LACEY PARKS & RECREATION DEPARTMENT COED SIXES VOLLEYBALL GUIDELINES

Updated March 14: Subject to modification.

- National Federation of High School rules apply. Exceptions listed on this page.
- The court official has final authority on rule interpretations.
- If self-officiated, offense calls the faults.

Player Age Player Age Player Age Player Age Player Sust be at least 18 yrs. old (Exceptions only with completed waiver form & prior approval from the league director.) Uniforms Numbered matching jerseys are NOT required for city-league play. Splints/ braces allowed on hands/arms if padded. Barrettes & soft head gear allowed. No jewelry unless covered on padded by tape. Scoring System Rally Scorinq. In general, most matches = 2 games to 25 pts, win by "2" Coin Toss (none) In game 1, team listed first serves first; visitors choose side. Reverse that for game 2. Must field minimum of 4 players. When playing with 4 players there is a maximum of 2 men a the court. When playing with 5 or more players on the court the maximum is 3 men. Acceptable combinations are: (40m, 3 w/lm. 24m, 22m; 3w/3m, 3w/2m) Extra players / During each game, you may use the standard volleyball substitution with no limits OR a "city-league" rotation system to put extra players into the game. Five minute grace period for the first game of each match. An additional grace periods for any matches scheduled to begin after 8:15pm. Forfeits Any team that forfeits 3 or more matches is ineligible for playoffs; no refund. 2, 30 second timeouts per team, per game. Service Order You must alternate women/men in the service order as much as possible. Service Toss Only one re-serve per player per term of service, one male back-row player may be forward of the 10 ft. line to block. The remaining male back row player must be behind the attack line until the ball has been contacted by the blocker(s) or until it has been hit in such a manner that no block is possible. Center Line Weman Contact Nele When only one male player is in the front row at time of service, one male back-row player may be forward of the 10 ft. line to block. The remaining male back row player may be forward of the 10 ft. line to block. The remaining male back row player may be forward of the 10 ft. line to block. The remaining male back row player may be forward of the 10 ft. lin		
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When only one male player is in the front row at time of service, one male back-row player may be forward of the 10 ft. line to block. The remaining male back row player may be forward of the 10 ft. line to block. The remaining male back row player must be behind the attack line until the ball has been contacted by the blocker(s) or until it has been hit in such a manner that no block is possible. Retrieving a Ball / Adjoining Court Adjoining Court Contact Net & Net Cables Unintentional contact with the net is now OK, unless you touch the white tape at the top of the net while blocking or spiking. Player can touch the opponent's court with feet or hands, providing some part of the extremity are on or above the center line. Woman Contact Rule When the ball is played more than once by a team, a female player shall make at least one of the contacts. Blocks do not count as contacts. The ball may touch any part of the body. The ball must be hit, not caught or thrown. It can rebound in any direction. The ball may contact various parts of the body, provided that the contacts take place simultaneously. During the team's first hit, multiple contacts with various parts of the body are permitted in a single action of playing the ball. These contacts include "finger action" on the ball and/or contact). The 'first hit' of the team includes reception of: a) The serve, b) an attack hit (hard or soft) by the opposing team and c) a ball blocked by an opponent. A ball striking the curtain or walls is out. Backboards / rims attached to wall on side of court: Dead ball. "Out" or "Replay" at official's discretion. Backboards / rims above court parallel to ceiling: Play as if part of ceiling. Children and other spectators are welcome only if they remain courtside, on your team's playing side. Forbidden Pobjects Forbidden Objects Forbidden Wards Foul language isn't appropriate and is subject to sanction by the official, gym supervisor, or	Playing the Serve	,
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Center Line Player can touch the opponent's court with feet or hands, providing some part of the extremity are on or above the center line. Woman Contact Rule When the ball is played more than once by a team, a female player shall make at least one of the contacts. Blocks do not count as contacts. The ball may touch any part of the body. The ball must be hit, not caught or thrown. It can rebound in any direction. The ball may contact various parts of the body, provided that the contacts take place simultaneously. During the team's first hit, multiple contacts with various parts of the body are permitted in a single action of playing the ball. These contacts include "finger action" on the ball and/or contact with the foot. The ball, however, cannot be caught and/or thrown (no prolonged contact). The 'first hit' of the team includes reception of: a) The serve, b) an attack hit (hard or soft) by the opposing team and c) a ball blocked by an opponent. A ball striking the curtain or walls is out. Backboards / rims attached to wall on side of court: Dead ball. "Out" or "Replay" at official's discretion. Backboards / rims above court parallel to ceiling: Play as if part of ceiling. Children and other spectators are welcome only if they remain courtside, on your team's playing side. Forbidden Objects No tobacco, alcohol or firearms on school grounds! Penalty is season-long expulsion. Forbidden Wards Foul language isn't appropriate and is subject to sanction by the official, gym supervisor, or	_	Players may not run on or into the other court, whether or not a game is currently in progress on the other court. It is a fault if a player steps on or into the adjoining court before, during or after playing the ball.
Woman Contact Rule When the ball is played more than once by a team, a female player shall make at least one of the contacts. Blocks do not count as contacts. The ball may touch any part of the body. The ball must be hit, not caught or thrown. It can rebound in any direction. The ball may contact various parts of the body, provided that the contacts take place simultaneously. Double Contact Exception Double Contact With the foot. The ball, however, cannot be caught and/or thrown (no prolonged contact). The 'first hit' of the team includes reception of: a) The serve, b) an attack hit (hard or soft) by the opposing team and c) a ball blocked by an opponent. A ball striking the curtain or walls is out. Backboards /rims attached to wall on side of court: Dead ball. "Out" or "Replay" at official's discretion. Backboards / rims above court parallel to ceiling: Play as if part of ceiling. Children and other spectators are welcome only if they remain courtside, on your team's playing side. Forbidden Objects No tobacco, alcohol or firearms on school grounds! Penalty is season-long expulsion. Foul language isn't appropriate and is subject to sanction by the official, gym supervisor, or		·
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Legal Contact rebound in any direction. The ball may contact various parts of the body, provided that the contacts take place simultaneously. During the team's first hit, multiple contacts with various parts of the body are permitted in a single action of playing the ball. These contacts include "finger action" on the ball and/or contact with the foot. The ball, however, cannot be caught and/or thrown (no prolonged contact). The 'first hit' of the team includes reception of: a) The serve, b) an attack hit (hard or soft) by the opposing team and c) a ball blocked by an opponent. A ball striking the curtain or walls is out. Backboards / rims attached to wall on side of court: Dead ball. "Out" or "Replay" at official's discretion. Backboards / rims above court parallel to ceiling: Play as if part of ceiling. Children and other spectators are welcome only if they remain courtside, on your team's playing side. Forbidden Objects No tobacco, alcohol or firearms on school grounds! Penalty is season-long expulsion. Foul language isn't appropriate and is subject to sanction by the official, gym supervisor, or	Woman Contact Rule	
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Forbidden People playing side. Forbidden Objects No tobacco, alcohol or firearms on school grounds! Penalty is season-long expulsion. Forbidden Words Foul language isn't appropriate and is subject to sanction by the official, gym supervisor, or	Ground Rules	court: Dead ball. "Out" or "Replay" at official's discretion. Backboards / rims above court
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	Forbidden Words	
Facility Availability Games will be shortened to 21 pts if they start 15 minutes later than scheduled and if the delay is caused by facility availability and school programs.	Facility Availability	

Have fun and be friendly. Unsportsmanlike conduct may result in ejection or suspension, at the discretion of the officials, gym supervisor or league director. 360-491-0857 (M-F, 8am - 5pm)