

# **City of Gonzales**

## **Adult Co-Ed Volleyball Rules**

### **2024 Season**

**This is a recreation league meant for the enjoyment of all who play. This league, although competitive, is not a competition league. Please be mindful that we are out here to play for fun. Should the competitive portion of this recreation league be abused, the league reserves the right to eliminate rankings and cancel all championship games.**

**All schedules & scores can be found at**  
**[www.teamsideline.com/gonzales](http://www.teamsideline.com/gonzales)**

#### **Purpose**

To provide an opportunity for men and women to participate against a team of like composition. Cooperation and competition shall be regulated to provide the best possible relationship while providing a positive experience for each participant.

LOCATION: **All Games will be held at Fairview Middle School Gym**

NET HEIGHT: Adult Co-Ed height will be Men's Height

- **Each team will be responsible to pay a REFEREE FEE of \$15 cash or online in advance or before the start of each game. League games only. (\$30 per game)**
- Payments made day of, onsite, must be made prior to the start of your game and paid to recreation staff at the gym office. A receipt will be issued and MUST be presented to the referee prior to game start time. The game will not start until each team has paid. A forfeit will be declared for the 1<sup>st</sup> match against the team that has not paid by the start of game time. The forfeit Rule will apply thereafter.
- The use of tobacco products is strictly prohibited in all City Recreational Areas, including parking lots.
- PLAYOFFS & CHAMPIONSHIP GAMES: Due to time constraints the League will not have PLAYOFFS. The top two teams from each division (if more than one division exists) will automatically advance to CHAMPIONSHIP.

- If only one division exists, the top four teams will advance to the championship. The top 2 teams will battle for 1<sup>st</sup> place and the other 2 teams will battle for 3<sup>rd</sup> place.
- If for any reason one of the two top teams in any division cannot compete in the championship game, that team will forfeit their spot and the other team will automatically be awarded the win and will move up next season if a higher bracket exists. Unless the remaining team would like to compete against the 3<sup>rd</sup> place team in the championship.

### GAMES:

1. A full game consists of no more than 3 matches (sets). Games will be best out of 3 matches. Two (2) wins. First two sets will be rallying scoring to twenty-five (25) points and a team must win by 2. Game three will be rally scoring to fifteen (15) and must win by 2.
2. Your scheduled game time will include a 15 min warm up time. After the 15 mins has expired and if your team does not have a minimum number of players to play (4, two male and two females) your team will be given a Forfeit. Awarding the opposing team with the Win for the 1<sup>st</sup> match.
3. Game days will be Monday – Thursday evenings. Depending on Teams availability.
4. Game times will be at 6:30PM & 7:45PM (Game time is the start time for your 15min warm up).

### GYMNASIUM RULES:

1. NO Food, Drinks or Gum ALLOWED in the gym. Water and Sports Drinks ONLY.
2. Athletic Shoes ONLY allowed on the court. **NO EXPECTATIONS**
3. No pets allowed unless they are Service Animals. Must show proof.
4. All children must be supervised.
5. Spitting is PROHIBITED inside the gym.
6. All side basketball hoops are off limits during sporting events on the main floor.
7. No climbing on the bleachers.

### TEAMS/ROSTERS:

1. Each team can have a maximum of 14 players and a minimum of 6 players on the roster.
2. Players must be 14 years of age before the start of the season to participate. Max of two 14-year-olds per team. Must be in High School.
3. All participants MUST be registered Players and on the team's roster to play.
4. All roster additions must be added **before November 1st. No new players can be added to the roster after this date.**

5. All participants MUST be fully registered in order to play. Non-registered players will not be permitted to play until full registration is complete.
6. All participants under the age of 18 MUST have their online registration form filled out by a parent or legal guardian.
7. Players MAY play on multiple teams, with exceptions:
  - a. If three divisions exist, A, B and C, no more than two "A" division players can play on one "C" division team.
  - b. If you're creating more than one team in any division, your roster from one specific team cannot make up the roster for your second team. No more than 4 players from one specific team can be added to create a new team.

#### **UNIFORMS:**

1. All team players must wear shirts or jerseys with numbers on the back.

#### **RULES AND REGULATIONS**

1. **Rules – The U.S.A Volleyball rules will govern all play, with exception of local rules. See attached "Explanation of Rules."**
2. **First possession of the game will be determined by a coin toss. The home team listed will call it. If a 3<sup>rd</sup> game/match is played, another coin toss will determine the possession. Visitor/guest team will call it.**
3. **Scoring:**
  - a) Match- a total of three (3) games(sets) will be played each night and all 3 games(sets) will be counted in the standings.
  - b) A Game – a game (match) shall be won by the team that has scored 25 points and is at least 2 points ahead. **A maximum of 27 points will be played in one match. If a game tied at 26 all, the next point scored will decide the game.**
  - c) 1 point will be given for each game won.
  - d) A 50-minute time limit will be in effect for each game. Due to time constraints, the 3<sup>rd</sup> match will be played to 15 points. This is dependent upon the time remaining and is at the referee's discretion.
    - A game clock will be used to visually track the progression of the game. This clock will be operated by the gym supervisor only and will be a continuous running clock for the entire match starting with the first serve.
    - 3<sup>rd</sup> Match: Matches 1 & 2 will be played to 25 unless the 50 minutes has run out. For the 3<sup>rd</sup> match there will be NO time outs given to any team. In certain cases, like an injury, time will be stopped by the Ref to allow for sub or medical attention. If at the end of one hour of play a team has still not won the third match of the game as described above, then the team leading (or the team to score the next point of the game if tied) will be declared the winner.

## **DEFINITION OF RALLY POINTS:**

Rally points are awarded on each service. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point. The consequences of winning the rally are:

- a) If the serving team wins the rally, it scores a point and continues to serve.
- b) If the receiving team wins the rally, it scores a point and gains the right to serve.

### **4. Forfeit Time/ Forfeit Fee:**

- \* Game Time (after 15min warm up) is FORFEIT TIME = for 1<sup>st</sup> match in game.
- \* 15 minutes past warmup time (7pm or 8:15pm) =Forfeit for 2<sup>nd</sup> match and automatic forfeit win for opposing team.
- \* The Gym Supervisor's watch is **OFFICIAL**.
- \* Each team is given 15 minutes for warmups; this time is included in the game time schedule. Game time Start times/ Forfeit times are: 6:45PM & 8:00PM.
- \* A loss by forfeit will be declared against the team who does not have the minimum number of players required to play or has not paid their team referee fee. Teams causing a full game forfeit will be charged to pay both teams referee fees for that game plus a forfeit fee of \$15. Totaling in a payment of \$45. The fees must be paid at the gym office or online before your team's next scheduled game. Your team will not be allowed to play in the next scheduled game if payment is not made, resulting in another forfeit and fees. Three forfeits may cause elimination from the league with no returned registration fees.

### **5. Number of players:**

- a) Six Player Co-recreational: Teams will consist of six (6) players.
- b) Games may be played with (4) or (5) players.
- c) A minimum of four (4) players (2 male, 2 female) is required at the start and at the finish of a match.
- d) 3 players or less is a forfeit, Game Time Forfeit rule applies.

### **6. Composition of Teams:**

- a) Six player co-ed teams will consist of (3) males (3) females.
- b) Four players co-ed teams must consist of (2) males and (2) females on the court.

### **7. Player Additions:**

Registered Players may be added to the lineup as they arrive.

### **8. Playing the Ball:**

- a) Each team is entitled to a maximum of three hits to return the ball to their opponents.

- b) In a volley, if the ball is hit 3 times, at least one female **must** hit the ball before returning the ball over the net. The rule does not apply if the ball is hit only once or twice before going over.
- c) A volley can be made with 3 females hits but, not 3 males hits.

**9. Change of Serve:**

- a) The team that receives the ball for service shall rotate one position clockwise before serving. Except at the start of each match.
- b) **Each player on the court must rotate and serve.**

**- "A" BRACKET TEAMS ONLY- This rule may not apply and will be discussed with the "A" bracket head coaches once team registration is completed. It will be a majority Rules decision.**

**10. Spiking/Service:**

After the ball has been correctly hit, the service or the attack becomes a fault (unless there is a position fault) if the ball touches the antenna or other external object. The ball may touch the net while crossing it, even on a serve.

**\*\*Players cannot block or spike a serve.**

**11. Line-up:**

The serving order and positions on the court at service shall be an alternation of male and female or vice-versa. Once the ball is served, players can move about.

**12. Rotation:**

Two options for rotation. Prior to the beginning of the match teams must state which option they will use and continue it throughout the conclusion of the match.

- a) Unlimited substitution (going in for the SAME person of same gender).
- b) Add rotating players into a single predetermined position on the court (i.e., 7-person team rotations).
- c) **All players must serve during their rotation prior to being subbed out. Players cannot sub out before they have a chance to serve.**

**13. Attack Line:**

- a) When only one male player is in the front line at service, one male back line player may be forward of the attack line for the purpose of blocking.
- b) Back row hit must be behind the 10 ft line.

**14. Coin Toss:**

The referee shall conduct a coin toss with the captains of the teams to determine the choice of serve or playing areas. Teams shall change playing areas at the end of each match of the same game.

**15. Rest Period:**

Teams will have a rest period between matches of a game. The rest period is 2 minutes.

**16. Time outs:**

- a) Each team is allowed ONE time out each match without penalty (excluding the 3<sup>rd</sup> game).
- b) Time out shall not exceed 30 seconds.
- c) Each time out more than ONE taken by or charged to a team shall be penalized by side-out or one point awarded depending on which team has the possession of the ball.

**17. Conduct:**

- a) Unsportsmanlike Conduct- When an opponent is about to play or in the act of playing the ball, players may not stomp their feet or shout at them.
- b) Derogatory Remarks and Acts- The referee shall have the power to warn and/or eject a player, substitute, coach, and manager who commits, in the referee's opinion, any of the following gross violations of sportsmanship:
  - 1) Persistently addresses the officials regarding decisions.
  - 2) Makes derogatory remarks about or to the officials.
  - 3) Commits any derogatory acts to the officials or tending to influence their decisions, or to deceive them.
  - 4) Makes personal and derogatory remarks about or to opponents.

**18. Delaying the Game:**

A player, substitute, coach, or manager shall not commit any act which, in the opinion of the referee, tends to slow down the game unnecessarily. When the referee indicates readiness to play by blowing his/her whistle, the server shall not delay but shall then immediately initiate the serve.

**19. Communication:**

All communication between the official and the team MUST come through the team captain.

**20. Alcoholic Beverages:**

No alcoholic beverages or glass bottles will be allowed in or around the volleyball area.

**21. Ejected Player:**

- a) Any player ejected from a game will automatically be suspended for his or her NEXT GAME or his/her next two games depending on the violation. The Gym Supervisor and Sports Coordinator will determine the suspension time.
- b) The coach will be notified in writing the grounds for suspension and suspension time.
- c) A suspended player who plays a game(s) during his/her suspension time shall cause his/her team to forfeit those games.
- d) Any player who is ejected for the second time in a season will be ineligible to participate for the remainder of the season.

- e) If playing with 4 players and a player is ejected causing your team to have only 3 players, a FORFEIT will automatically be given, declaring the other team as winner regardless of score.

**22. Injured Player:**

- a) An injured player may be subbed out by any player of the same gender.
- b) If a player is injured leaving your team with less than the minimum number of players allowed to play (4), your team will automatically receive a forfeit for that game. Regardless of score. Forfeit Fee will not apply.

**23. Protests:**

- a) Protests will be taken care of at the time of the incident/situation. The referee and gym supervisor will attempt to solve the situation.
- b) Only rule interpretation will be justifiable for protest and not a referee's decision on a call.
- c) If a team protests, it must be made by the team captain or manager before the next serve.

**24. Line Judge:** Each Team shall supply one (1) line judge at the beginning of each match/game. The line judges will judge the entire length of the game and will be positioned on the opposing side. **Line judges MUST be 14+ years old.** Line judges can also be your substituting players.

## **Explanation of Rules:**

### **Playing the ball.**

- \* Each team is entitled to three hits (in addition to blocking) to return the ball to their opponents.
- \* A fault occurs when:
  - The ball is held, thrown, or pushed.
  - A team contacts the ball more than three times consecutively. Except when the first contact is the result of a block.
  - A ball touches a player twice in succession or the ball touches the body twice in succession.
  - Players are out of position at service.
  - A ball is illegally served.
  - An illegal block occurs.
  - A player enters a non-playing area to play the ball.
  - A player touches the net or antenna.
  - A player attacks the ball above the opponent court or steps in an opponent's court
  - A player reaches under the net and touches either the ball or the opponent.
  - A ball lands outside a court or strikes an object.
  - A ball is played by a player being supported by a teammate.
- \* A serve cannot be blocked or spiked.
- \* Ball is dead if it contacts the wall, any part of the basketball hoops or the extension of or hits the beams.

### **Ball at the net.**

-The ball must completely cross the net between the antennas and their imaginary extension upward to the ceiling.

-A ball may touch the net while crossing it, even on a serve. International rules do allow serves to touch the net.

-A ball may be played out of the net within the realm of the three hits allowed to return the ball to your opponent.

### **Player at the net.**

-It is a fault to touch any part of the net or antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

-No fault is committed if the ball is hit into the net with such force that the net strikes a player. If both opponents hit the net at the same time, the first referee calls for a replay. Touching the net supports accidentally is not a fault unless it interferes with play.

-Touching the opponent's playing area with any part of your body except your feet or hands is a fault. Touching the opponent's area with hands or feet is not a fault providing the encroachment occurs on or above the center line.

-Attacking players may hit a ball back to a member of the attacking team even if it has penetrated the vertical plane of the net providing the entire ball has not broken the vertical plane of the net.

### **Service.**

-It is a fault to touch any part of the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

-If both opponents hit the net at the same time, the first referee calls for a replay. Touching the net supports accidentally is not a fault unless it interferes with play.

-Jump serves are allowed providing the jump is taken while the server is in the proper service area regardless of whether the server strikes the ball while over the court or not.

### **Attack hit.**

-All actions directing the ball to the opponent's court except for a serve or block. A front-row player can carry-out an attack hit at any height.

A back-row player cannot strike a ball in front of the attack line until the ball is at least partially below the top of the net. Spiking above the net by a back-row player is allowed providing the player jumped from behind the attack line regardless of where he/she lands.

### **Block.**

-Blocking is the action that deflects the ball coming from the opponent by a player close to the net reaching higher than the net.