

Co-Ed Volleyball Rules Summary:



THE GAME:

- Unless otherwise stated, IHSA rules will apply.
- **Rec League:** Games 1 & 2 will be Rally scoring, first to 25 points, must win by 2. Game 3 will be Rally scoring, first to 21 points. Let serves are allowed.
- **Competitive League:** Games 1 & 2 will be Rally scoring, first to 25 points, must win by 2. Game 3 will be Rally scoring, first to 21 points. Let serves are allowed.
- Only ONE serve attempt/toss allowed within 8 seconds of whistle.
- Best of 3 games (all 3 games will be played regardless). Every game counts on your season record. Teams will be placed in the tournament solely based on their standings during the regular season.
- Teams will have 2 Time Outs *per game* and must be called by team captain. Injury T/O does not count.
- **Games will start promptly at scheduled times.** Teams will be allowed a 5 minute warm up period. If the previous game ends early and the time exceed 5 minutes you may use that time to warm up.
- **Late Penalty** A team that is late will lose 1 point per minute for every minute late. This will last for 15 minutes, after 15 minutes has expired the game will result in a forfeit.

PLAYERS:

- Legal team make-up: 0Males-6Females, 0Males-5Females, 0Males-4Females, 1Male-5Females, 1Male-4Females, 1Male-3Females, 2Males-4Females, 2Males-3Females, 2Males-2Females, 3Males-3Females, 3Males-2Females, 3Males-1Female, 4Males-2Females
- No direct substitution; players must rotate or have players sit out.
- Open substitution for FEMALE players only.
- MALES may only play for one team. Exception - Rec League males may play on one rec league team and one competitive league team. Competitive League males may not play in the rec division. If a male plays his first game in the Competitive division, as either a sub or permanent player, he is considered an "Competitive League Player" and is not allowed to play in the Rec League. League Director will have final call on all player eligibility issues.

RESPECTING THE OFFICIAL'S CALL:

- The officials are here to keep the game organized, safe, and fun; we ask that all players respect an official's judgment at all times.
- All calls made by the officials are final and will be supported by the league director.
- **Sanctions:** **Yellow** = warning, **Red** = loss of serve or point, **Yellow + Red** = expulsion from game. Problem players may be ejected from entire season by league director based on severity of offense. **Players ejected from a game must leave YMCA property.**
- Immediate ejection, without warning, from the YMCA can result for any of the following: Vulgar or obscene language, fighting on YMCA property, entering the YMCA under the influence of drugs or alcohol, and damaging/degrading YMCA property.
- Good sportsmanship is the responsibility of each captain, player and spectator.

TOURNAMENT:

- Each player's name must be on the team roster prior to 1st tournament game AND must have played at least 4 games during the regular season (it is the responsibility of each captain to sign in his/her players before each season game). Only captains may protest player eligibility before the first serve of the first game. Once a game has begun, no protests may be made. **The referee's ruling is final.**
- **Rec League:** Best of 3 games (3rd game will not be played unless necessary), rally scoring to 25 points, must win by 2.
- **Competitive League:** Best of 3 games (3rd game will not be played unless necessary), rally scoring to 25 points, must win by 2.