

# Wellington Recreation Commission

## Adult Coed Volleyball League Rules

### A. Objective

1. To provide an opportunity for interested men and women to play volleyball in an organized manner.
2. This program is designed with recreation in mind, stressing fair play and sportsmanship, and giving adequate time and place to pursue volleyball as a leisure activity.

### B. Tournament rules

1. Teams must play a minimum of four players and a maximum of six. All substitutes must rotate in at the same exact rotation throughout the game. Rotations may be changed each game.
2. All matches should start on scheduled time or as close to scheduled time as possible. No warm-up period when games are behind schedule.
3. Teams will begin with a volley to determine who serves first. Loser of that game will serve first at the start of the new game. If a third game is needed, loser of game two will serve first to start game three.
4. Participants must be 16 years of age to participate, a waiver must be signed & on file at WRC for those 18 & under.
5. No protests are allowed. Disputes will be settled before the ball is put back in play.
6. **Front line players cannot “attack” (spike or block) an opponent’s serve.**
7. Only players on a team roster form are legal. The game may start with 4 players. If a team does not have a legal number of players at match start time, a 5-minute waiting period will be accepted. If no additional players show up the team has to forfeit and can use players from the other teams for an exhibition/scrimmage game.

### C. Game Rules

1. Official game is to 25 points and a team must win by at least 2 points. Rally scoring will be the official scoring system. The third game will be played to 15 points. A team must win 2 of 3 games to win that match.
2. After the ball is served, players switch positions and go anywhere on the court they desire to play the ball. An original back-line player may not make contact above the level of the net and send the ball over the net when they are in front of the 10-foot spiking line.
3. Teams do not rotate until each team has served one time.
4. After the ball is served, the receiving team may play the ball three times on their side of the net. The ball must go over the net on the third volley. Players may not touch the ball twice in succession unless one of the touches is a block.
5. A foot fault occurs when:
  - A. The server, while in the act of serving, steps on or over the line indicating the service area.
  - B. A player, while the ball is in play, completely crosses the center line.
6. **Center line Violation:** If any part of the body besides the foot touches the opponents’ side of the court or if the foot completely crosses the center line, a center line violation has occurred.
7. Players may not make contact with the net unless the balls momentum knocks the net into a player.
8. Ball can be played off the ceiling on your side of the court, but not off the walls or the basketball goals.
9. Match results must be reported to the on site supervisor.
10. If a player hits the net while spiking, blocking, etc. with a body part it will be a violation and the other team will be awarded a point or side out.

#### **D. Co-ed Rules**

1. Teams may only play with 4, 5, or 6 players at a time. At no time may a team play with more men players than women players.(you may have more women).
2. When the ball is played more than once by a team, at least one female must touch the ball.
3. Excessive lifting of the ball should not be allowed, which means no excessive carrying or palming the ball and being able to control or throw the ball to a specific location on the court.