

## **COOPER STREET FAMILY CENTER YMCA ADULT CO-ED VOLLEYBALL RULES**

### **Eligibility:**

- All players must be at least 18 years old.
- Maximum of 12 (minimum 8) players on the roster. Teams may not add players to the roster after the 3<sup>rd</sup> game of the season. A player must be on the roster to play.
- Injury waivers must be turned in to the Cooper Street Family Center YMCA prior to the first game. You will not be allowed to play unless this form is submitted with the proper signatures.

### **Players Conduct:**

- Taunting or abusive language toward opponents or officials will not be tolerated. Offenders will be ejected from the gym immediately and may face suspension.
- No food or drinks allowed in the gym.
- Children under 13 in the gym must be supervised.

### **Players Rules:**

- USAV rules apply unless specifically modified below. USAV rules manual can be found at [www.usavolleyball.org](http://www.usavolleyball.org).
- The net is set at 7'11 5/8" high.
- Each match shall not exceed 45 minutes. The interval between games lasts 2 minutes.
- Game time is forfeit time for that set. If teams are lacking the required number of players to start then only the first set is a forfeit. After ten minutes the second set will be forfeited and so forth. Once the team as forfeited three sets than the match is over and recorded as a win for the other team.
- If any one team forfeits 3 match they will be excluded from playing the rest of the season. A refund will not be provided.
- Each team shall have a maximum of 6 players on the court, 2 of which must be female. Teams may play with 5 players (3:2 ratio). Teams may not play with less than 5 players.
- Each team is allowed one 30 second time-out per game with the exception of the last minute of the match.
- A ball hitting the ceiling (or other suspended object) and landing on the opposite side is a dead ball. A team may continue play if they hit the ball and it touches the ceiling (or other suspended object) on their side and comes back down on their side.
- Walls, bleachers and scorekeeper table are out of bounds. The ball is out of play & a play over directed if the ball contacts the basketball backboard/posts and would have remained playable if the object had not been present.
- Players are responsible for calling their own lines (on their side) if the referee is not able to. The boundary lines are considered in bounds.
- Each match will be a best of three series to 25, rally format. (The end of each rally will determine a point for the winning team, regardless of which team served the ball. The winner of the previous point will determine who serves.) A game is won by the team which first scores 25 points with a minimum lead of 2 points. Each game is capped at twenty-seven. Should the match go to a third game, it will be played to 15 or until time has expired.
- The first serve of game is executed by the team determined by the coin toss. When the receiving team wins the rally it garnishes the right to serve & rotates.
- The server must contact the ball within 8 seconds after the referee whistles for serve. Only one toss or release of the ball which is considered part of the serve action is allowed. A serve may not be blocked or attacked. It is a fault if the player completes the attack hit on the opponent's serve when the ball is entirely above the top of the net.
- Substitutions will be during the serving rotation and will enter in position 6 (middle back).
- A player entering the game late ( 3:2: ratio) can only enter the game in position 6 (middle back)
- At the time the ball is served, players on both teams must be in their correct positions. The regular clockwise rotation rule must be observed.

- If the ball touches the net on a serve, it is playable.
- Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent's area. However, at least one of the multiple contacts must be made by a female player. A male may hit the ball across the net without a female touching it ONLY if it is the first ball hit.
- During the first hit of the team the ball may contact various parts of the body consecutively provided the contacts occur during one action.
- A team that has made a block has the right to 3 more contacts in order to return the ball to the opponent's area. (A block does not count as one of the 3 hits.) In the competitive league only, when a single male is at the net, a designated back row male player may come to the net and assist in blocking only.
- Touching the ball over the net above the opponent's playing area before the opponent has attempted to send the ball to the opposite side constitutes a fault. A player's hand passing over the net to affect a block is not a fault provided it does not interfere with the opponent's play.
- Penetrating into the opponent's court, beyond the center line to touch the opponent's court with hands, foot and/or feet is permitted provided some part of the penetrating hand/foot/feet remains either in contact with or directly above the center line. Any other part of the body (except hair) is a fault.
- A back row attack may only occur behind the 10ft line.
- Any decisions regarding the match within the last minute are at the discretion of the referee.
- Recreation League (Aggressive Spikes) – they will be at the discretion of the referee. Any spike that is deemed aggressive will be a side out and the point will be awarded to the other team. Competitive Teams (Aggressive Spikes) are permitted.

Questions regarding these rules should be directed to the  
Sr. Program Director.

Call 817-419-9629, or send email to [coryb@amaymca.org](mailto:coryb@amaymca.org)

### **YMCA Mission Statement**

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.