

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 CALLS.

TEAM COMPOSITION:

- EACH TEAM CONSISTS OF SIX PLAYERS ON THE COURT AT A TIME, WITH A MINIMUM OF ONE FEMALE PLAYER ON THE COURT.

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.
- MATCHES ARE PLAYED AS BEST-OF-THREE SETS. TEAMS WILL SWITCH SIDES AFTER EVERY SET.
- EACH SET IS PLAYED TO 21 POINTS, WITH A TEAM NEEDING TO WIN BY A MARGIN OF 2 POINTS.
- IF A THIRD SET IS REQUIRED AND TIME RUNS OUT, THE TEAM WITH MORE POINTS WINS THE SET.
- 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 21 POINTS, THE TEAM WITH THE MOST POINTS AT THAT TIME WINS THE SET.
- IF A THIRD SET IS REQUIRED TO DETERMINE THE WINNER, TEAMS SWITCH SIDES WHEN THE FIRST TEAM REACHES EIGHT POINTS.

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



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SERVING:

- THE SERVE MUST BE DONE FROM BEHIND THE BACK BOUNDARY LINE (END 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 AFTER AN INDIVIDUAL PLAYER WINS FIVE CONSECUTIVE SERVES.
- TEAMS MUST ROTATE THEIR PLAYERS CLOCKWISE BEFORE EVERY NEW SERVER.

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 OTHER TEAM'S SIDE ISN'T ALLOWED.

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).

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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 TYPICALLY ALLOWED ONE OR TWO TIMEOUTS PER SET TO STRATEGIZE OR REGROUP.

BALL IN/OUT:

- A BALL LANDING ON ANY BOUNDARY LINE IS CONSIDERED IN.

SUBSTITUTIONS:

- SUBSTITUTIONS CAN BE MADE DURING DEAD BALLS AND MUST BE MADE WITHIN THE SUBSTITUTION ZONE.

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 FOR SAFETY REASONS.

SPORTSMANSHIP:

- RESPECTFUL AND SPORTSMANLIKE CONDUCT IS EXPECTED FROM ALL PLAYERS AND TEAM MEMBERS.

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