

YMCA Co-ed Volleyball Rules

Sportsmanship

Being competitive on the field is applauded & encouraged in all CRAFTED leagues! It is also important to understand that there is a fine line between being competitive & being unsportsmanlike. All Players should treat one another with respect on the court & after the game. Everyone has to go to work tomorrow, so please keep safety & sportsmanship in mind out there!

Beginning of the Game

Captains will meet at the net at the beginning of the game to clarify any court rules and conduct a coin flip/Rock paper scissor. The winning team can choose to serve, receive, or pick a side to play on. The losing team then picks the remaining choice. Prior to the second game, teams will switch sides and the serving team from game one will receive and vice versa. Prior to the third game, teams will switch sides again returning to the original serving team. For time saving purposes, no coin flip will be conducted before the third game.

Team Size

Coed 6's – Each team consists of six players on the court at a time, with a maximum of three males on the court at a time. A team may play with a minimum of four players and a minimum of two females. If a team has fewer than these minimums, the game will be forfeited.

General Rules

(Games are self officiated. Please be sure you have a clear understanding of rules prior to your first game)

- Three games to 25 will take place. Teams must win by 2. Games will be capped at 30.

Each team has one timeout per game that they may choose to use (thirty seconds in length).

- Let serves (serves that contact the net and then cross to the receiving side) count as legal serves
- There are no male/female attacking rules in coed leagues
- A block does not count as one of a team's three contacts. A double contact may occur only after an attempted block has occurred.

- A player may not block a serve or attack a serve above the plane of the net.
- No player may touch the net during a play, unless the ball or an opposing player causes the contact with the net. Player contact with the net in a manner not directly relating to or affecting the course of play is NOT a violation.
- Players may reach over the net to block any attack or attempt to play the ball over the net. Other contacts can be played only once they cross into the plane of the net.
- If games are being played on adjacent courts, players may not cross into another court. If a player crosses into an adjacent court either before, during, or after playing a ball, he or she will be called out of bounds with the point awarded to the other team.
- Subbing is allowed in between points. All subs must be made in a consistent manner throughout a game. Traditional subbing rules will not be followed, as long as the team does not gain an unfair advantage from a type of substitution. Teams will determine (prior to the start of the game) what forms of subbing are acceptable.

Specific Rules

Coed 6's – Players must rotate clockwise through each rotation. Open hand tipping is allowed. There are no restrictions on the direction you must face when setting the ball over the net.

If a 6's team has 4 or 5 players, no ghost rule will be used. If the team has 4 players, two players must be back row players at all times, with normal rotation being used. If a team has 5 players, they rotate through the five rotations normally with three players in the front row and two in the back row.

Forfeits

Teams will forfeit one game every ten minutes past the designated start time that they do not have the legal amount of players. If ZERO players from a team are present after fifteen minutes, the team will forfeit all three games. All teams consenting to play a legal game with their opponents having less than the allowed minimum waive their right to a forfeit win. Teams are allowed to pick up players during the regular season in order to field a full team. Substitutes from other teams will not be allowed during playoffs.

There are no protests once a match begins. All issues of player eligibility must be addressed before the match starts.

If your team forfeits a match during the season, the following rules apply:

First Offense: Loss of three games and warning issued.

Second Offense: Loss of three games and staff reserves the right to remove the team from playoffs with no refund for games not played.

Third Offense: Automatic removal from the league with no refund for games not played.

If you know in advance that your team will be forfeiting a match, we encourage you to call our office so we can let your opponent know that you won't be showing up.