



Lake Jackson Coed Volleyball Rules

I. Players and Substitutions

- Roster limit is 12
- Team requirement - A team consists of up to 6 players on the court, but may start with a minimum 4 players. A team must have at least two women on the court at all times. Teams that can not field the minimum 2 female players will receive a forfeit.
- There is not maximum number of females allowed on the court.
- In order to receive a forfeit win, a team must have its 6 players on the court. If neither team can field a team, it is a double forfeit
- Forfeits will be scored as 10-0 in favor of the forfeit winner.
- It is highly recommended that players NOT wear jewelry (i.e. chains, rings and earrings).
- Players must wear athletic shoes.
- Teams will rotate out of the server position to the sideline. Substitutes will re-enter the game in the middle back position.
- Rotation order must stay the same throughout the game but can be changed between games in the same match.
- EXCEPTION: Teams may utilize a male-only rotation format when there are only 2 females present.
- Players must start in their rotational positions but may switch right after the serve.

Pre-game Preparation

- FORFEIT TIME IS THE SCHEDULED STARTING TIME
- At the beginning of the game, a coin is tossed with the winning team choosing to either (1) select to serve or receive first ball OR (2) which side they want to start on. The team losing the toss takes the remaining choice.

Length of Matches and Games

- Best two-out-of-three games decides match winner.
- Rally Scoring Format is used for all games.
- First two games are to 25; third game is to 15 - must win by 2 in all games, unless cap of 30 is reached in first 2 games, or 18 in the final game
- Each team gets one 30 second time-out per game
- Intermissions between games will be a maximum of 1-minute.
- Teams switch sides and service each game, with another coin toss prior to third game.

Serving

- Players cannot return the serve by:
 - Attacking the ball on the first hit. Contact with the ball must be made below the height of the net if it is to be directed back into the opponent's side of the court
 - Blocking
- If a serve hits the net and goes over, it is in play. ("let serve rule")
- A server may serve from any point behind the back line.
- Server must stay behind back line. Any contact with the back line will result in a foot fault an side out
 - Exception: Player serving on side with the wall really close to the back line may step on the line, but not over it.
- Players may serve under hand or over hand.
- Players must wait for the official to whistle for play to begin before serving. Failure to wait for the whistle will result in side out and point to the opposing team.
- After the ball is contacted for serve, players may interchange positions anywhere on the court

Hit Characteristics

- The ball may touch any part of the body (kicking IS allowed).
- The ball must be hit, not caught or thrown.
- If two opposing players contact the ball simultaneously directly above the net, either player may play the ball again on the next hit

- Simultaneous contact by team-mates is considered one contact (officials discretion). Either player may make the next contact with the ball.
- Contact with the ball must be a "clear" hit. No palming, throwing, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called as a lift.
- Hitters may follow through over the plane of the net as long as they don't make contact with the net.
- The ball must be cleanly hit when spiking with an open or closed hand. Guiding, carrying, palming, or throwing is illegal.

Blocking

- Blocking does NOT constitute a team contact, and any player may make the second contact of the ball after the block. The blocking team will have 3 contacts after the blocking contact.
- A player may reach over the net to block a ball if:
 - Any portion of the ball breaks the plane of the net.
 - For any hit that is clearly meant to be an "attack." An attack is a first, second or third hit that is clearly intended to be a return to the other team as determined by the official
 - After the offense has come in contact with the ball on the third attempt
- Players may not break the plane of the net to block first or second hits that are clearly meant to be passes or sets that do not break the plane of the net (roofing).

Faults

- Four hits - a team hits the ball the ball 4 times before returning it
- Assisted hit - taking support of teammate or any structure/object in order to reach the ball
- Held ball - player does not hit the ball
- Double Contact - a player hits the ball twice in succession or the ball touches two different parts of his/her body
- Back row spiking or blocking in front of the attack line.
- Lifts with an open hand are not allowed.

Other Playing Rules

- Ball hitting on line is in bounds
- Players, including their clothing, cannot touch the net during play. It is NOT a fault if a ball driven into the net causes the net to touch the player.
- If any foreign object enters the court during play and interrupts the flow of play (as determined by the official), the ball becomes dead. Replay the point.
- A ball may be played out of the net.
- There is male/female hitting rule or order.
- A player may go outside the court to play the ball.
- Balls in the rafters are still in play when over a team's own court and falls back into team's own court, provided they still have any hits left to get it across. Balls may NOT be played off the side walls and/or curtain.

Miscellaneous

- Profanity and unsportsmanlike conduct can result in ejection and/or disqualification from future matches.
- Refunds will NOT be issued for ejections or suspensions for unsportsmanlike conduct.