

**LA PORTE PARKS & RECREATION
ADULT COED VOLLEYBALL RULES**

Eligibility / Conduct

- All players must be at least 13 years old. If there is any question or uncertainty about a player not meeting this age requirement, the league coordinator will require proof of age before the player in question will be allowed to play.
- Maximum of 12 players on a team roster. Each player must be on the team roster in order to play. Teams with less than 12 players on their roster may add players to their roster at any time until they reach the 12-player maximum. Exceptions for injured players or players dropping out may be granted by the league coordinator on a case-by-case basis.
- Blank team rosters with waiver included can be obtained from the league coordinator. Submitted rosters will be on site at each match for verification and/or editing. Initial rosters are due prior to taking the court for the first match of the season.
- Players may not be listed on more than one roster. During the regular season, teams may use up to 2 substitute players from other teams if they are short players. During the playoff tournament, substitute players are NOT allowed.
- Team jerseys or like-colored shirts are recommended but not required.
- Taunting, cursing, or abusive language toward opponents or officials will not be tolerated. Offenders will be ejected from the gym immediately and may face further suspension. Disrespecting or excessive arguing with an official will also result in ejection.

Playing Rules & Regulations

- Net Height for this Recreational Coed League will be approximately 7'11" (men's standard height).
- Matches are played 6 on 6 and teams must have at least 4 players to start.
6 players on the court requires at least 3 to be female.
5 players on the court requires at least 2 to be female.
4 players on the court requires at least 2 to be female.
- Matches will be scheduled 45 minutes apart which means running on time is very important. If a team is unable to start within 5 minutes of the scheduled start time, they will forfeit the first set of the match. If the team is still unable to start within 15 minutes of the scheduled start time, they will forfeit the second set of the match and the match will be over.
- Matches will consist of best 2 out of 3 sets. Rally scoring to 21 points in the first 2 sets. Must win by 2 or capped at 25 points. Rally scoring to 15 points if the 3rd set is necessary. Must win by 2 or capped at 18 points.
- A coin toss will determine which team serves first to begin the match. The second set will begin with the opposite team serving first. If a third set is necessary, another coin toss will determine which team serves first.
- Each team is allowed one 30-second timeout per set.
- Substitutions are allowed at any time in between points but must be approved and announced by the referee before play can continue. Subs should check in with the referee before entering the playing court. Players may sub in/out at any position.

- At the time the ball is served, players on both teams must be in their correct rotational positions. After the serve, front-line players may then switch positions on the court.
- Players must rotate clockwise on each side-out and servers cannot be skipped. No libero.
- The server must contact the ball within 5 seconds after the referee whistles for serve. Only one bad toss or release of the ball without serving is allowed per serve attempt. Any subsequent bad toss will result in a side out & point awarded to the opposing team.
- A serve may not be blocked or attacked (overhand) from inside the 10-foot line.
- If the ball touches the net on a serve and still goes over the net, it is still in play.
- A double hit shall not be called on the first contact after the serve as long as the referee deems the ball/body contacts are part of one action by the player.
- When the ball (after passing over the net) is contacted more than once by a team, at least one of the contacts must be made by a female player. Touching the ball during a block does not count as one of the 3 allowed contacts.
- Reaching over the net and contacting the ball before the opposing team has had the opportunity to finish playing the ball is not allowed. A player's hand passing over the net to perform a block is ok, provided it does not interfere with the opponent's play.
- Penetrating under the net into the opponent's court beyond the center line is a fault unless the player's foot, leg, hand, arm or head remains in contact with the center line or center line plane without going completely past it. However, if any such action interferes with the opponent's ability to play the ball or creates contact between opponents, a fault will result. Body contact with the net is a fault unless caused by the ball pushing the net into a player. A player's hair or clothing grazing the net is not a fault.
- A ball hitting any part of the ceiling above the court and then landing on the opposite side of the net is a dead ball fault. A team may continue play if they hit the ball and it touches the ceiling/lights and comes back down **on their own side**, as long as that hit was not their 3rd and final contact of the ball. Any ball passing over the center gym divider curtain or contacting the curtain is a dead ball fault. Teams may not play the ball off the walls or other vertical structures.
- Players are responsible for calling their own lines (on their own side) if the referee is not able to make a determination on a particular play due to an obstructed view or uncertainty. If there is a legitimate dispute between teams on whether a ball is in or out, the point will be replayed. The boundary lines are considered in bounds.
- Unconventional methods of playing the ball, such as with the foot, knee, shoulder or head, are allowed.