

Team Composition & Player Requirements:

1. **Team Size:** Each team must have a minimum of six (6) players present to start a match.
2. **Coed Requirement:** Each team must have a minimum of two (2) female players on the court at all times. If a team cannot field at least two female players, they will forfeit the match.
3. **Player Roster:** Teams must submit a roster before the start of the season. Players not on the official roster are ineligible to participate.
4. **Substitutions:**
 - Substitutions can only occur when the ball is dead and with the referee's acknowledgment.
 - Substituted players can re-enter the game, following standard volleyball substitution rules (the player can only return for the player who substituted for them).

Gameplay Rules:

5. **Rally Scoring:** Points are awarded on every serve, regardless of which team served the ball.
6. **Sets:**
 - Matches will consist of the best two out of three sets.
 - The first two sets will be played to 25 points, with a minimum two-point advantage required to win (e.g., 25-23, 26-24, etc.). There is no cap in the first two sets.
 - If a third set is necessary, it will be played to 21 points, with a minimum two-point advantage required to win (e.g., 21-19, 22-20, etc.). There is no cap in the third set.
7. **Serving:**
 - Servers must stand behind the end line when serving.
 - The server has 8 seconds to serve after the referee's whistle.
 - A served ball that touches the net and goes over is a legal serve.
8. **Hits:**
 - Each team is allowed a maximum of three (3) contacts to return the ball to the opponent's side. Blocking counts as one of the three contacts.
 - A player cannot hit the ball twice in succession, with the exception of a block.
9. **Blocking:**
 - A block is the act of players near the net attempting to intercept the ball coming from the opponent's side.
 - Only front-row players are allowed to block.
 - A block contact does not count as one of the team's three allowable hits.
10. **Net Play:**
 - Players cannot touch the net while the ball is in play. Incidental contact that does not affect the play may be overlooked by the referee.

- Reaching over the net is permitted only after a legal block or when following through on a legal attack hit, provided the player does not interfere with an opponent.
11. **Back Row Attacks:** Back-row players can attack the ball from anywhere behind the attack line (10-foot line). If a back-row player jumps and contacts the ball in front of the attack line, it is considered a fault.
 12. **Foot Faults:** Players must remain within their court boundaries. Stepping completely over the center line is a fault.
 13. **Illegal Hits:** Examples of illegal hits include, but are not limited to:
 - Lifting or carrying the ball.
 - Double contact (hitting the ball twice in succession).
 - Throwing the ball.

League Format:

14. **Regular Season:** The regular season will consist of five (5) scheduled games for each team.
15. **Standings:** Team standings will be determined by the number of wins. Tiebreakers, if needed, will be determined in the following order:
 - Head-to-head record between tied teams.
 - Total sets won minus total sets lost.
 - Total point differential.
16. **Playoffs:**
 - The top teams (e.g., top 4, depending on the number of teams) will advance to a single-elimination playoff tournament. The exact number of playoff teams will be determined before the season begins.
 - Playoff matches will follow the same set and scoring rules as regular season matches.

Conduct & Sportsmanship:

17. **Sportsmanship:** All players are expected to exhibit good sportsmanship. Unsportsmanlike conduct, including arguing with officials or disrespectful behavior towards opponents or teammates, may result in warnings, point deductions, or ejection from the game/league.
18. **Referee Decisions:** The referee's decisions are final during the match. Respectful discussion of rules is permitted, but arguing calls is not.

Equipment & Facility:

19. **Net Height:** The net height will be set at the standard coed height. (You'll need to specify this exact height based on your league's standard).
20. **Ball:** The official league ball will be used for all matches.
21. **Facility Rules:** All players must adhere to the rules and regulations of the facility where the games are played.

Scheduling & Forfeits:

22. **Scheduling:** The league schedule will be determined and distributed prior to the start of the season.
23. **Forfeits:** A team failing to field the minimum number of players (six, with at least two females) within 15 minutes of the scheduled start time will forfeit the match. A forfeited match will be recorded as a 2-0 (or 2-1 if the third set would have been played) victory for the present team.