



## RECREATIONAL VOLLEYBALL LEAGUE RULES (CO-ED)

### TEAM REQUIREMENTS

- There must be a minimum of 3 individuals who identify as female on the court at all times
- A team is allowed to play with 5 people on the court, but there still must be 3 individuals who identify as female on the court. Anything less than 5 results in a forfeit
- If a team starts the game with 3 individuals who identify as female, and one of them gets injured during the game, the team can continue to play with 2 individuals who identify as female, but they must play short-handed.
- ALL players must be registered before they are able to play in the league. If you have someone playing on your team that is not registered, all games that are won while that individual(s) is playing will be considered a loss
- All team additions/changes must be completed prior to the 3<sup>rd</sup> week of the league.

### DEFAULTS

**If a team does not meet the minimum team requirements at 15 minutes after the scheduled start time, they forfeit the first set. If they do not meet the minimum team requirements at 25 minutes past the scheduled start time, they forfeit the entire game (all 6 points).**

### GAME RULES

- Each game consists of 3 sets. Two sets will go to 25 and the third set is to 15. You must win by 2 to a max of 27 (first 2 sets) and 17 (for the third set)
- For each set won, the team will receive 2 points. These points will accumulate throughout the season to determine the seeding for playoffs
- **You are permitted one step in on both sides of the court when serving**
- Each player can only serve a maximum of 5 serves consecutively
- The net is set at women's height
- **Attacking is NOT permitted in this league** – however, down balls are permitted. These rules apply to both men and women.
- Tipping must be done with a closed hand in an upward motion
- Men ARE allowed to block. However, they cannot break their wrists for the block
- **You cannot kick the volleyball (full leg swing)**
- Subs can rotate in when your team regains possession
- Each team is responsible for keeping score (one team will do the score sheet and the other, the flip cards)
- All rules will be subject to the agreed upon rules of the OVA

### TIME OUTS

- Each team is provided with 2-30 second time-outs per set. These time-outs do NOT carry over if not used in the previous sets

### TIE BREAK PROCEDURE FOR FINAL STANDINGS

- **Head-to-head** (the 2 teams records against one another)
- **Points allowed** (in 3 way ties, the team with the least amount of points allowed in games involving the tied teams)

### PLAYOFFS

- Playoffs will be the best 2 out of 3 sets
- Every team makes playoffs, and will play every week of playoffs

### League Cancellation Fees:

- \* up to 2 weeks prior to the start of the league = \$15/team
- \* between 2 weeks and the start of the league = \$15/participant on the team
- \* once the league starts = NO REFUND