



## 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 **4th of July**.
3. Rosters are to be limited to the following amounts
  - a. Coeds – **12 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 1<sup>st</sup> Game.
  - b. Fifteen (15) minutes for the 2<sup>nd</sup> Game.
  - c. Twenty Five (25) minutes for the 3<sup>rd</sup> 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)
6. If a team is going to be late, please notify the referee and/or Laura as soon as possible. We can be flexible if we have adequate communication from team captains to avoid conflict.

#### 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 the referee **BEFORE** the first game has started.
5. Rally scoring will be applied to all games. All games will be played to 21 points and must win by 2. Tie games will be limited to a 23 point cap (for regular season only) and does not have to be won by 2 points.
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.
9. All teams must have at least 1 male and 1 female on the court at all times to maintain the "co-ed" designation.

#### 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 (**jump serves are NOT allowed**).
3. Ball must be clearly visible to opponents before the 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 and/or blocking the serve is not allowed.
6. A serve may be returned with an overhand set from the front or back rows, however the player **CANNOT LEAVE THEIR FEET VERTICALLY** (leaving feet on a dive is legal).
7. Service for the 1st and 3rd games will be decided by coin toss or other fair methods chosen by the referees. The team that did not have serve for the 1st game will automatically serve the 2nd game.



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#### The Rotation:

1. Teams will rotate after each time they win the serve (side out).
2. Players shall rotate in a clockwise manner.
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. 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 any time 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. 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.
9. Open hand tips are not allowed for Women 6's and Men 4's leagues only.
10. 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).
11. 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. With the inconsistency of the summer weather, we will do our best to notify teams as early as possible in the event of game cancellation. JJ Twigs will make a final decision no later than 1 hour before 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.



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