



## *Reverse Co-Rec Volleyball League Rules*

1. To be eligible for WRD, a player must be 18 years of age.
2. Except for the rules covered in these bylaws, the WRD will govern USA Volleyball Rules.
3. All players must be listed on roster and turned in by the first game. Additions to the roster must be made by tournament play. A player who is not on the team roster is an illegal player. Any game in which he/she plays will be a forfeit.
4. **The net height will be 7'4 1/8".**
5. Players may only be on one team's roster. Players found to be playing on a team other than the team for which he/she signed the team roster will be suspended from play. The team(s) for which he/she played illegally will forfeit all games in which he/she participated.
6. To be eligible for post season, a player must play in at least two regular season matches.
7. Volleyball matches will consist of three games during regular season, and the best two out of three games during tournament. A record of all games will be kept. Third game will be played to 15 points in regular season and during the tournament. Rally-point scoring still applies during third game.
8. **Teams may begin and play a match with six, five, or four players (but not less than 4 players).**
  - a. **When playing with six players on the court, there must be three males and three females. The serving order will alternate male/female.**
  - b. **When a team had four or five players on the court, there must be at least one player of each sex, but not more than three players of either sex.**
    1. **When a team is using five players, only two players of the same sex can be side-by-side in the serving order.**
    2. **When a team is using four players:**
      - a. **And have only two males and two females, the serving order must alternate by sex**
      - b. **And have three of one sex and one of the other sex, any serving order may be used.**
9. Rally Point Scoring. All games will be played under rally-point scoring.
  - a. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point.
  - b. If the serving team wins the rally, it scores a point and continues to serve.
  - c. If the receiving team wins the rally, it scores a point and gains the right to serve
  - d. A game is won by the team which first scores 25 points with a minimum lead of 2 points. NOTE: 3<sup>rd</sup> game will be played to 15 points (rally-point still applies)
10. "Forfeit time" Rule
  - a. A team must have at least 4 players present at the scheduled match starting time, or the first game of the match will be forfeited.
  - b. There will be a 10 minute grace period for all 4 or more players to arrive before the second and third games of the match will be forfeited.
  - c. If your team has to forfeit by not having enough players to play and you do not contact WRD prior to the forfeit or do not show up at the court ten minutes after the start of game time, you forfeit all rights to play in the post season tournament for that particular season.  
**NO CALL, NO SHOW, NO TOURNAMENT PLAY!**
11. The Serve
  - a. A coin toss between captains will be held at the beginning of the match to determine which team receives first serve. First serve will then alternate the second and third games.

- b. The server may move freely within the service zone. At the moment of the service hit or take off for a jump service, the server must be completely in the service zone and not touching the court (end line included) or the playing surface outside the zone. After service, the player may step or land outside the zone including the court.
  - c. Service Toss. NOTE: The service toss rule is the one used by NFSHSA (High School Volleyball). A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The server is allowed a new five seconds for the re-serve.
  - d. Each player may have only one re-serve during a team's term of service.
  - e. The server shall hit the ball with one hand, fist, or arm while the ball is held, or after it is released by the server.
  - f. Net Serve: A served ball that touches and crosses over the net, fully inside the antennas, is a live ball and remains in play.
  - g. The serving order will alternate male/female. (unless playing 3/2 or 3/1 alignment)
  - h. Teams shall exchange courts at the end of each game.
12. Substitutes can only be made on team who wins volley and will rotate to serve. Sub will enter the game in the center back position. Only one substitution at a time is allowed.
13. Faults in playing the Ball:
- a. Four Hits: a team hits the ball four times before returning it
  - b. Assisted Hit: a player takes support from a teammate or any structure/ object in order to hit the ball within the playing area
  - c. Catch: the ball is caught/thrown or lifted; it does not rebound from the hit
  - d. Double Contact: a player hits the ball twice in succession or the ball contacts various parts of the body
14. Male players may attack the ball from above the height of the net and direct it to enter the opponent's court so long as the ball has an UPWARD trajectory immediately after contact.
15. Male players cannot block.
16. When the ball is played more than once by a team, a male player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a female player to contact the ball, regardless of the number of hits by a team.
17. When only one female player is in the front row at the time of service, one female backrow player may be forward of the attack line for purpose of blocking.
18. A ball hitting the ceiling may be played if it remains on the attacking team's side of the net. A ball hitting the **wall or a basketball standard** will be considered out of play, and a side out and point will result.
19. ALL players will not be allowed to block the opposing teams serve.
20. Each team is allowed two thirty second timeouts per game.
21. Team captains are responsible for reporting match results to supervisor on site.
22. All protests and appeals, including player eligibility, must be filed in writing to WRD before 5:00 p.m. of the next business day following the day of the match in question. A \$25 fee must accompany the protest. If the protest is upheld, the fee will be refunded.
23. Unsportsmanlike behavior may result in penalties being imposed upon the offending individual. If player is removed from their game due to unsportsmanlike behavior, they must pay a \$25 fee to the WRD before being eligible to play their next scheduled game. If any players are removed more than twice from their game, they will be suspended from play for the duration of the season.
24. WRD will communicate with all team captains thru email.

**There are no officials. Teams will call their own matches. Discrepancies will result in a "do-over". Honesty is appreciated by all. The supervisor has the authority to make rulings and decisions as needed in cases where teams cannot agree. Remember, it is our privilege to use the schools facilities not our right.**