

City of Lincoln

Co-ed Volleyball Rules

I. Eligibility

- A. Rosters must be submitted before your first game. Each roster must consist of 6 – 12 players. A player may play on only one team in each league. The minimum age to participate is 17 or a signed parent waiver.
- B. After game one, players may be added to the roster through week 5 by completing and submitting a “Team Roster Add Form” along with a \$5 fee for each player added. Players may not be added to a roster after week 5.
- C. Any team that’s found to be playing with an ineligible player or a player not on their roster will immediately forfeit the game they are playing.
- D. Any protest a team has regarding the eligibility of a player on the opposing team must come from the team’s captain and be made towards the staff person in charge during the course of the game. No action will be taken if the protest is made upon conclusion of the game or made by any person other than the team’s captain.

II. Playing Rules

- A. USA Volleyball rules and “Player Code of Conduct” govern play, with exceptions listed.
- B. Game time plus 5 minutes on the gym clock is forfeit time for the 1st game. Every 5 minutes after that is another game forfeited.
- C. Teams may play with a maximum of 6 players on the court & a minimum of 4 players. Any team dropping below 4 players must forfeit. At least 50% of the players on the court must be female at all times.
- D. A coin toss before the first game will determine service. Service will then alternate from game to game.
- E. Each match consists of three games to 25 using the “rally” score system. You must win by two. There is a 55-minute time limit at which time play will be stopped with the team ahead being awarded the victory for that game.
- F. A served ball may touch the net as long as it crosses over.
- G. If any team plays the ball using more than one touch before it is returned to the opponent, one of the touches must be by a female. (Block doesn’t count as a touch.)
- H. No holding, carrying, or throwing the volleyball. (See USA Volleyball Rules 14.4 & 14.5 for definitions of legal & illegal hits). **PLEASE NOTE:** The official has the authority to enforce this rule loosely or strictly, depending on the skill level of the competing teams.
- I. See USA Volleyball Rules 16.2, 16.3, 16.4 & 16.5 in regards to reaching beyond the net, penetration under the net, contact with the net & player’s faults at the net.
- J. GYM GROUND RULES: Any ball that touches the ceiling or the bottom side of a basketball goal positioned above the ends of the court and falls on the side of play where it was originally hit from, provided the flight of the ball is not altered horizontally, is playable. However, any ball that touches the wall or a basketball goal positioned above the center of the court, has its direction changed horizontally or bounces off the top side of an end basketball goal, regardless of what side it falls, is out.
- K. There are no time-outs with the exception of injury.
- L. Standings are based on a total point system. All scores count.
- M. The top 4 teams will compete in the playoffs with the #1 seed playing the #4 seed and the #2 seed playing the #3 seed with the winner of each game facing each other in the championship game. All games will be played on the same evening with the 1 & 4 seeds playing the 1st scheduled semi-final game and the 2 & 3 seeds playing the 2nd scheduled semi-final game.
- N. The higher seeded teams will have the first serve for the semi-final games with service then alternating from game to game. Service for the championship game will be determined by a coin flip.
- O. Playoff seeding and tie breakers will be determined by the following order: 1) overall record; 2) head-to-head record; 3) head-to-head point differential; 4) coin flip
- P. **All children must be accompanied by a non playing adult and remain off the courts and in front of the stage curtain at all times.**