

Baldwin City Recreation Commission

Co-ed Indoor Volleyball Rules

OBJECTIVE

The object of this program is to provide the opportunity for men and women to play volleyball in an organized league designed to emphasize recreation, fair play, and sportsmanship. The league is organized and conducted to provide a wholesome experience for all concerned. Sponsors, coaches, players, and spectators all contribute to the quality of the program. Gestures of poor sportsmanship will not be tolerated.

NUMBER OF PLAYERS / TEAM SIZE

- 6 v 6
- Maximum of 3 males on the court
- Maximum of 4 females on the court
- Minimum of 4 players to start a game.
 - If a player arrives after the start of a game, they can enter immediately but only in the back row in a non-serving position
- Rosters are not limited to size.

BEGINNING OF THE GAME

- Team designated as home on the schedule will serve first for game 1 and 3 if necessary. Each match will consist of best 2 of 3 sets. Each set will count in the overall standings for regular season standings
- Game time is forfeit time
- First 2 sets are played to 25, win by 2 and third set is played to 15
Rally scoring for all sets = point every side out.
- One time-out per set is allowed – 1 minute in length.

STANDINGS

The updated standings will be emailed to captains weekly. The standings will display each team's rank with record.

SEEDING / TIE BREAKERS

Teams are seeded according to winning percentage. The tie breaker procedure is as follows:

1. Head-to-head competition (among all tied teams)
2. If still tied a comparison of overall head-to-head sets between the teams

GAME CANCELLATION

Games may be cancelled due to dangerous weather conditions, facility constraints or other unforeseeable reasons. In the event that BCRC has to cancel games, our Rainout Line will be updated. Please download the Rainout Line App and follow Baldwin City Recreation Commission (Adult Sports) to receive notifications. You can also call 785-510-2020 for the automated message service.

RULES OF PLAY

Serving

- A legal serve is one that goes over the net with or without contacting the net.
- The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is infinite. If a player steps on or over the line, a foot fault will be called, and it will be a side out
- The serve receive may not be blocked or spiked or attacked with an overhand gesture towards the ball

Service Receive

- Players can return the serve by:
 - Bump/pass
 - A closed fist
 - Open-hand receive – You are allowed to set the serve
 - **Players cannot return the serve by:**
 - Attacking the ball on the first hit. Contact with the ball must be made below the height of the net if it is to be directed back into the opponent's side of the court
 - Blocking

Hitting / Blocking

- There is no male/female hitting rule/order
- A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball if:
 - Any portion of the ball breaks the plane of the net.
 - After the offense has come in contact with the ball on the third attempt
- Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the hitter's side of the net. Hitters may follow through over the net after legal contact as long as they do not make contact with the net. The ball must be cleanly hit when spiking with an open or closed hand. Guiding or carrying is illegal
- No part of the body may touch the net at anytime

Rotation

- Teams must rotate after every side out
This includes the first side out of the game. A team is not allowed to decide not to rotate for their first service
Teams may rotate in one of the following manners which must remain consistent for the entire game (teams may change rotation method from game to game within a match)
 - **Player for Player** – A player who is out may substitute for a player who is on the court. These two players may only substitute for each other during the course of the game. Once you substitute in for someone, you may not substitute for anyone else.
 - **Rotating In** – All of your substitutes may rotate into one position on the court. You may not skip anyone unless it is to adhere to male/female ratio which limits it to no more than 3 men on the court at a time and no more than 4 women at a time. You cannot have a separate male and female rotation. Players usually rotate into the middle back position – after side out. Rotation must do so in the same order throughout the course of the game

REVIEW OF BASIC VOLLEYBALL RULES

Serving - Once ready for play (whistled for service) only one toss is allowed per serve, but you have 10 seconds to serve the ball. **Ball must be released from hand before contact is made.** Play continues until a whistle is blown for a violation (e.g., carry or player touching the net) or the ball hits the floor. If the serve hits the net and goes over it is a dead ball

Double contacts (two people hitting ball simultaneously) are allowed on the first ball over the net as long as it is one attempt to play the ball. It doesn't matter if the other team served, spiked, bumped, or set the ball over the net. Double contacts are not allowed on team's 2nd or 3rd contact. Player cannot hit the ball twice in succession.

Number of contacts – teams only get 3 contacts on their side to return the ball over to the other side. With the exception of a block. If a block is used that does not count as your first contact.

Carrying - is illegal. A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner

Hitting the Ball - You can use any part of your body as long as it is not a carry. Exception is that a serve must be put into play with your arm

Touching the net - Player can never touch the net while ball is in play

Underneath the net - If player's hand or foot remains in contact with plane of centerline it is legal, but if half or more is beyond the line it is a violation. If any other part of your body touches the opposing court, it is also a violation

Reaching over the net - You can reach over the net as long as you do not touch the net, but the ball must break the plane of the net before you can make contact with it

Reaching over to block a set is a violation

Back row players - cannot spike or run up to block at the net. If a back-row player wishes to spike (direct a ball into opponent's court that is above the height of the net) a ball at the net, they must jump from behind the 10-foot line

Playing area – ball is playable if it hits the ceiling or a structure hanging from the ceiling as long as it stays on that teams' side. A ball is not playable if it hits bleachers, goals hanging on side walls or side walls themselves

USA Volleyball Rules - apply unless stated otherwise

SPORTSMANSHIP POLICY

Definitions: The following types of behaviors are considered un-sportsmanlike and are deemed inappropriate for those participating in sports programs provided by Baldwin City Recreation Commission. These behaviors will not be tolerated:

- 1. The consumption of alcoholic beverages or tobacco products on the facilities by participants and/or spectators.**
- 2. Any participant and/or spectator in an intoxicated condition.**
- 3. Any behavior in which the intent is to inflict or threaten physical harm to another person (player, coach, official, site supervisor, spectator, etc.) This includes, but is not limited to, throwing a piece of equipment at another person, fighting, pushing, or shoving between players, officials, site supervisors, and/or spectators, etc.**