

Coed Indoor Volleyball League

RULES:

Playing Area

1. The leagues playing area will be regulated by NCAA dimensions.
2. The court will be divided into two 9 x 9 meter sections by the regulation size net.
3. The net will be 1 meter wide and 9.5 to 10 meters long.
4. The height of the net for co-ed will be 2.43 (7' 11^{5/8}”) meters tall.

Balls

5. Players will use NCAA regulation size balls with a circumference of 65-67 cm.
6. All balls in a match must have the same standards.

Teams

7. There will only be 10 players and 1 coach allowed per team.
8. There will be no cross team subbing allowed.
9. There must be 6 players on the court per team at all times.
10. There must be at least 3 women on the court at all times.
11. The players not in play should sit in their designated team area.
12. Only team members are permitted to sit on the bench during the match.
13. If there are more than 6 players on the court during play, the team responsible will be given a penalty. The opposing team will receive one point.

Uniforms

14. A player's equipment consists of a jersey (t-shirt acceptable), shorts, socks, and shoes suitable for an indoor court.
15. The color of the jerseys and shorts must be uniform per team.
16. The player's jerseys must be numbered on the center of the back of the jerseys.
17. No numbers will be repeated per team.
18. Players are not permitted to wear any type of jewelry or any other loose objects that may cause any injury. (The one exception is a wedding band.)

Playing format

19. The league will be using a rally point system. A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.
20. If the serving team wins a rally, it scores a point and continues to serve.
21. If the receiving team wins a rally, it scores a point and will serve next.
22. To score a point a team must successfully ground the ball on the opponent's court. Also a team may earn a point when the opponent team commits a fault or receives a penalty.
23. A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved. (ex. 26-24, 27-25..)
24. The games will be played as a best 2 of 3 sets wins.
25. The match is won by the team that wins 2 sets.
26. In case of a 1-1 tie, the deciding set (the 3rd) is played to 15 points with a minimum lead of 2 points.
27. Games will last no more than 60 minutes.

28. If a team has not won two sets by the 60 minute time allowance then the team that has the most sets won is determined the winner.
29. If both teams have won a set then the team with the most points in the current set at the end of the 60 minute time allowance will be determined the winner.
30. If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-2 for the match 0-25 for each set.
31. A team that, without justifiable reason, does not appear on the playing court on time will be forced to forfeit the match.
32. The team listed first on the schedule will serve first.
33. Team listed first on the schedule will be labeled "home".
34. Team listed second on the schedule will be labeled "away".

Playing Structure

35. The serving order and positions on the court will be male and female alternated or vice-versa.
36. Alternation male and female service order must be maintained.
37. When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking.
38. No female back-row player may participate in a block.
39. At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order.
40. After the service hit, the players may move around and occupy any position on their court.
41. The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.
42. If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault.
43. If the service becomes faulty after the service hit, it is the positional fault that will be counted.
44. A positional fault leads to the following consequences: the team is sanctioned with loss of a rally; players' positions are rectified.

Playing Actions

45. The ball is in play from the moment of the hit of the service authorized by the first referee.
46. The ball is out of play at the moment of the fault which is whistled by one of the referees; in the absence of a fault, at the moment of the whistle.
47. The ball is "in" when it touches the floor of the playing court, including the boundary lines.
48. The ball is "out" when the ball hits outside of the playing courts boundary lines.
49. When the ball is played more than once by a team, a female player must make at least one of the contacts. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.
50. Contact of the ball during blocking does not constitute playing the ball.
51. A ball contacted more than once by a team without a female player having contacted it, remains live and does not become an illegal hit until it fully crosses the plane of the net or is contacted by an opponent.

52. An illegally hit ball blocked by an illegal blocker results in a double fault, and a play over is directed.
53. Please see this link for any questions about playing actions:
<http://www.usavolleyball.org/media/rulesofficials/08DCR/08IndoorDCR.pdf>
Section 1, chapter 4.

Interruptions and Delays

54. Each team is allowed one 30 second timeout per set. Timeouts will not carry over into other sets.
55. Unlimited amount of substitutions is allowed, however, this is only acceptable on dead balls.
56. Substitution must be carried out within the teams own playing area.
57. If there is any external interference during the set, play has to be stopped and the rally is replayed.
58. After each set, the teams change courts, with the exception of the deciding set.

Participants Conduct

59. Participants must accept referees' decisions with sportsmanlike conduct, with out disputing them.
60. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.
61. There will be absolutely no profanity or obscene gestures allowed.
62. Misconduct leading to sanctions will include: Rude conduct (action contrary to good manners or moral principles, or expressing contempt.). Offensive conduct (defamatory or insulting words or gestures.). Aggression (physical attack or intended aggression.).
63. Any fights between two players will result in the players' immediate ejection from the game and league. **No exceptions.**
- 64. The referee's decision is final.**
- 65. The administrator's decision is final.**