded the point also gets the serve. Third games must be completed within the 45-minute time limit. If the third game is not completed by the time limit, the team that is ahead wins.

SERVING

- When the serving team wins the rally, the same player continues to serve.
- When the receiving team wins the rally, that team rotates clockwise and then serves.
- Serve may be over-hand or under-hand.
- If a server does not like their toss, they may let the ball fall to the floor and re-toss.
- Server has 10 seconds to serve the ball after "ready for play" or the serve is lost (side out).
- Server must start serve with both feet behind end line. Touching the end line is a "foot" fault.
- Any attempt to screen the receiving team from seeing the serve is side-out. This includes two or more players standing together, or one player holding their hands above the head as the serve passes over them.

ROTATION, POSITIONS AND SUBSTITUTIONS:

Rotation occurs on the receiving side when they get the right to serve (side out). All players rotate clockwise one position. All players (serving and receiving) must be in their correct rotational positions and cannot overlap other players until the ball is served. After the serve, movement is unrestricted for all players. Exception: The back row players may not spike or block the ball if in front of the 10 ft line.

Substitutions can ONLY be made at the serving position. The front-right player comes out. The new player goes in at the back-right position and serves. Exception: Injured players can be substituted as allowed by the ref.

Serving out-of-order or illegally substituting players results in the team losing the serve and any points scored. The players must then take their correct positions. The error must be discovered before the next side-out or no penalties will be assessed.

TIME OUTS

Each team is allowed one 1-minute time-out per game except for rally games (no time outs). No carryovers from game to game.

BALL IN PLAY

The ball is in play from the moment of the serve. The serve will not be official until the referee gives the "ready for play" signal. The ball is out of play at the moment of the fault called by the ref. A ball in play at the end of the 45 minutes will continue to be in play until a point is scored (or side-out).

BOUNDARIES

Boundary lines are painted on the floor. The lines are inbounds. Balls may be played off the ceiling or rafters only if the ball remains on the same side of the net. The ball is out-of-bounds when completely outside the boundary line or when it touches any object outside the court.

HITS

- Maximum of three hits to return the ball. A block does not count as a hit.
- If the ball is hit more than once on a side, a female must be involved in the play.
- Unintentional touches count as hits.
- The ball may touch any part of the body.
- A player may not hit the ball two times consecutively. Exception: If the player blocks the ball at the net, the same player can hit the ball again.
- Simultaneous hits by multiple players count as one hit. Either person can hit again.
- The ball must be hit, not held, thrown or pushed.
- If both teams hit the ball simultaneously, and the ball goes out-of-bounds, the team on the opposite side is deemed as causing it to go out-of-bounds.
- Back row player, as defined by rotational position, may not spike or block the ball in front of the 10-foot line.

BALL AT THE NET

- While crossing the net, the ball may touch it (except at the serve).
- A ball driven into the net may be recovered within the limits of the three hits (except at the serve).

PLAYER AT THE NET

- Any contact with the net is a fault, even if a player's momentum causes them to contact the net.
- No player's arm/body may break the plane of the net at anytime. The plane extends from the top of the net to the ceiling. This includes blocking or contact made after hitting the ball.
- No part of any player's body may cross over the centerline located under the net. A player's hands or feet may touch the line provided that some part of their hand/foot remains either in contact with or directly above the center line.
- When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
- If opponents contact the net simultaneously, it shall constitute a double fault and the point will be replayed.
- Back row players may not block or spike the ball at the net. Only the players who are in the front row at the time of the serve may legally block.