

City of Pleasanton Coed Volleyball Rules

GENERAL

USA Volleyball rules apply to the volleyball leagues for the COP. Team captains are responsible for reading and knowing the rules. Three games are played to 25 points using rally scoring (point per play) and must win by 2, no cap. Two time-outs of 30 sec per game will be allotted.

All players must be listed on the roster, initial the waiver, and be over the age of 18 to participate in the league. All players on a roster must play at least one league match to be eligible to participate in the playoffs. Players may be added only during the regular portion of the league. There is a limit of 10 players per roster. Each team must have a minimum of 4 players to start a match, the offense alignment will be a diamond, that is 3 front row players with two outside hitters, and one back row player.

If a team forfeits, the score will be 25-0 for each game lost.

Teams with 5 players, 3 men and 2 women, or 3 women and 2 men, must play with the ghost player on the floor and the ghost must rotate during play. This means that there will be 3 rotations with 3 front row players and 3 with 2.

All players should be in proper attire (gym clothes and shoes).

Participants may be removed from a game for any unsportsmanlike conduct. If this should happen a minimum of one game suspension up to a team/individual removal from the league will occur.

PLAYING RULES

The net height is 7' 11 5/8".

After any "side-out", the team must rotate one position.

NEW Serving order and positions on the court at service shall be male and female alternating or vice-versa.

Serves that contact the net and continue over the net are playable.

A ball hit into the net during play within the boundary lines maybe recovered provided the player doesn't make contact with the net or crosses the centerline.

At no time during play may a player completely cross over the centerline with a foot or hand or other part of the body. However, a player may "shadow" the line with only the foot/feet without violating the rule. That is, the toe or heel may be

completely over the line but in a raised position with the rest of the foot above the line.

At no time may a player contact the net while the ball is in play. Exception is when inadvertent contact occurs with the net away from play, this is allowed.

A team must return a ball in three or less touches; a block does not count as a touch. If there are two touches by men, a woman must touch the ball to avoid a fault.

There is no double contact fault on the first ball over the net. That is, the ball may be double hit using a serve receive bump, overhand set, digging a spike or dink, or any other legal hit.

A ball may be contacted with any part of the body in an attempt to dig or pass.

Back row players may not spike or attack the ball from in front of the 10-foot line. A back row player may attack a ball if the player leaves the floor from behind the 10-foot line. If in front of the 10-foot line, a back row player can only hit the ball from below the top of the net.

A player's hands and/or arms are allowed to cross the plane of the net when blocking or spiking. A player is allowed to block a ball on the opponent's side of the net after the opponent's third contact.

It will be a fault if a player attacks a ball on the opponent's side of the net prior to the third contact. The ball is considered free to each team when it breaks the plane of the net.

Jousts above the net (simultaneous contact on the ball between two opponents) are considered a block and play may continue.

At no time may a ball be contacted such that it comes to a stop or rolls up a body surface, this is a fault and is called a "lift".

After the first contact, the double contact rule is reapplied and when setting, or bumping the ball, all double contacts will be a fault.

When during play there are less than two men in the front row, a back row man may come forward to form a 2-man block. This player may only block and not attack the ball.

Serve can take place anywhere on the back line. There is no second chance on a bad toss for serve. The ball must be served if not a point and side out will be awarded to the opponent.

House rules for balls in play are:

Any contact with the overhead obstacles in which the ball does not cross the net and stays within the perimeter of the court are in play.

Any contact with overhead obstacles during a serve is a fault.

Any contact with the overhead obstacles that crosses over the net to the Opponent's side is a fault

LEAGUE STANDINGS/ PLAYOFFS

Standings will be based on total games played and a weekly win/loss percentage will be reported on the City of Pleasanton Recreation Department Web site. (<http://www.ci.pleasanton.ca.us/services/recreation/coed-adult-volleyball.html>)

League play will determine the final seedings for the playoffs. The top four teams from each division will be eligible for the playoffs. Ties will be broken with head to head points scored, further ties will be broken with a coin toss.

Playoffs will consist of a single 2/3 match to 25 points using rally score. The 1 seed will play the 4 seed, and the 2 seed play the 3 seed.