



# VOLLEYBALL

## LEAGUE RULES

### REC

#### Team Composition:

- 6 players maximum or 3 players minimum are allowed to be on the court per team
- Allowed 1 extra male per side (3 males and 2 females would be allowed. 4 males and 2 females would not be allowed.)
- Never more than 3 males on the court at once
- If your team has more than 6 players you may rotate/substitute extras in, but only for the same gender

#### Playing the Ball:

- Maximum of 3 contacts per side
  - If your team uses all 3 contacts, one of them must be by a female
- All serves must be underhand

### INTERMEDIATE LOWER

#### Team Composition:

- 6 players maximum or 3 players minimum are allowed to be on the court per team
- Allowed 2 extra males per side (3 males and 2 females would be allowed. 4 males and 1 female would not be allowed.)
- Never more than 3 males on the court at once
- If your team has more than 6 players you may rotate/substitute extras in, but only for the same gender

#### Playing the Ball:

- Maximum of 3 contacts per side
  - If there are only 2 contacts, two males CANNOT send the ball over the net
- Serves may be underhand or overhand



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### INTERMEDIATE UPPER

Team Composition:

- 6 players maximum or 3 players minimum are allowed to be on the court per team
- Allowed 2 extra males per side (3 males and 1 female would be allowed. 4 males and 1 female would not be allowed.)
- Never more than 3 males on the court at once
- If your team has more than 6 players you may rotate/substitute extras in, but only for the same gender

Playing the Ball:

- Maximum of 3 contacts per side o If there are only 2 contacts, two males CANNOT send the ball over the net
- Serves may be underhand or overhand
- Teams with 4 players, the server is a back-row player however this player can come to the net to block. He/She cannot attack.

### SCORING

Rally Scoring: 3 games to 21 win by 2 points no cap. 1 point will be awarded for each game won.

Bye/Forfeit: 3 points will be awarded.

### STARTING PLAY

Coin flip: odd or even for side, serve or receive

### TIME OUTS

One 30-second timeout is allowed per night



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### **SUBSTITUTES**

Substitute players are allowed. Teams are responsible for finding substitute players. Subs may enter between matches or games, but not between rounds.

### **REF FEES**

There is a \$7 ref fee for each night per team

### **FORFEITS**

Forfeits happen and we understand that you might not be able to make it every night. If you do need to forfeit, please contact the League Coordinator, Ben, and let him know in advance so he can contact the other team. The forfeiting team will be responsible for both their own and their opponents' ref fees for the week that they are absent. The forfeiting team will owe a forfeit fee of \$14 the following week as a result. If your team is late, or you do not have enough players, after 10 minutes past the game start time, the 1st game is forfeited, after 15 minutes, all 3 games are forfeited. If a team forfeits a total of 3 games in a season, they will be removed from the league.

### **QUESTIONS**

For more league questions and details, contact our League Coordinator, Ben.

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Phone: 218-520-0539.