

Premier Co-Ed Sports Volleyball Rules
Co-Ed 4's

I. Players and Substitutions

- 1A. All players must fill out a league waiver and have a valid Player's Card to be eligible to play.
- 1B. Roster limit is 8. A team consists of 4 players, but may start with 3 players. A team must have at least two women and two men on the roster.
- 1C. Team requirement - There must be at least 1 female on the court at all times.
- 1D. In order to receive a forfeit win, a team must have its four players on the court.
- 1E. It is highly recommended that players NOT wear jewelry (i.e. chains, rings and earrings).
- 1F. Players may be barefoot or wear socks or booties...no shoes.

II. Roster Changes

- 2A. Roster changes will be accepted via email, mail and in person at the pre-event Captains' Party.
- 2B. All roster changes must be approved by Premier Coed Sports before the 4th game-week of the season.
- 2C. No player changes will be accepted after 4th game-week of the season and player changes will not be accepted due to injury.
- 2D. A team will forfeit any game in which it is determined that a player has participated who is not listed on the final team roster or is not of legal age.
- 2E. Official roster change must be submitted by the Team Captain and include:**
 - Team name, new player name and name of person being replaced.
 - Valid Player Card

III. Pre-game Preparation

- 3A. FORFEIT TIME IS THE SCHEDULED STARTING TIME
- 3B. At the beginning of the game, a coin is tossed with the winning team choosing to either (1) select to serve or receive first ball OR (2) which side they want to start on. The team losing the toss takes the remaining choice.
- 3C. The league will play rain or shine. We will attempt to wait out brief periods of inclement weather for about 10-15 minutes before postponing. This decision is made by the site supervisor and no matches can continue. Completed games still count; partial games will be made up from the beginning.

IV. Length of Matches and Games

- 4A. Best two-out-of-three games decides match winner.
- 4B. Rally Scoring Format is used for all games.
- 4C. First two games are to 21; third game is to 15 - must win by 2 in all games.
- 4D. Each team gets one time out of 30 seconds duration per game.
- 4E. Intermissions between games will be a maximum of 1-minute.
- 4F. Teams switch sides and service each game.

V. Scoring and Officiating

- 5A. All matches will be self-officiated.
- 5B. Captains will report scores to the site supervisor and initial on the site supervisor's score card.

VI. Hit Characteristics

- 6A. The ball may touch any part of the body.
- 6B. The ball must be hit, not caught or thrown.
- 6C. Plays involving finger action - if the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-hit balls are NOT faults. If hitting with the fingers

in cases of off-speed hit defense or setting, the action must be clean with no holding or double hitting.

VII. Faults

7A. Four hits - a team hits the ball the ball 4 times before returning it

7B. Assisted hit - taking support of teammate or any structure/object in order to reach the ball

7C. Held ball - player does not hit the ball (unless when in defense of a hard-driven ball or when simultaneous contact by two opponents over the net leads to a momentary held ball)

7D. Double Contact - a player hits the ball twice in succession or the ball touches two different parts of his/her body

VIII. Other Playing Rules

8A. Ball may contact any part of the body during a block.

8B. Blocking does NOT constitute a team contact, and any player may make the second contact of the ball after the block. The blocking team will have 3 contacts after the blocking contact.

8C. Any player can block.

8D. Players, including their clothing, cannot touch the net during play. If a player's hat/visor or sunglasses fall off and hit the net during play, it is NOT a fault. And it is NOT a fault if a ball driven into the net causes the net to touch the player.

8E. Players may go completely under the net to play a ball, but may not interfere with an opposing player.

8F. If a serve hits the net and goes over, it is in play. ("let serve rule")

8G. Players may not block or attack-hit a serve when the ball is entirely about the top of the net.

8H. If any foreign object enters the court during play, the ball becomes dead. Replay the point.

8I. The site supervisor shall call violations involving unsportsmanlike conduct.

8J. A ball may be played out of the net.

8K. A player may go outside the court to play the ball.

IX. Substitutions

9A. Unlimited substitutions are allowed, as long as each player does not occupy more than one position in the service order in a single game.

9B. Rotation order must stay the same throughout the game, but can be changed between games in the same match.

X. Miscellaneous

10A. Players must be 21 years of age.

10B. This is a private facility. There is a bar on site. No outside alcohol may be brought on the premises.

10C. Profanity and unsportsmanlike conduct can result in ejection and/or disqualification from future matches.