

# ADULT CO-ED VOLLEYBALL BASIC RULES & REGULATIONS

*The City of San Fernando Recreation and Community Services Department reserves the right to make any changes deemed necessary to ensure safe and efficient operation of the league.*

## BASIC RULES AND REGULATIONS

All leagues are governed by the current year's rule book except specified herein:

Players substituting into a game must first ask the official and are signaled to enter the game. There is no limit as to how many times a player enters and exits the game.

- Line-up will consist of a maximum of six players (3 males and 3 females) or a minimum of 4 players (2 males and 2 females) on the court. There must be an equal amount of males and females on the court. The line-up will be male, female, male, etc. A male can substitute only for another male and a female can only substitute for another female. In the event a team is about to forfeit and there are more females than males, a female can take a spot for a male. A team can play like this as long as there is one male on the court.
- a. Borrowing Player Rule: Borrowing players is allowed only with the express approval of the team captain of the other team. If this occurs, the results of the match will count in the league standings. Borrowing players is only allowed when there are less than 4 roster players.
- b. Playoffs and Championship: Only roster players are allowed to play.
- c. Grace Period: A team with only three players will be charged a forfeit under the following time conditions:
  1. The incomplete team will be given 10 minutes (by the official's watch) from the schedule start time in order to field a complete team. At 10 minutes time, the first set is forfeited.
  2. If the incomplete team is still not complete, 5 minutes will be given the team in order to field a complete team. At 15 minutes past the scheduled start time, the second and third sets will be forfeited. Subsequent matches will start at the scheduled times.
- No player may block a served ball. If a player tries to block a served ball then the ball will become dead upon contact.
- No jewelry is to be worn during the game.
- Players may not touch the net or pass the middle line during a play.
- If the ball makes contact with the ceiling on the same side as it is being played, the ball will be live and in play.
- Tuesday Night: Teams will play best 2 of 3 games per match. Two sets will go to 25 and if there is a third set, it is to 15. You must win by 2 to a max of 27 (first 2 sets) and 17 (for the third set).  
Thursday Night: Teams will play 3 games per match. Two sets will go to 25 and the third set is to 15. You must win by 2 to a max of 27 (first 2 sets) and 17 (for the third set).
- Games will be rally scoring and generally 45 minutes to 1 hour long.
- At least 1 woman must hit the ball before returning the ball over the net in each series of volleys (3 hits) except when the ball is hit only 2 times on a side in all instances.
- The League Director must be informed and approve any pre-game date forfeits. Teams not following this procedure will result in double forfeit.
- Under the rules of play (8-foot net), no attacking (hitting) restrictions will apply except those prescribed under regulation rules.
- Team will self-referee and must provide a minimum of 3 people to referee matches before or after their schedule match.

## RULES FOR SELF-REFEREE

### EXECUTING THE SERVE

- The volleyball serve must be executed by the player in the right back position.
- Do not contact the service line while serving.
- If it hits the net, it counts a no serve (does not apply to amateur league).
- Server has 8 seconds to serve the ball after the referee's whistle.

### STARTING THE GAME

- Referee conducts coin toss between captains.  
Winner chooses side preference or serve.

### PLAYING THE GAME

- Three contacts per side.
- Only front row players touch the ball above the net (does not apply to amateur league).
- Right back player executes serve
- Back row players can't replace front row players (does not apply to amateur league).

### SCORING

- A point is scored when the ball has successfully grounded in the opponent's court, opposing team commits a fault, or opposing team commits a penalty.
- Game is won when a team scores 25 points with a minimum 2 point lead.

★ = Important signals to know



**ACKNOWLEDGMENT**

*I hereby acknowledge that I have received a copy of and read the Adult Co-ed Volleyball Basic Rules and Regulations*

TEAM NAME

NAME	SIGNATURE	DATE
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		

