

AYDEN ARTS AND RECREATION DEPARTMENT

Adult Coed Volleyball League Rules

2025 Season

Player Eligibility / Age Rules:

- All participants must be 18 years of age or older and be out of high school to participate.
- Age cut off is January 1st.
- Participants may be Ayden Residents or Non Residents.
- Registration fee is set at \$40 per participate.

Teams / Rosters:

- All players must register with the Ayden Arts and Recreation Department. Participants may register online or in person.
- Participants may register as part of a team or as an individual and be assigned to a team.
- Rosters should have equal number of men and women. There must be an equal number of women as men on the court at all times.
- Rosters are final when uniforms are ordered by the Ayden Arts and Recreation Department.

Schedules:

- Practice and Game schedules will be created by the Ayden Recreation Department once the rosters are set.
- Game Schedule and season standings will be posted on the Recreation website.
aydenartsandrec.recdesk.com
- Double headers are possible to accommodate scheduling.
- Games will start in January.

Game / Match Format:

- All matches will consist of best 2 out of 3.
- Rally scoring will be used. 25 point games/15 points deciding game.
- Games must be won by two (2) points.
- Two (30 second) time outs will be allowed per team per set.
- Home and Visitors will be determined by the schedule.
- A coin toss will determine which team serves the first game of the match. The serve will then alternate for the following games. Teams will switch sides after each game.

General Rules:

- A 5 minute warm up on the court will be allowed before each game.
- **4 players will be the minimum number of players to start the game. Less than four will result in a forfeit.**
- If a team does not have a minimum of 4 players, a 10 minute grace period will be allowed for the **first game of the night**. A 5 minute grace period will be allowed for each game after.
- There shall be a 2 minute rest period between the sets.
- No jewelry, watches or any accessory of hard materials may be worn during games.
- The net height shall be raised to the top of the poles.
- Tennis shoes must be worn during games.
- Knee pads are strongly urged.
- Players must wear their team shirt for all games.
- Six players will be on the court at a time during games. Players must rotate when their team regains serve from the left front position.
- **The only legal combinations are:**

<u>6 Players</u>	<u>5 Players</u>	<u>4 Players</u>
3 men/3 women	2 men/3 women	2 men/2 women
2 men/4 women	1 man/4 women	1 man/3 women
1 man/5 women	0 men/5 women	0 men/4 women
0 men/6 women	3 men/2 women	

- **Teams playing with less than a full team may enter additional players as soon as they arrive.**
- **There will be no penalty for playing with less than a full team, but teams must have minimum of 4 players (must have at least 2 women). Less than 4 with or less than 2 females will result in a forfeit.**
- A team may touch the ball three (3) times in a row. Players may not hit the ball twice in a row.
- The ball cannot be caught or carried. Any underhand hit with an open palm will be considered a catch or carry.
- No double hits. Each hit must be clean or contact that player only once. A ball bouncing off head, chest, upper arms, etc. before or after the hit is considered a double hit.
- A ball which comes in contact with the ceiling, lights, or any other obstruction above the court and comes down on the hitting team's side is in play. If the ball crosses the net after contact with any of these obstructions, it is a side out and the point is awarded to the other team.
 - If the ball hits any obstructions after the crossed the "plane" of the net, the point will be awarded to the other team. Even if the ball lands on the hitting teams side.
- The red boundary lines are considered "in bounds."
- If the official can not see where the ball landed to determine if the ball was inbounds or out of bounds, he/she may call a re-serve and the point will not be awarded to either team. We will use volunteers as line judges. The official can override any call made by a line judge.

Serve / Serving:

- All players, except the server, must be completely within the court as the ball is being served.
- The server is only allowed one re-toss before a point is awarded to the other team. Only one re-serve per “6 person” rotation.
- Line faults will be called when serving.
- **The service order and positions on the court must be alternated male and female.**
- The ball may touch the net while crossing net, as long as it does not make contact with the other external objects.
- A serve which hits any ceiling, lights, supports or other obstruction is a loss of serve and a point is awarded to the other team.
- Rotation occurs after a team gain the right to serve. Rotation is always clockwise.

Passing / Receiving:

- A one-handed underhand hit must be made with a closed fist or the heel of the hand. IF two hands are used, the hands must be interlocked as one unit. Open hands may not be used in any underhand hit.
- The ball may be legally hit by more than one part of the body on the first hit. Contact, providing multiple contacts are made simultaneous and the ball rebounds immediately and clearly after contact (exception: a player is making successive contact with the ball during blocking or during the first team hit on the ball coming directly from the opponent’s side). A ball rolling up the arm can be considered a held ball.
- **When receiving the serve, the ball can be bumped with the forearms, or it can be set, any style of hitting is allowable (except underhand open palms) as long as the ball does not come to rest/carried. A serve CAN NOT be blocked or attacked. The ball may be played off any part of the body (e.g. head, knee, foot, ect.)**
- Illegal Hits: Carrying the ball is when the ball comes to rest on any part of the body. Carries usually occur when a player contacts the ball using an open palm.
- **When a team has 3 hits/touches on their side, one of the hits/touches must be by a female player. Blocking does not constitute a hit.**
 - **3 Hits = 1 of the 3 hits must be made by a female.**

Setting:

- A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and the thumbs of the hands.
 - Improper handling of the ball includes:
 - Not hitting the ball simultaneously with both hands
 - Contacting the ball with the palms in a slapping action
 - Catching the ball

Blocking:

- **A player can NOT block a serve. Players can NOT spike a serve.**
- A player touching the ball while blocking may make the next play on the ball if it remains on his/her side of the net.
- The team which deflected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's area.

Net and Line Violations:

- Player cannot touch the net. If a player touches the net, the play is dead and the opposing team will receive the side out/point.
- **Players may touch or step on the center court line.** Players can not CROSS the center line or interfere with opposing teams plays under the net, a point will be awarded to opposing team.
- **10 Foot Attack Line-** A back row player cannot contact the ball above the height of the net in front of the 10 foot attack line. Doing so will result in a out/point for the opposing team. Contact with the ball above the height of the net is allowed if the player is completely behind the 10-foot line when contact is made.

Switching Positions/Rotating in Players:

- Player may switch positions only after the ball is served. After a dead ball, plyers must return to their original positions, until the ball is served.
- Players must be of the same sex or meet the legal requirement of the players on the court to rotate in the game.
- Unlimited substitutions are allowed.
- May substitute up to 2 players at a time to maximize player participation.

Contact Policy and Procedures:

- Verbal Abuse to opponents or officials will result in the individual being ejected from game. If ejected during the tournament play, the ejection carries for the remainder of the tournament.
- Unnecessary rough play will result in the individual being ejected from game. If ejected during the tournament play, the ejection carries for the remainder of the tournament.
- Flagrant physical contact will result in the individual being ejected from game. If ejected during the tournament play, the ejection carries for the remainder of the tournament.
- Fighting/Physical Contact will result in the individual being suspended from all games for the remainder of the season.
- Use of ineligible players will result in individual and team subject to forfeiture of all games the individual(s) played in. In tournament or playoffs, the team will be removed from competition, and could be subject to a one year suspension for all Programs.
- Any Unsportsmanlike Act not listed in above Policy and Procedures will be based on the severity of the act.
- Any fees paid are deemed non-refundable as a result of conduct violation or once games have started.

-Revised by Ayden Arts and Recreation Department 1/2/2025