

# ***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."**

## **Co-ed Volleyball League Rules**

Game Schedule can be found on [teamsideline.com/Conroe](https://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 fourth (4) game of the season. No team may add any players after their fourth (4) game. Your roster will be frozen after four (4) 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. If team has 8 players on their roster, but would like to add a player (before week 4) they may, they just have to take someone off their roster. Once player is taken off their roster, they cannot be added back to their roster.
4. Teams may ask for a roster check before the game begins if they believe team has added a player after the 4<sup>th</sup> week deadline. If it is discovered that team is attempting to play with an ineligible player, player cannot play. Once game has started, there are no roster checks. All roster checks must be done before the game begins.
5. 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. Up to 6 teams will qualify for playoff on final week of the season.
3. Standings will be posted on [teamsideline.com/conroe](http://teamsideline.com/conroe).
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 or whatever court monitor uses to determine who serves first, 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. If both teams agree, you may play your match 6v6, however you must have at least 3 women on the court at all times. If both teams do not agree to play 6v6, you must play 4v4. Once teams have decided to play either 4v4 or 6v6, they cannot switch during the match.
4. You may play with:
  - a. 2 women and 2 men
  - b. 3 women and 1 man
  - c. 4 women and 0 men
  - d. 3 women and 0 men (if short a player)
  - e. 1 woman and 2 men (if short a player)
  - f. 2 women and 1 man (if short a player)
  - g. 3 women and 3 men (if both teams agree to play 6v6)
  - h. 4 women and 2 men (if both teams agree to play 6v6)
  - i. 5 women and 1 man (if both teams agree to play 6v6)
  - j. 6 women and 0 men (if both teams agree to play 6v6)
5. During the regular season, match will consist of two out of three games to 25 points. Must win by two.
6. Ball is still in play if it hits any part of the ceiling and stays on your side of the court. If the ball is hit by your team, hits any part of the ceiling, and goes over the net, the ball is dead and point is awarded to other team.
7. Team wins match by winning best of three games with teams switching sides between each game. One 30 sec. Time-out permitted per match.
8. There are no referees, so teams are required to follow the honor system with calling ins and outs.

9. 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. Block contact does not count as part of the 3 touches.
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.
9. Ball remains in play if hits the ceiling and stays on your side of the net. If ball hits ceiling on opponents' side, it is out of play.

## **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. Playoff**

1. Teams must use players that are on their roster. No pickup players will be allowed, unless special permission is given by league coordinator.
2. The top 6 teams will make the playoff.
3. Matches before the semifinal will be best 2 of 3 to 15.
4. Once we have reached the semifinals, it will be best out of 3 games to 25 points each set.

## **X. 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.