



Adult Coed Volleyball

Rules (Recreational)

USAV rules are generally followed unless listed otherwise. Westover Sports reserve the right to make changes or adjustments to the rules at the leagues site. Our recreational leagues are friendly, social, and competitive, and players are expected to conduct themselves in an appropriate manner consistent with our Christian atmosphere and have fun!

All players are required to sign the Westover Sports Liability Waivers PRIOR to playing their first game.

If a player's child is found running around the facility, that player will be required to come off the court and tend to their child. Play will not stop while the player is attending to their children.

Team Rules

- Eligibility: All players must 18 years or older and sign the liability waiver prior to the first game of the season.
- Uniforms: Teams are NOT required to wear matching or numbered jerseys.
- Rosters:
 - Each team may have a maximum of 10 players per team.
 - There is no minimum number of men required to be on a coed team (i.e., a coed team can play with 6 women if they choose to do so).
 - A minimum of 1 female player is required for coed teams. There is NO minimum number of required male players.
 - Teams are required to have a minimum of 4 players to start a match. If a team is not on the court when the referee is ready to start the match, two points will be counted off per minute against the no-show team for the first set. If the team has still not arrived at completion of counting off points for the first set, then they will be forced to forfeit the match. That team will be charged \$50 for not giving at least a 24-hour notice to the court director or coordinator.
 - Rosters must be finalized by the 3rd week of the league, changes cannot be made to the rosters after this point. Players may only be listed on one team roster after the 3rd week of the league and cannot pick up unregistered players, or players from other teams for the league and/or tournament who are not listed on their final roster.
 - After the 3rd week of the league, Captains may challenge the roster of an opposing team if they feel a player with the opposing team is not listed on the opposing team's roster or not 18 years of age. This challenge must be brought to the Court Referee's attention PRIOR TO COMPLETION of the match. The Court Referee will check BOTH team



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rosters and if a player is not listed on the team roster or if the player cannot produce ID verification, that team will forfeit the set(s) or match. During playoffs, all teams' rosters will be randomly checked by the referees prior to play.

Warm Up

Each team will participate in shared court warm-up before their games. Warm-ups will last 4 minutes beginning at designated start time or immediately following previous match. If matches are running late, warm-up time will be reduced appropriately at the referee's discretion.

Playing Rules

- Game/Match Format
 - All matches will consist of the best of 3 sets.
 - First 2 sets will be to 25 points (win by two) with a 27-point cap using rally scoring. Games will not end in a tie.
 - If a 3rd set of the match is required it will be played to 11 points with a cap of 13.
 - A coin flip by the referee will determine which team prays and the option of serve/receive or side of court.
 - If a third set of a match is needed, side of court and serve/receive will be determined by coin flip again, with original coin flip loser calling the flip.
- Games will be 50 minutes in length.
- Contact with any part of the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and/or landing. This includes the setter. If the setter hits the net digging the ball out of the net, or they brush up against it before/during/after playing the ball it IS A VIOLATION.
- A player's entire body can cross the center line under the net as long as ANY part of their body is on or above the center line and the player does not interfere with play or safety.
- Teams must rotate after every side-out, INCLUDING THE FIRST side-out/first time to serve after the other team has served.
- Timeouts
 - Each team is allotted one (30) second timeout per set. No timeouts allowed in 3rd set. If matches are running behind, timeouts will be allowed at the referee's discretion.
- Substitutions
 - Unlimited substitutions are allowed. Players do not need to wait for the official's approval but should make substitutions quickly between rallies. The team captain or player(s) coming into the game should alert the official by calling out "sub" if extra time is needed.

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- A player of the starting line-up may leave the game and re-enter only to his/her previous position in the line-up. A substitute player may enter the game in place of a player of the starting line-up, and he/she can only be substituted by the same starting player. [OPTION – If desired, teams may use “position substitution”, in which any and all players substitute in/out from the same court position (e.g. – when the team sides out, the player rotating into service position is replaced by a player from the bench). If this option is chosen, it must be used for the entire set, and barring exceptional substitutions (injury, etc.), other substitutions will not be allowed. In particular, a libero will not be allowed under this option].
- Liberos
 - All teams are allowed, but not required, to play with a libero except for teams using the “position substitution” listed above.
 - Liberos may be male or female. For Coed, a libero may substitute for a male or female as long as a minimum of 2 females remain on the court.
 - Liberos may substitute for more than one single player on a team within a set per USAV rules. Liberos may also serve for one player in a set.
- Out of Bounds
 - Adjacent Court Rule will be followed when players are playing a ball on the sidelines. Players may play the ball up to the adjacent court’s sideline but may NOT cross the adjacent court sideline at any time EVEN AFTER PLAYING THE BALL.
 - The walls and bleachers are all out of bounds. Any hanging obstacles (banners, beams, lights, etc.) are playable on the same side of the court as long as the volleyball remains on the same side or was not redirected to avoid hitting the wall, etc. This will be a judgment call by the referee.
- Touches/Returns
 - A lady must play the ball if the ball is touched more than once on a team’s side. A block does not count as a touch.
 - One back row male can block in the front row if there is only one male in the front row of the rotation. They are not allowed to attack the ball, they may only block.
 - No rotation can have 3 men in the FRONT row. It does not matter if there are 3 men in the back row as long as there are still 2 females on the court.
 - Players in the back row with teams of 4, 5, or 6 players, are considered BACK ROW players and are not allowed to attack/spike in front of the 3-meter (10-foot) line. For Coed: one back row male can block if only one other male is in the front row.
 - A back row player may jump and hit the ball above the plane of the net from the back row ONLY as long as his/her feet are in back of and do not touch the 3-meter (10-foot) line prior to their jump. He/she may land on or in front of the line after their jump.



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- On service receive: No player is permitted to complete an attack hit on the OPPONENT'S serve when the ball is in the front zone and entirely above the plane of the net. Balls played directly back to the opponent's court on one hit/touch on serve must have a significant upward trajectory when crossing over the net (this is a Court Ref's judgment call).
- Blocking the opponent's serve is not permitted.
- Tournament
 - Team seeds (in preparation for the tournament) will be determined after league play has completed. Seeding determined by: (1) Total Match Wins, if still tied, then (2) Head-to-Head, if still tied or if teams did not play each other then, (3) Overall Set Differential (# sets won minus # of sets lost), if still tied then (4) Overall Point Differential (# of points for minus # of points against), if still tied then (5) Random Blind Draw. NO additional games will be played to break a tie.

Player Conduct/Sportsmanship

- Any team exhibiting unsportsmanlike acts towards members of another team, any Court Referee, or Westover Sports representative, risks forfeiture of their game. Westover Sports reserves the right to forfeit any game following complaints by the Court Referee, Westover Sports representative(s), and/or other Team Captains. Any team which we feel does not display the highest degree of sportsmanship expected in our leagues may be asked to no longer participate in our program.
- Any conduct determined to be unsportsmanlike or unruly by either the Court Referee or commission will result in one warning.
- The second instance of misconduct shall result in an ejection from game and facility. Any player ejected from a game for any reason may not participate in that team's next scheduled match. Westover Sports reserve the right to extend the suspension period if the reason for ejection in their opinion, is severe enough.
- Attire should be appropriate for play. Spandex should be covered by shorts. If the court's director feels that attire is not suitable, he/she may ask you to make adjustments. If you have specific questions, you can ask your team captain to ask the court director.