



Co-Ed Volleyball

Rules and Regulations

TEAMS

Each team will be consisted of six (6) players (three (3) males and three (3) females) on the court at a time. Each team may have substitute players on the side lines that may be put in the game only between rounds, during a time-out or for an injured player. If the team is short the minimum of six players the team may pick up substitute players from another team as long as the other team captain allows it. If the other team captain does not allow subs, females may play in place of males. However, at no point in time can a team play with more males than females.

ELIGIBILITY

All players must be at least 21 years of age in order to participate in any Silver Spring Social Sports event or sport. Players must be on a team roster, have completed a current registration form and signed a waiver in order to be eligible to play.

EQUIPMENT: NETS, COURTS, BALLS

The net is set at the height of 7 feet, 4 1/8 inches or 7 feet, 8 inches. The ball is 25 to 26 inches around and weighs between .57 to .61 lbs. The court length is 29.5 feet wide by 59 feet long. A parallel line is placed 10 feet back from the net on each side.

STARTING THE GAME

A coin will be flipped to decide which team gets the choice of serving the ball, receiving the ball and choosing a side for the first game. Teams will switch sides of the court for the second game, and the team who did not serve to start the first game shall serve to start the second game. Each team must have 4 players to start the game.

GAME CLOCK

All teams must be set and ready to play at the scheduled game time. The clock will not wait for teams that are not ready.

LENGTH OF MATCHES

Matches will last 25 minutes. 2 games played to 21 points. Team must win by 2 points. In the case of a 21-21 tie, play is continued until a two-point lead is achieved with a cap at 25 points. If there is no winner at the end of 25 minutes the game will end and the team with the most points wins the match. The rest period between matches is 3 minutes.

SCORING METHOD

All sets will be played with rally scoring. Each team scores when serving or when the other team misses a serve or can't get the ball over on 3 hits.

SERVICE

The ball shall be hit with one hand or any part of the arm, and does not have to be tossed or released from the hand(s) before being contacted. If the ball touches the net on a serve play continues.

GAME PLAY

If a ball is hit 2 or more times on the same side, a female must contact the ball once. Only if the ball is hit over the net on one hit, then a female is not required to contact it.

The ball must clearly cross the plane of the net before it can be attacked offensively. On a legal defensive block, you may cross the plane of the net.

Subsequent contacts may be made only after blocking an attack.

A player cannot step completely over the center line.

A back row player may spike providing he/she is completely behind the 10 ft line.

Players may interchange or change positions to pass or block, only after the serve.

You cannot block a serve. All passes must be clearly hit, not thrown, lifted or change of direction allowed by a double hit on the first contact.

The lineup must be alternating man – woman – man.

If there are 2 women in the front row, 1 man can go to the front row to block BUT cannot jump and hit.

3 men cannot hit the ball over the net but 2 men can. Also, 3 women can contact the ball and send the ball over the net

Each team is allowed 3 contacts before the ball goes over the net. A ball off the block does not count as a touch

Subbing will occur at the serving position and is unlimited. Substitutions may occur only when there is a dead ball. You do not have to sub a woman for a woman and man for a man, as long as you are within the male to female ratio.

A ball touching the ceiling, basketball goals or light fixtures on the way over the net is considered a fault. If the ball is hit off the ceiling or light fixture and remains on your side, it may be played over if you have not already exceeded the three hit limit. No ball may be played off the wall.

If a ball enters your playing field during a point and it interferes with the play, then the official can stop the play and allow a replay of the point.

If a team has less than 6 players, there will be no penalty.

Servers must wait until the official has whistled for play to start.

All officials' calls are final.

BALL CONTACT

The serving order will be an alteration of male and female. One woman must touch the ball before it goes over the net. When the ball is played more than once by a team, at least one of the contacts must be made by a female player. Contact with the ball while in the act of blocking shall NOT constitute playing the ball. Back line players will not be allowed to participate in front line blocking.

TEAM CAPTAINS

The team captain will be the only person to discuss issues with officials. The captain or coach will be in charge of calling time-outs, substitutions etc.

TIME OUTS

Each team is allowed two time outs per game (30 seconds in length).

*If a team does not show up for a scheduled game and does not contact the other team's captain prior to the match then the win will be awarded to the team that had a legal number of players on site.

REFEREE/OFFICIAL COMPLAINTS

We understand that teams will not always agree with calls made by the officials. However, all decisions are final. If a team has a question or complaint with an official's call or judgment, they must notify their team captain. Only the team captains may approach the officials with complaints and this cannot be done during a match. Complaints to the officials may be done in between games only. Please remember, our officials are only human and mistakes will probably be made. Unfortunately, we do not have the luxury of "instant replay," so please remember to respect the officials calls at all times.

CONDUCT

Unsportsmanlike conduct toward officials or other players will not be tolerated.

Silver Spring Social Sports is a social league where players can come out, meet people and have fun playing the sports they love. At no point in time will we tolerate obscene language, fighting, yelling at the officials or any other negative behavior. The officials reserve the right to eject players from the game for any of the above reasons. In the instance that a player is ejected, it will automatically be reported to the league coordinators, who will decide if any further actions need to be taken. Violations are subject to suspensions from the league and/or game forfeiture at the discretion of the League Coordinator. Any player ejected from a game must immediately leave the establishment.

Silver Spring Social Sports looks forward to a fun and exciting season of Volleyball.