

**CITY OF MESQUITE
PARKS AND RECREATION DEPARTMENT
CO ED ADULT VOLLEYBALL LEAGUE RULES**

Updated 2/2020

RULE 1. THE GAME, PLAYERS, AND EQUIPMENT

1. A Co-Ed team shall consist of six (6) players. A team may begin a game with as few as five (5) players, however for safety reasons a team may not play with less than five (5). Teams must have a minimum of two (2) females on the floor at all times.
2. Players can only play for **one team**
3. All players must have turned eighteen (18) by the start of the program being offered.
4. Team fees and signatures for liability release are required prior to participating.
5. You can have a minimum of six (6) and a maximum of twelve (12) on your roster.
6. There are no restrictions on males or females at the net.
7. If a team hits the ball more than once on its side of the net, the ball must be contacted by a female player before it may be legally returned over the net.
Penalty for Illegal Contact: A point awarded to the opponent.
8. Each team is required to provide a line judge.
9. Non-marking soled athletic shoes must be worn at all times.
Jewelry that may cause harm to others and/or your self is also prohibited. There are exceptions to wedding bands, medical bands & necklaces, and religious necklaces
Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots (i.e. bandanas) is prohibited.
10. The height of the net will be 7'11-5/8" for Co-Ed play.
11. It is mandatory that each player have their driver's license should a team wish to protest a player's eligibility.
Protests – Only player eligibility can be protested. When a protest occurs during a match, it is required that the player in question produce a source of identification at that time. If the player in question cannot provide a source of identification, that player must sit out for the remainder of the match; the game shall be continued under protest. He/she will have 24 hours to produce proof of eligibility. If it is proven that the player in question was illegal, the team in question will forfeit the match. Any and all protest made the next business day will not be valid. However, they will be investigated and corrected for future matches.

RULE 2. GAME FORMAT

1. Each match will consist of the best 2 out of 3 games. Rally scoring will be utilized for all matches. The first team scoring twenty five (25) points (win by 2 or a 30-point cap) will be declared the winner. If a third game of the match is necessary, rally scoring to twenty five (25) points (do not have to win by 2) will determine the winner. Each match will have a time limit of 50 minutes. If a game is tied when the clock runs out, the team who scores the next point will win.
2. **Roster** – Teams will have until the **4th week of the season** to add players. After this time, all rosters will be frozen. The only exception to this rule would be to replace an injured player AND approval by the Department of Athletics.
3. **Game time is forfeit time.** A team must have a minimum number of players to start a game. The **minimum** number of players is five (5).
FORFEIT RULE: Only the first game of the match will be forfeited at game time. The second game will be forfeited fifteen (15) minutes after game time. The third game will be forfeited thirty minutes after said game time.

Example is as follows: If game time is at 7:00 PM

FIRST MATCH	FORFEIT TIME
Game 1	7:00 PM
Game 2	7:15 PM
Game 3	7:30 PM

Teams that forfeit six or more (individual) games, due to the lack of players, will be eliminated from the remainder of the league. A **double forfeit** will occur when neither team has five (5) players.

4. Each team will be permitted one (1) timeouts per game and will last no longer than thirty (30) seconds in length. The clock will stop on timeouts. Timeouts do not carry over from one game to the next. Timeouts will only be granted during a dead ball or before the referee's whistle for the

serve. Only players on the court can request a timeout. Any team requesting additional timeouts will be charged with unnecessary delay of game and be penalized a point.

5. A coin toss at the beginning of match will determine which team receives the choice of first serve or choice of side of the court for the first game. The loser of the toss receives the remaining option. In the event of a third game of the match, a second coin toss will determine the choice of the first serve or side.

RULE 3. TEAM STANDING & PLAYOFF FORMAT

A. Team Standings

Teams will be ranked according to what their team records are. Teams that have similar records are grouped together and broken down by the following tie breaking procedure:

1. Head-to-Head competition
 2. Total Points scored for all league games
 3. Point Differential
 4. Coin Flip
- B.** The top six teams will advance to the tournament.

RULE 4. POSITIONS OF PLAYERS & SUBSTITUTIONS

1. A team must rotate clockwise following a side out.
2. Team members must rotate on the court and must remain in that position until the serve has been contacted. The player in the back right hand corner of the rotation will be designated to serve and continue to rotate clockwise.
3. There will be free substitutions. Players may make a substitution when play is stopped or the ball is dead. A substitute must report to the referee before he/she may enter the playing area. The position of the substitute will be the same as the player being replaced without changing the serving order.

RULE 5. SERVING & PLAYING THE BALL

1. Serving the ball can be done one handed or any part of one arm in an effort to direct the ball into the opponent's area. The serving area will be any point behind the end line.
 - a) The server shall have eight (8) seconds after the official's ready for play whistle is sounded in which to release or toss the ball for service.
 - b) If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be cancelled and a reserve directed. However, the official will not allow the game to be delayed in this manner more than once during a service attempt.
 - c) If the ball is served before the official's whistle and signal, the serve shall be canceled and a reserve directed. The official will not allow a player to delay the game in this manner more than once during a service attempt.
2. The serving order and positions on the court at service shall be male and female alternated or vice-versa.
3. Teams that have five players to start a game shall use "ghost rotation". Ghost players will not count towards the team's gender count.
4. A team shall continue a serve until a turnover is awarded to the opponent or the game ends.
5. A served ball is a service fault and becomes a dead ball when:
 - a) The ball does not legally cross the net. If the ball touches the net, and then goes over, the serve is good.
 - b) The ball passes under the net.
 - c) The ball touches one of the server's teammate.
 - d) The ball touches the floor on the server's side of the net.
 - e) The ball does not cross the net entirely between the net antennas or lands out of bounds.
 - f) The ball touches the ceiling or any obstruction.
6. It is illegal to block or spike a serve.
7. Each team is limited to a maximum of three (3) hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point to the opposing team.

When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
8. If any part of the ball contacts the boundary lines, it is considered in.
9. The ball cannot be kicked for any reason.
10. If the ball reaches the "dead area" it will be considered out-of-bounds if it:

- a) Touches any part of the walls
- b) Strikes the ceiling on the opponents side
- c) Strikes an overhead obstruction above a playable area of the opponent side

RULE 6. PLAY AT THE NET

1. Contact with the net by a player is not a fault, unless it interferes with the play.
2. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
3. When returning the ball to the opponent's side of the net, a player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
4. Only front-row players are permitted to complete a block. Blocks do not count as team hits.
5. A ball may touch the net within the side line markers when crossing the net to enter the opponent's playing area.
6. Only front row players may attack the ball in the front row.
7. Back row attackers must attack the ball behind the 10-foot line.
8. A ball may be attacked, excluding a served ball, when it has partially crossed the net.
9. There is interference by a player who makes:
 - a) Contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
 - b) Contact with the opponent under the net.

RULE 7. TEAM CONDUCT

1. The official(s) and gym staff shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of poor sportsmanship.
2. A player expelled from a game must leave the facility within three (3) minutes or the game will be forfeited to the other team. The player ejected will serve a one game suspension.
3. Players engaged in any physical altercation with an official, player, coach, fan, or gym supervisor will automatically be ejected for the remainder of the season and may be suspended indefinitely from the program with no refund. Those involved in the baiting, taunting or threatening of an opponent, fan, gym supervisor or official will be ejected from the game and will not be allowed to play in any games until the Athletic Department has made a final ruling. No refund will be given.
4. An adult must supervise any children in the gym. Any children running around the gym or hallways unsupervised will lead to:
 - a) A warning to the team
 - b) If not corrected the match will be forfeited to the opposing team

If a team wins back to back recreation leagues, that team will be moved up to the competitive league.