



Adair County Family YMCA

CO- ED Volleyball Rules and Regulations

Team

- All players must sign the registration form before they are allowed to play.
- A player may only appear on one team roster.
- A team shall have a maximum of six people on the court, or as few as two as long as at least one is female.
- A maximum of three players on the court may be male; all may be female. There must be at least as many female players as male players on the court at any given time.
- During the season, a team must have at least two of its own players on the court to start a game. If needed, the team will be allowed to “borrow” up to two players from other team rosters to play the match.
- During the tournament, teams may only use the players on their roster.
- You must play the team you are scheduled to play. Changing the schedule around is not allowed.

Serving

- A single game of rock paper scissors will determine which team serves first.
- The server must be the back right player.
- The server must serve from behind the line, and is not allowed to enter the court or step over the line until the ball has been struck.
- No blocking or spiking of serves is allowed. Contact can only be counted as a block or spike when the ball is touched entirely above the top tape of the net.
- If a serve hits the top of the net and lands on the opponents side of the court it is playable.
- The ball is not allowed to be played out of the net on a serve.

Play

- Each team gets a maximum of three hits to get the ball over the net.
- A ball that lands on the line is considered in play.
- The ball can be played out of the net on a rally as long as the team does not use more than three hits.
- If there is more than one hit, one of the hits must be by a female.
- A block attempt does not count as a hit. The blockers team gets three hits after the blocker touches the ball. A block attempt only occurs when the ball is touched entirely above the top tape of the net.
- A back row player cannot spike or block the ball in front of the ten-foot line or leave the ground to fake either move.
- The back row player’s feet must be entirely behind the line on takeoff for a back row spike attempt.
- A ball hit by a player that hits the ceiling, basketball hoop, wires, or any other obstacles on their side of the net is still in play. The wall is considered out of play.

- During volleys, you may play the ball off obstructions that are in the field of play on your side of the net only. The ball will be dead if it hits the ceiling, basketball hoop, wires, wall, or any other obstacles on the opponent's side of the net.
- Any body part may be used to play the ball as long as the contact is clean and momentary.

Fouls

- A team must be present on the court at the time of the match, or that team will forfeit the match.
- A double hit is a foul.
- Any touch of the net when the ball is in play is a foul.
- Carrying, throwing, or catching the ball (if the ball has extended contact with any part of the body) is a foul.
- Reaching over the net to touch the ball when it's on the opponent's side of the net is a foul, unless the opponent has already touched the ball three times.

Miscellaneous

- If a foreign object enters the court during play, a reserve will take place.
- Matches will be best 2 of 3, with the first two games to 25 and the third game to 15. You must win by at least two points.
- The rally scoring system will be used to keep score.
- Officiating will be left to the teams playing the match. If both teams do not agree on a call the point will be replayed.
- Players must be civil at all times and respect the people around them. Foul language will not be tolerated and you will be asked to leave if it becomes a problem.
- If a player is asked to leave, they must do so immediately or their team will receive a forfeit.