

City of Conroe

Parks and Recreation Department

Vision: "Bringing people together to change lives."

Mission: "To improve the quality of life in Conroe by providing the best parks and recreation facilities and programs at affordable prices."

4v4 Co-ed Volleyball League Rules

Game Schedule can be found on teamsideline.com/Conroe

I. Eligibility

- 1.** Players in adult volleyball league must be at least 18 years old prior to start of league play.
- 2.** All players must be on a team roster prior to game starting.

II. Rosters

- 1.** Each team will be allowed to have a maximum of 8 players on roster.
- 2.** Rosters are final after the fifth (5) game. No team may add any players after their fifth (5) game. Your roster will be frozen after five (5) games and that is what you will play with for the remainder of the season including the post-season tournament if the team qualifies. If a team has not submitted their roster, games will result in forfeits.
- 3.** Free Agents – If teams need extra players, contact the Athletics Coordinator for the free agent list.

III. Equipment/Uniforms

1. Matching uniforms are not required.
2. Net height: 7 foot, 11 and 5/8 inches.
3. Teams may use game balls provided by the league or if both teams agree, they may use a ball brought by one of the teams.

IV. Forfeited Games

1. Each team has a 5 minute grace period after its scheduled game time to field minimum of 3 players and maximum of 4, including at least 1 female.
2. Opposing team's captain may either decide to play, permitting borrowed players or take win by forfeit w/one game per match forfeited every 5 minutes.

V. Final Standings

1. Final standings will be based on record during regular season with each game being recorded
2. Remaining teams will qualify for championship match, following playoff semi-finals.
3. Standings will be posted on teamsideline.com/conroe. Teams are to report scores of match to gym supervisor.
4. Should any teams have identical records at end of regular season, tie-breaking season will be employed:
 - a. Record in head-to- head competition.
 - b. Total points differential for season
 - c. Coin toss.

VI. Game Rules

- 1.** Following coin-toss to determine which team serves first and subsequent to all points scored, ball will be put into play by right back-row player after server's announcement of current score.
- 2.** This is a 4v4 Co-Ed league, however you may start the game with 3 players if needed. You may have more women on the court than men, but only one more men than women.
- 3.** Teams must have 2 women and 2 men on the court at all times. The exception to this is if an injury occurs, then you may play with 3 if you do not have any substitutions.
- 4.** The match will consist of two out of three games to 25 points. Must win by two.
- 5.** When either team fails to serve properly, return ball in-bounds, or commits fault, opponent wins rally and scores one point. Ball is "out" when it fails to contact either a boundary line or area within the boundary lines or if it contacts ceiling, post, or outside of net. Touching any part of net is fault on offending team. Serves contacting net constitutes "side out".
- 6.** Team wins match by winning best of three games with teams switching sides between each game. One 30 sec. Time-out permitted per match.
- 7.** There are no referees, so teams are required to follow the honor system with calling ins and outs.
- 8.** If there is a call in question, gym supervisor will make the call to either: replay the point or award the point to a team.

VII. Legal/Illegal hits

- 1.** Each team may hit ball three times—in addition to block contact—to return it to opponent's court.
- 2.** Successive contacts may be made only after blocking a spike attempt.
- 3.** Ball must be hit, not caught, thrown, or lifted and ball may touch any part of the player's body. During an attack-hit, tipping is permitted if contact is brief.
- 4.** In order to not be a illegal hit, the ball must leave players hand immediately upon contact of the ball.
- 5.** Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.
- 6.** A player may go outside of the court to play a ball as long as the ball is contacted on that players side of the court, and it will only be considered a legal return as long as it crosses the net and antennas within the boundaries of the court as extended.
- 7.** A player making an attack-hit is permitted to pass hand(s) beyond net after attack-hit, provided ball is contacted within playing space. Blocking of ball across net above opponent's team area shall be permitted, provided block is made after opponents have executed attack-hit.
- 8.** Serves may not be blocked or spiked.

VIII. Positioning

1. Teams may position themselves in any formation they choose, but they must rotate positions clockwise once rally has ended.
2. Substitute players may be rotated in and out of game immediately following each point scored.
3. Players may interchange positions to pass or block, only after the serve. They must return to the correct positions once the point is over.
4. If it is discovered team is serving out of turn:
 - a. Discovered while server still serving: side out called, mistaken points subtracted, serving order corrected.
 - b. Discovered in interval between change of serve: opponent serves, mistaken points subtracted, and serving order corrected.
 - c. Discovered after opponents begin serving: no loss of points, serving order corrected, on next dead ball.

IX. Team Conduct

1. Taunting, fighting or otherwise agitating will result in either:
 - a. warnings to all players involved with match ejection(s) should such conduct persist and continuation of game
 - b. termination of game with current score recorded as final
 - c. termination of match with instigator's team losing by forfeit, all at gym supervisor's discretion.
2. Furthermore, league supervisor reserves right to eject such players from league with forfeiture of league fees.
3. Failure of ejected player(s) to immediately leave building will result in warning to offending team with 15 second grace period, followed by forfeit/loss of match.
4. If captain or any other player continues to challenge gym supervisor's final decision, such player(s) will be ejected from the match.
5. Failure of ejected player(s) to immediately leave building will result in warning to offending team with fifteen-second grace period, followed by forfeit/loss of match.
6. Alcoholic beverages and beverage coolers are prohibited and consumption/possession by any players, coaches or spectators will result in game forfeit by offending team. Teams are also responsible for disposing of all litter.