

Code of Sportsmanship

1. Volleyball is a self-regulated game that relies on the Honor System. If a fault occurs, you are expected to call it as such.
2. Gym Supervisors are there to rule on unclear plays, settle disputes, keep the game moving and ensure player safety.
3. Players must treat their fellow volleyball players, gym supervisors, and spectators with respect and courtesy. Personal and malicious remarks directed at anybody in the volleyball community, obscene or otherwise, at any time, have no place in the League.
4. Team captains must be the only players that address concerns to gym supervisors and league officials. They are expected to do so in a courteous and respectful manner, and to confine their discussions to interpretations of the rules and not challenge decisions regarding judgment.
5. Players are expected to comply with the intent and spirit of the rules. Deliberately attempting to violate the rules is unacceptable.

General Game Rules

A. The Game

Co-Ed Volleyball is made up of two teams of six players each. Teams are open and can consist of all female, male or coed. A best-of-3 format will be used for all matches. Generally, USVBA rules will be used with the following additions, exceptions and clarifications:

B. Teams and Players

1. All players must be at least 16 years of age prior to participating in any match and must be registered and in good standing with Lewiston Parks and Recreation (herein: the "League").
2. Rosters must include no fewer than 8 players (minimum of 1 woman) but may have as many players on the roster as a team chooses with no other restrictions. NOTE: If a team of "free agent" registrations is assembled by the League.
3. Each team may have 6 players on the court at one time.
 - A. There may not be more than 5 men on the court at a time.
4. As long as 4 members of the team are present during the regular season, a team may use substitute players who are registered and in good standing with the league to field a full team.
5. During the tournament, teams may ONLY use players on their roster.

C. Game Personnel and Their Duties

1. Teams and players are responsible for calling their own faults during play.
2. Gym Supervisor's primary responsibilities are to serve as an arbitrator for difficult calls, start and maintain game flow, ensure safety of all participants and spectators, and enforce the Sportsmanship Code. It is the PLAYERS' responsibility to identify faults when they occur.
3. Gym Supervisors have the authority to eject anyone before, during and immediately after any match if they feel it is warranted.
4. All decisions made by gym supervisors are final.

Game Procedures

A. Game Start, Ending and Timing

1. The team manager will use rock-paper-scissors to determine the choice of serving first or choosing a side for the first game.
2. Teams will switch sides for the second game and the team who did not serve to start the first game shall serve to start the second game.
3. A 1-hour time limit will be placed on all games. If time expires in the middle of a game, the team with the most points will be declared the winner of that game.

B. Forfeits

1. Teams will forfeit 1 game for every 10 minutes past the designated start time that they do not have the legal amount of players.
2. If a team does not have the minimum number of players present 10 minutes after the designated start time, the first game will be forfeited and additional 10 minutes will be allowed for the second game. If a team can still not field a team after 20 minutes, a forfeit will be declared.
3. If you know in advance that your team is going to need to forfeit a game, we encourage you to contact us as soon as possible. We require at least a 48-hour notification during regular business hours. We will do everything that we can to reschedule your game, but this cannot be guaranteed. If game cannot be rescheduled neither team will receive a win or lose.
4. Playoff Eligibility: teams that notch 2 or more forfeits in 1 regular season will not be eligible for the playoffs.

C. Equipment

1. A game ball will be provided by Lewiston Parks and Recreation. If teams bring their own volleyball then both teams must agree to use it.
2. Players must wear athletic, closed-toe shoes (For Indoor Courts).
3. Players must wear the t-shirts at all times during League play.

D. Match Format

1. Matches will be played as a best-of-3 format.
 - A. Rally Scoring: Games will be played to 21 points with a cap of 25 points. A team must win by 2, unless both teams are tied with 25 points.
 - B. The third game will be played to 15 points with a cap of 18 points. A team must win by 2, unless both teams are tied with 18 points.
 - C. Scores should be called out loudly before each serve.

E. Gender Rule

1. Minimum of 5 total players on the court with 1 female on the court at all times.

F. Substitutions / Rotation

1. Teams are allowed an unlimited number of substitutions per match.
2. Team members must rotate on the court and remain in that position until the serve has been contacted.
3. The player in the back right hand corner of the rotation will be designated to serve and continue to rotate clockwise.
4. When substituting into a game the player must enter into the same location on the court during each rotation. Exception to the rule is if a player becomes injured or has to leave for any reason they may enter into that location
5. Teams will have 3 front row players and 3 back row players.

G. Service

1. Overhand and underhand serves are allowed. Jump serves are also allowed.
2. When serving the ball, the player has 5 seconds to make contact with the ball before a side-out is called.
3. If the ball is served into the net, if it goes over, it is considered a legal serve.
4. The serve can be returned with a pass or a set. The serve cannot be blocked or attacked at any time.
5. The serve can be made from anywhere behind the end line and within the sideline.
6. A server may not step over the end line until the ball has been contacted.

H. Playing Rules and Faults

1. A maximum of three consecutive contacts per side after a serve or block attempt are allowed to return the ball.
2. Players may not spike the ball.
3. A block attempt is not considered a contact.
4. No player may hit the ball twice in succession, except after a block.
5. No part of the body may touch the net at any time, unless a ball or person driven into the net causes the contact.
 - A. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation.
 - B. Contact with hair or part of the uniform will not be considered a fault.
6. When executing a block, a player may follow through over the net, as long as the individual does not interfere with players on the other side of the net.
7. Out of bounds is the area outside the designated court line. The line is IN bounds.
8. If a live ball is in contact with a team and hits the ceiling without going over it is a live ball and will continue to be played. If a live ball hit the ceiling and goes over the net it will become a dead ball.
9. If a live ball comes in contact with a basket when a player has a play on the ball the point will be replayed.
10. If a ball hits the floor or wall it is immediately dead.

Miscellaneous Rules

A. Liability Rules

1. Alcohol is not permitted inside the volleyball facility, on the grounds, or any place where prohibited by area rules. Players caught with alcohol will be REMOVED FROM THE LEAGUE WITHOUT REFUND.
2. If gym supervisors have reason to believe a player is too intoxicated to play, that player will be ejected.
3. League Management reserves the right to suspend or expel any player from the league for any reason without refund.
4. All players must sign the roster/liability waiver prior to playing any games

B. Tournament

1. A 1-night league tournament will take place at the end of the regular season. Teams from each league will be seeded in regards to their overall record. Tie breakers will include head to head record, games won, and games lost. If still tied a coin flip will determine higher seed.
2. The tournament is a single elimination format. Best 2 out of 3 games.