

Co-ed Volleyball Rules

Waiver of Liability

All participants must complete a waiver of liability form. All participants in the league assume the risk of injury. The Southside Baptist Athletic Program staff and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

The following rules are subject to amendment or revision by the SBAP Coordinator. The SBAP rules are adapted from the Official USA Volleyball Rules with some exceptions.

Teams

Submitting a Roster:

Each team must submit a roster. No player may register for more than 1 team. Rosters must be submitted and a waiver forms must be signed before any player may take the court. Rosters must be finalized and no changes are allowed after the 4th game played, except by special approval of the SBAP Coordinator. A player must be on the roster and have signed a waiver form to play in the league.

1. A team consists of 6 players, with a minimum of 2 women.
2. Four players are required to avoid a forfeit, 2 of whom must still be female
3. SHORTAGE OF PLAYERS: If a team starts with less than 6 players, and during the match their players show up. The player(s) that showed up late must wait till one of the two teams has reached 10 points, then they may enter the game only by the team calling a time out.
4. Players may not be picked up for the playoffs. If a team cannot field the required players, they will lose by forfeit.
5. A team roster shall have a maximum of 10 players.

Timing and Scoring Regulations

1. A match shall consist of 3 games during the regular season. Standing will be based on the number of matches won, not the number of games won (matches consist of a 3 game set).
2. A game is over when on team scores 25 points. The winning team must have at least a two point advantage. If a 25-24 score exists, play will continue until one team wins by 2 points.
3. Games will be rally scored (a.k.a quick scoring) Points are awarded on every serve.

Serving Regulations

1. The designated home team will have the option to serve first or play defense first
2. The serve is the act of putting the ball into play by the right back row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines). Authorization of the serve must be given to the server from the official before the serve may be hit. If the server does serve the ball before the official blows his/her whistle and gives the signal, the ball is dead and will be re-served.
3. Serves may be underhand, overhand or participants may attempt to jump serve.
4. The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the serve. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them.
5. Blocking and attacking the serve is illegal.
("Attacking" – directing the ball at the opponent. "Attacking the serve" – A player completes an attack hit on the opponent's service when the ball is in the front zone and entirely higher than the top of the net (from USA Volleyball))
6. Only one serve is allowed, but players may drop a bad toss once and still serve. (There are no "re-serves" if the serve should hit the ceiling or should fault.) Faults on the serve may occur when:
 - a. Ball touches a teammate
 - b. Ball is passed under the net
 - c. Ball goes out of bounds.
7. The ball is out of bounds when it touches any surface, object or ground outside the court. A ball may be played from out of bounds from your territory only. It is illegal to touch the opponent's court in the act of playing a ball.
8. On change of serve, all players shall rotate clockwise (to the right in front line and left in second line). Positions of players may be changed only after a completed game. If your team does not start the game with the serve, the team must rotate before the first serve.

Legal and Illegal Hits

1. The ball must be cleanly hit. The following constitutes a legal hit:
 - a. Contacting the ball with the heels of the hands, fists, arms or feet.
 - b. A closed fist punching at the ball
2. The following constitutes illegal hits:
 - a. Ball visibly comes to rest
 - b. Held ball
 - c. Successive contacts
 - d. Using fingers for underhand hit
 - e. Attacking the serve

Faults

1. The following types of faults can occur during an attempt to play the ball:
 - a. Player touching net
 - b. Hand or hands over top into opponents' side of net in hitting ball.
 - c. A player takes support from a teammate or any object in order to reach the ball
 - d. A team contacts the ball four times or more before returning it to the opponents
 - e. Catching or throwing the ball. The ball must be tapped
 - f. Serve out of turn. (Loss of points scored by ineligible server.)
 - g. A player spikes the ball above the opponents' court
 - h. A player contacts the ball twice in succession or the ball contacts various parts of the player's body successively, except for the first contact when receiving a serve.
 - i. A player receives personal warning.

Blocks

1. A ball touched by a player, playing close to the net, and attempting to block a shot by an opponent, shall not be counted as one of the three taps permitted by his team. He/she may block the shot and play the ball before a teammate touches the ball. If two players block the ball simultaneously, this will count as one hit.
2. A joust (ball coming to a rest above the net on a block attempt) will result in a replay of the point.

Attack-Hits

1. All actions directing the ball toward the opponent, except a serve or block, are attack-hits.
 - a. An attack hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.
 - b. Restriction to a back-row player:
 - i. A back row player may complete an attack hit at any height from behind the front zone.
 - ii. A back row player may also carry out an attack-hit from the front zone if at the moment of the contact any part of the ball is below the top of the net.

Timeouts and Substitutions

1. Substitutions may be made anytime the ball is dead. There is no limit on subs.
2. Each team is allowed only 1 one minute time out per game. Time out may be requested any time the ball is dead.
3. Teams must be ready to play by 5 minutes past the previous game. If a team shows up more than 10 minutes after the previous game, the team that arrived on time has the following options:
 - a. They may claim a forfeit of all three games
 - b. They may claim forfeit for one game and agree to play #2 and # 3 games.

Playoffs (subject to change depending on the number of team registered)

The SBAP Volleyball playoff tournament brackets will be announced after all regular season games. To determine a team's rank in the regular season standings, teams will be seeded in the following manner:

1. Winning percentage – based on matches (not total games)
2. Tie breakers in order.
 - a. Head to head record
 - b. Point differential
 - c. Least number of forfeits
 - d. Coin toss
3. If 3 or more teams are tied, all teams will be seeded based on the same tiebreaker. (To clarify: we will not use a tie breaker to eliminate a team from the equation and then re-visit the remaining teams as a 2-way tie.)

Teams that forfeit 2 or more matches may not participate in the playoffs.

Playoff matches will consist of a best of three series. Play-off games will not have a scoring cap.

Protest and Appeals

At the completion of each game, captains (or acting captains) will verify results of the match with the referee. Should the team wish to protest the game, the captain must inform the referee and then enact the following process:

The captain must submit a written letter to the League Coordinator within 24 hours of the game. This letter may be emailed, faxed or dropped off at Southside Baptist Church Office. It is the responsibility of the captain to ensure the letter has been received during the 24-hour period. The letter must include the following:

- Team Name
- Captain's Name
- Rule Protested
- Reason for Protest
- Desired outcome
- To whom did you protest? (Referee name)
- \$50 check for filling fee (if the team wins the protest they will get their check back)

Decision:

The SBAP Coordinator will notify the team before the next schedule game as to what decision has been made. This decision will be emailed to the captain registering the protest and any other team affected.

All decisions of the SBAP coordinator are final.