



YVOLLEYBALL™

We build strong kids, strong families, strong communities.



Adult Volleyball League Rules

1. All teams shall have at least 6 paid players on the roster. (In the 4 on 4 leagues, teams must have at least 4 paid players on the roster.) Teams shall consist of no more than 12 players.
2. Team rosters will be finalized before play begins. **ALL FEES MUST BE PAID one week prior to league play beginning. Unpaid PLAYERS WILL NOT PLAY.** No substitute players will be allowed to play, all players must pay the league fee.
3. A player must play in 1 regular season match with league fee paid in order to be eligible to play in the league-ending tournament.
4. In the Coed 6 on 6 teams may not play with less than 3 players. In the women's and men's 4 on 4 league, teams may not play with less than 2 players.
5. In the co-ed league, teams may not have more than 3 males and must have at least 1 female on the court at all times. For the Power League only, they may play with up to 4 males and at least one female on the court.
6. In the co-ed league, a female **MUST** touch the ball if the ball is played more than once on their side. If a female does not touch the ball, a side-out is awarded to the other team.
7. **Players may play in more than one league but it can't interfere with the other leagues.**
8. The league director has the right to reclassify a team or player to the appropriate division.
9. Un-sportsmanlike conduct will not be tolerated at the Waco Family YMCA. Any use of foul language will be an automatic side-out or penalty point given to the opposing team. **Expulsion** from all Waco Family YMCA Leagues will be the penalty if the problem persists. Only the captain should address the official, if at this time the problem isn't resolved all complaints or feedback should be directed to the league director for some sort of resolution.

RULES OF PLAY

1. Net and foot fault violations will be enforced in all divisions. Illegal hits such as catching, throwing, lifting, and double hits will also be enforced.
2. Ceiling balls or balls off the backboard are playable on your side of the net, but the red air vents, the blue divider, and the wall are out-of-bounds.
3. Players may step on but not completely over the center line.
4. You may not step on the service line, however you may serve from anywhere behind the end line.
5. Blocking or attacking the serve is not permitted.
6. Setting the serve will be allowed in all divisions. If not handled properly a violation will be called.
7. Teams must line up in male-female format for rotation prior to service in co-ed divisions.

8. Power spikes are not allowed in the recreation division.
9. No back row blocking is allowed.
10. Teams are encouraged to call their own violations (net, touched balls, etc.). **Please help out our officials and be courteous. THANKS!**
11. In each match all 3 games will be played to 25 points or 50 minute time limit, **win by 2 with no cap. The third game if needed will be won by 1 point.** If time has expired after the second game, then the third game will not be played. When time expires during the third game the team in the lead is declared the winner.
12. Each team is allowed two 60 second time-out per game in the rally game; the team with the lead cannot call a time-out.
13. Teams will be allotted 5 minutes of on court warm-up time when time permits.
14. Both teams must be ready to begin play at their scheduled match time. A forfeit of the first game will be called at 5 minutes after the scheduled game time if both teams aren't ready. The 10 minute mark will be used as the **forfeit time for the entire match.**
15. Substitutions will be unlimited in number. Substitutions may be made either for the same person each time or at the serving position, but must be consistent throughout the entire game.
16. **GOOD SPORTSMANSHIP IS ENCOURAGED AND EXPECTED OF ALL PARTICIPANTS.**

NON-MEMBER RULES AND REGULATIONS

1. All participants **MUST** check in at the front desk. ID cards will be made for each member and you will need the card to enter the gym for league play.
2. All facilities other than the gymnasium are off limits to non-members, including locker room areas. Please come dressed to play.
3. Only non-marking rubber soled shoes are allowed on the gym floor.
4. **FOOD is NOT ALLOWED, and ONLY CLOSED CONTAINERS of water will be tolerated.**
5. Please abide by all rules and regulations and have a good time.

If you have any questions or concerns please contact Erin (Sports Coordinator) or Eric (Sports Director) at 776-6612.