



JJ Twigs Volleyball

RULES AND REGULATIONS

Rosters:

1. Each player must sign a team roster and waiver form which will be emailed out to captains.
2. Rosters may not be changed after the 3rd week of play.
3. Rosters are to be limited to the following amounts
 - a. Coeds – 10 persons
4. Games are to start at the scheduled times. Forfeits will be called for the games at the following increments:
 - a. Five (5) minutes for the 1st Game.
 - b. Fifteen (15) minutes for the 2nd Game.
 - c. Twenty Five (25) minutes for the 3rd Game.
5. The minimum number of players needed to avoid forfeits are as follows:
 - a. Coeds – 4 persons (must have a min. of 2 girls at all times)

Playing Rules:

1. No protests are allowed. All referee decisions are final.
2. Three (3) games are played every match, each week.
3. Each team is allowed two (2) twenty (20) second timeouts for each match.
4. Any roster protests must be filed with referee before first game is started.
5. Rally scoring will be applied to all games. All games will be played to 21 points. Deuce games will be limited to a 23 point cap.
6. A ball that contacts the surrounding fence, tree branches, or lighting fixture is automatically considered a dead ball (side out).
7. There is a maximum amount of three (3) male players allowed on the court at one time.
8. There is a minimum amount of two (2) female players required on the court at all times.

The Serve:

1. The service area is anywhere behind the end line within the court sidelines. The server cannot touch or go over the end line while serving.
2. Ball may be served overhand or underhand.
3. Ball must be clearly visible to opponents before serve.
4. Let serves are legal, meaning if the ball contacts the net on the serve and it carries over to the opponent's side the ball is considered in play.
5. Attacking or blocking a serve is not allowed.
6. Serve may be returned with an overhand set from the front or back rows (must be clean set).
7. First game serve is determined by a coin toss. The second game goes to the opposite team, the third game will be determined by a coin toss.

The Rotation:

1. Teams will rotate after each time they win the serve.
2. Players shall rotate in a clockwise manner.

Updated: 5/14/22

Rules subject to change due to extreme circumstances.



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3. Players leaving the game for any reason (other than regular rotation) must sit out the balance of the game.
4. Unlimited number rotations may occur, rotating at the middle back position only.
5. Rotation and substitutions must be made (Male for Male) or (Female for Female).

Playing the Game:

1. There is a maximum of three (3) hits per side.
2. A block is not considered a hit. A player may contact the ball again only after a block.
3. A ball that touches the boundary lines is considered inbounds.
4. A legal hit is contact with the ball by a player's body above and including the waist, also kicking the ball is considered legal as long as the foot is within 2 feet of sand.
5. All contacts must be clean. At anytime the ball is held, lifted, pushed, carried or thrown, a side out will be called. The ball may not roll on or come to rest on any part of the body. Sets and ball handling calls will be adjusted with the level of play.
6. Player interference with the net at anytime is not allowed. All net violations will be called. A player may cross under the net as long as contact is not made with an opposing player, the ball or the net.
7. The ball must cross the plane of the net before an opposing player can contact it.
8. You can leave your feet when returning a serve, as long as the ball does not cross on 1 hit.
9. No cap on points in playoffs- strictly win by 2.
10. If two or more players contact the ball simultaneously, it is considered one play and neither of the players involved may participate in the next play.
11. Open hand tips are not allowed for Women 6's and Men 4's leagues only.
12. Back row attack rules apply in all Coed 6's leagues. Any back row player must be behind the 10 ft line to attack or block the ball. (The line will be a referee judgment call).
13. In Coed 6's league play, if the ball is contacted on your side more than once a female must contact the ball before it is returned to the opposing team.

Rainouts:

1. Because of the inconsistency of the summer weather, rainouts will be called at game time. Players are required to be present at their scheduled game time. Games that are in progress that become rained out will start over unless one (1) team has ten (10) or more points and leads by three (3), in that case the game will be considered official and the leading team will be awarded the win.

Any rules not covered in the house rules will follow the U.S.V.A. Rulebook

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