

**MAQUOKETA AREA FAMILY YMCA**  
**COED WINTER VOLLEYBALL RULES**

1. All teams shall be comprised of not more than six (6) players at a time with a roster consisting of no more than twelve (12).
2. Forfeit time: Ten minutes late, forfeit first game; fifteen minutes late, forfeit first and second game; twenty minutes late, forfeit all three games. You may play with less than (3) men or three (3) women, but never have more men on the court than women. No more than 3 males on the floor at any time; may start a game with less than six.
3. A match consists of three (3) games; each game counts as one (1) point.
4. Flip of coin at start of the third game to determine choice of serve or court. Teams will switch courtside at the 8-point mark of the third game.
5. **RALLY SCORING RULE** to 25 points per game.
6. The first server for each team is the right back player. Thereafter, the right front player rotates to the serving area.
7. Serving order and position on the floor should be an alternation of women and men.
8. **NO OVERHAND SERVES IN 'B' LEAGUE.** The server shall stand with both feet back of the rear boundary line for the serve.
9. The losing team of the flip gets the first service of the next game and the courts are exchanged.
10. If a player touches the ball or the ball touches a player, he or she is considered as having played the ball unless 2 players touch the ball simultaneously. Under that, it is deemed that only 1 player has touched the ball.
11. It is permissible to run out-of-bounds to play a ball. A ball, which is knocked out of bounds by the opponents, must be allowed to hit the ground outside before being touched or, unless successfully returned, it counts against the player touching it.
12. When a ball touches the boundary line, it is considered good.
13. Players are not permitted to scoop, hold or lift the ball. The ball must be clearly batted; underhand hits use a closed fist, backhand or interlocked fingers, overhand hits use tips, backhand or closed fist, or heel of hand. Rec. League: Flexible! **NO POWER SPIKES** in "B" league.
14. A ball is kept in play if it hits the net and goes over into the opponent's court. If the ball does not go clearly over the net on a serve, the non serve team is awarded a point and possession of serve is switched. It is not permissible for a player to assist the ball over the net on a teammate's serve.
15. A ball hit into the net by a team may still be kept in play provided that the net is not touched by any player but the ball can still not be hit twice in a row by the same player.
16. One (1) player may play the ball twice during a volley, they cannot be in succession. The ball must

- be returned over the net by the third contact (with the exception of a block).
17. When the ball is played by more than one player on a team, one of these must be a woman.
  18. Players may not touch the net or step over the center line (foot or hand must be completely across for a line violation).
  19. A game is complete when a team scores a total of twenty-five (25) points. If a team is not two (2) points ahead when 25 points have been scored, play will continue until one team is two points ahead.
  20. The position of the substitute shall be that of the center back only.
  21. After the ball is served: After the ball is contacted, when hit for serve, the players may move from their respective position.
  22. Playing the ball: The ball may be hit by any part of the body above and including the waist.
  23. Team time-outs: Time-outs shall not exceed 30 seconds. Each time-out taken by or charged to a team in excess of two (2) per game shall be penalized. (If score goes to 14-14, each team will receive another time-out.)
  24. Free substitutions: Any time due to an injured player only.
  25. Blocking: Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
    - a. The attacking team has had the opportunity to spike the ball or in the official's judgment, intentionally directs the ball into the opponent's court.
    - b. The attacking team has completed its three allowable hits.
    - c. The ball is falling near the net and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball.
      - i. **NO BLOCKING OR SPIKING ON THE SERVE RECEPTION.**
      - ii. A man may come from the back row to block **ONLY** when the front line is made up of
      - iii. two women and one man.
  26. Replay: A replay is the act of putting the ball in play (other than at the start of the game) without awarding a point or side-out. The same player who served the previous play serves on the replay. A replay shall be declared when:
    - a. An officials mistaken whistle sound interrupts play.
    - b. A foreign object enters the proximity of the playing area.



- c. A ball becomes motionless in or on an overhead obstruction beneath which the ball can be legally played.
  - d. The referee determines a player has been injured.
  - e. After a double foul.
  - f. There are conflicting line calls which the referee cannot resolve.
27. Hits: A legal hit is contact with the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest even momentarily. Examples of legal hits include:
- a. Blocking: A play approximately arms length from the net in which a player whose hands are raised above the head attempts to:
    - i. Prevent the ball from crossing the net
  - b. Setting: A play in which the ball is hit up into the air so another player can get into position to hit the ball.
  - c. Spiking: A play in which the ball is hit forcibly into the opponents court from above the top of the net. Rec. League – NO POWER SPIKES IN 'B' LEAGUE!
28. Net Play: Reaching over the net is permitted during:
- a. The follow through of a hit made on the player's own side
  - b. A fake hit
  - c. A block or an attempt to block
29. If caught with illegal players, the team will forfeit all of the three (3) games, even if all of the games have not been completed.
30. The official roster may be added to, if a player(s) move from the area/cannot continue to play the rest of the season.
31. Rosters are frozen at twelve (12) people.
32. Conduct:
- a. Unsportsmanlike Conduct: Includes actions which are unbecoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect, or vulgarity.
33. Illegal Conduct:
- a. No player, coach, team attendant, and/or spectator shall act in an unsportsmanlike manner while on or near the court before a match, during a game, or between games.
34. Unsportsmanlike conduct by a player includes:
- A. Use of disconcerting acts or words when an opponent is about to play the ball
  - B. Derogatory remarks to officials or opponents
  - C. Questioning or trying to influence the official's decision
  - D. Showing disgust with official's decisions
  - E. Using insulting language or gestures or baiting acts, which engender ill will
  - F. Making any contact with an opponent which is deemed unnecessary and which incites roughness
- G. Using any part of a teammates body or any object to gain support for advantage of playing ball
35. Penalties for Illegal Conduct:
- a. For a player displaying acts of unsportsmanlike conduct, point/side-out is awarded the opponents. Two unsportsmanlike conduct calls on a player constitutes immediate withdrawal from game, 3 per team is forfeit of game. For a coach, substitute, or team attendant displaying acts of unsportsmanlike conduct, point/side-out is awarded to the opponents.
  - b. For a spectator becoming unruly or interfering with the orderly progress of the game, the referee shall suspend the game until that person(s) is removed from the premises.
  - c. For what the referee deems excessive unsportsmanlike conduct, team members (including all players, coaches, substitutes, and team attendants) may be disqualified from further competition in the match or ejected from the premises.