

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.

Team Roster	Limited to 12 maximum. Individuals must sign the roster to be eligible and are limited to playing for one team in this league. Rosters are available to sign at the gym before your match. To be eligible for playoffs, players must have signed the roster and played in at least 2 regular- season matches before rosters close.
Player Age	Players must 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.
Equipment	Splints/ braces allowed on hands/arms if padded. Barrettes & soft head gear allowed. No jewelry unless covered or padded by tape.
Scoring System	Rally Scoring. 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.
Number of Players	Must field minimum of 4 players. When playing with 4 players there is a maximum of 2 men on the court. When playing with 5 or more players on the court the maximum is 3 men. Acceptable combinations are: (4w/0m; 3w/1m; 2w/2m; 3w/3m; 4w/2m; 5w/1m; 6w/0m; 2w/3m; 3w/2m)
Extra players / substitutes	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.
Grace Period	Five minute grace period for the first game of each match. An additional grace period of 15 minutes for the second game of each match. Exception: There will be NO 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.
Timeouts	2, 30 second timeouts per team, per game.
Announcing the Score	Teams are responsible for keeping score. The server MUST announce the score LOUDLY & CLEARLY prior to serving the ball.
Service Order	You must alternate women/men in the service order as much as possible.
Service Line	Due to limited space, you may step on, but not over, the backline to serve.
Service Toss	Once the ball is released for service, it may be caught or allowed to drop for a re-serve. Only one re-serve per player per term of service.
Playing the Serve	The serve may NOT be blocked or attacked if the ball is entirely above the height of the net when contacted.
Libero	No liberos in city-league!
Back Row Blocker	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 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	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.
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.
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.
Legal Contact	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	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.
Ground Rules	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.
Forbidden People	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 Words	Foul language isn't appropriate and is subject to sanction by the official, gym supervisor, or league director.
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.

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)