



# *City of West Sacramento Adult Coed Volleyball Rulebook*

## I. The Game

- a. Games will consist of three (3) sets. The first two sets will be played to 25 points (rally scoring) with the final set being played to 15 points. The winning team must win by at least two (2) points for the set to be considered final. All sets will be played and count toward the team's final record.
- b. All games will be played using Rally Scoring and Let Serve permitted.
- c. The official shall toss a coin or RoShamBo with the captains before the start of the first set. The winner of the coin toss or RoShamBo will choose to either serve or receive service of the first ball, or choose the side of the court on which to begin the first game.
- d. Teams will alternate the serve following the first game.
- e. Teams change sides after the first game is completed.
- f. Each team will allow a maximum of three (3) hits to cross the ball over the net.
- g. If a ball hits the ceiling on the opposite side, the ball shall be considered out of bounds. If the ball hits the ceiling and comes down on the same side as the team that hit the ball, it's still playable.
- h. Any ball that hits the wall is out of bounds.
- i. All balls that hit the ceiling on a serve are out of play resulting in a loss of serve.
- j. There will be no *holding or lifting* the ball. In the event that an official is not present the opposing team may call these infractions and win service of the ball if the call is considered reasonable by both teams.
- k. When the receiving team has gained the right to serve, its players rotate one position clockwise.
- l. When the ball is played more than once by a team, a female player shall make at least one of the contacts. There is no restriction preventing all three team hits from being made by female players. Contact of the ball during blocking action does not count as one of the team's three hits. Therefore, after a block a male player may play the ball back over the net as such contact would be considered the first team hit.
- m. Serving order must alternate genders if there is an equal amount of males to females. Males can't serve back to back.
- n. Overhead serving is permitted.
- o. Spiking the ball is permitted from behind the 10' line for males. Spiking is permitted anywhere on the court for females. Spiking is defined as

- forcibly striking the ball (above net height) in a sharply downward direction (**Intermediate league only**).
- p. Blocks are permitted at the net for both male and female players (**Intermediate league only**).
  - q. Hands and/or feet cannot pass over or under the net during play. Service will be awarded to the opposing team. No player may touch any part of the net during the duration of the game.
  - r. Balls that hit the boundary line are considered in play.
  - s. All games are officiated. In the event that a referee is not available, games will be self-officiated. Playoff games are the exception.
  - t. Each team is allowed two time outs per set which will not exceed more than 30 seconds each. Consecutive time outs are not allowed.

## II. Playing the Ball

- a. Each team may hit the ball up to three (3) hits to return the ball to the opponent. Team hits include both intentional and unintentional contacts with the ball.
- b. A player may not contact the ball with two separate and consecutive motions *unless a block is made*.
- c. Two or more players may touch the ball at the same moment (counted as one hit).
- d. If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another three hits.
- e. The ball may touch any part of the body. (Feet can't make kicking motion)
- f. The ball must be hit, not caught or thrown.
- g. During the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur in one action.
- h. Serves that contact the net and continue over (let serve) are still in play.
- i. Foot digs are allowed. No kicking of the ball is allowed.

## III. Contact with the Net

- a. It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.
- b. Any ball that hits the antennas is out of bounds.
- c. A player may touch a support, rope, or any other object outside the total length of the net, provided this contact does not interfere with play.

## IV. Service

- a. The service 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 behind the back line and within the two sidelines). Exception

- is made to players serving from the bleacher's side. You can start your service from outside the lines but your service must finish inside the service lines.
- b. Authorization of the service 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 be re-served.
  - c. The players of the serving team must not screen the opponents from seeing the contact for service of the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the service. 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.
  - d. No Blocking or attacking above the net during serve.
  - e. All players must be in the playing area at time of serve.

## V. Attack Hits

- a. All actions directing the ball toward the opponent, except a serve, are attack hits.
- b. During an attack hit, tipping is permitted if the contact is brief and the ball is not caught or thrown.
- c. Restrictions to a back-row attacker:
  - A back-row player may complete an attack hit at above the height of the net from behind the front zone (player must take off from behind the 10' line) **Intermediate, power leagues only.**

## VI. Players and Rotation

- a. Maximum of six (6) players on the court; minimum four (4) to start and play a game. Unlimited substitutions may be used.
- b. Each team must have an equal number, or more, women than men.
- c. Games will be allowed to start if a team has at least four (4) players.
- d. Not required to sub in male for male and female for female.

## Power League Rules

USVBA rules and Code of Conduct govern play, with the following exceptions listed.

1. Each match consists of three (3) games to 25 rally score; win by two, cap of 27. The first two games will be played in their entirety. The third game will be played to 15, cap of 17.
2. Coed leagues, 50% of the playing field must be female at all times. However, if a team has only 5 players, they may play with 3 men and 2 women. (Exception – Males can serve back to back but before second male serves, a

sideout is rewarded to the other team. *This rule is only in effect when 5 players are being used.*)

3. Teams must rotate on Side out before service. Substitutions must be made, as the server rotates out or for one player position, not both ways.

## **Players playing on other teams**

If you don't have at least 4 players to start, you can use another player for another team only if the other team manager from the team your player approves it and the staff or league director also approves it. This is to help prevent forfeits. **If you do have at least 4 players, you can't use another player from another team.**

Players can play in multiple divisions. You can't play on multiple teams in your own division. You can also play on multiple nights.