

CO-ED VOLLEYBALL LEAGUE

RULES OF PLAY

The Co-ed Volleyball League is self-officiated. Teams are responsible for calling their own fouls, violations, and points during matches. Players are expected to demonstrate honesty, respect, and good sportsmanship while making these calls.

MATCH DURATION:

- Each match has a total duration of 30 minutes, including the time taken for set breaks and timeouts.

SET RULES:

- Rally scoring will be used, meaning a point is awarded for each play regardless of which team served.
- Each set is played to 25 points, with a team needing to win by a margin of 2 points.
- If the 30-minute time limit is reached during a set, the current set will conclude after playing the point. If a team hasn't reached 25 points, the team with the most points at that time wins the set.

SERVING:

- The serve must be done from behind the back boundary line (green line).
- Serves must be underhand or overhand.
- A serve that hits the net and goes over into the opponent's court is considered a live serve, and play continues.

ATTACK RULES:

- Back-row players cannot perform attacking hits or spikes in front of the 3-meter line.
- Only front-row players can execute attacking hits within the attacking zone.

ROTATION:

- Teams must rotate their players clockwise before every new server.
- Teams must rotate their players clockwise after an individual player wins five consecutive serves.

NET PLAY:

- Players may not reach over the net to block a ball unless they jump entirely from their side before contacting the ball.
- Crossing under the net to the opposing team's side is not allowed.
- Touching the net with any part of a player's body is considered a fault.

CO-ED VOLLEYBALL LEAGUE • RULES OF PLAY

FOOT FAULT:

- Servers must not step on or over the end line while serving.
- Players in other positions should not cross the boundary lines before the ball is hit during service.

CONTACTS:

- Each team is allowed a maximum of three contacts (hits) to return the ball over the net.
- Players cannot hit the ball twice in succession (a block is not considered a hit).

BLOCKING:

- Blocking is allowed, but block touches do not count as one of the three allowed contacts.
- Players who make a block touch can still participate in the next play.
- Blocking is not allowed during service.

SETTING:

- Overhead finger sets are allowed, but open-hand tipping or lifting is prohibited.

SERVING ORDER:

- Teams must maintain the serving order throughout each set.

TIMEOUTS:

- Each team is allowed no more than two timeouts per set to strategize or regroup.

BALL IN/OUT:

- A ball landing on any boundary line is considered in.

SUBSTITUTIONS:

- If a player is unable to attend a scheduled league night and would like to send a substitute in their place, they must email daniellea@mnjcc.org with the first and last name of the proposed substitute ahead of the scheduled date.
- Substitutes will be required to check-in at the front desk
- External substitute players will not be permitted during playoffs or finals.

EQUIPMENT AND ATTIRE:

- All players must wear appropriate volleyball attire and non-marking shoes.
- Jewelry, including earrings, necklaces, and bracelets, should not be worn during play.

SPORTSMANSHIP:

- Respectful and sportsmanlike conduct is expected from all players, team members.

REGISTRATION REQUIRED: [MNJCC.ORG/ATHLETICS](https://mnjcc.org/athletics)

