



Better, Healthier You
Fitness Facility

COED VOLLEYBALL LEAGUE PLAY



PLAY OF THE GAME

- Teams will consist of 4 players on the court at one time.
- A team must have at least 2 players on the court to play.
- Games will consist of the best 2 out of 3 matches. Matches 1 and 2 are played to 15 points. If a 3rd game is needed, match will be played to 11 points.
- Teams must win by 2 to win match.
- There is a 30 minute game cap. If game is not complete within the 30 minutes, the team with the most match wins and highest score at the end of 30 minutes wins.
- Scoring is rally style. A point will be given on each service.
- First service will be determined by the team name list first on the schedule.
- To begin play, one team serves the ball over the net to the opposing team. Once the serve has been received (serve receive) the receiving team has up to three contacts before they must send the ball back over the net to continue the rally. The rally continues, with each team allowed as many as three consecutive touches, until either a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point and serves the ball to start the next rally. Players rotate clockwise around the court in a set order depending on who has possession of the ball.
- Player positions are not enforced. Serving order is enforced.
- The serving line is not enforced. If abuse occurs, we can define more specific restrictions.
- Substitution rules during a match are not enforced. No team should have more than 4 players. However, if a team is using a substitute player for a team member that shows up late, substituting the team member for the substitute player can be allowed.
- Time-outs are allowed as needed or called. If abuse occurs, please let OY Staff know so it can be addressed.
- There will be no changing of courts during games.
- The net will placed at 8 feet.
- GAME TIME IS FORFEIT TIME. Please have your team in the gym and ready to play at the scheduled time of the game.

Guidelines

- Touching the net during the play of a ball is not allowed and will result in a side-out. Outside of a play, touching of the net is allowed, provided that there is no interference to the play or the opposing team. Hair touching the net is the only allowed exception.
- The net outside of (and including) the antennae, the velcro strips holding the antennae, and the net supports are out of bounds. If a ball touches any of these items, it is not a valid play. Additionally, players can touch these items without being at fault, provided that there is no interference to the play.
- Catching (or carrying) is defined as the ball not rebounding from a hit. Common questionable hits are open-handed plays that include wrist movement and ball redirections where the fingers are open.