

**NORTHWEST FAMILY YMCA  
ADULT COED VOLLEYBALL LEAGUE  
Winter 2010 LEAGUE RULES AND GUIDELINES**

1. **ROSTERS:** Each team may have up to 12 players on its roster. Only players listed on the roster may play in the league. Rosters are frozen after the **FOURTH NIGHT** of the season.
2. **TEAMS:** Each team must have a minimum of one female on the court at all times during play
3. **START OF GAME:** A coin toss (or some decisive action by the official) will determine which team chooses to serve/receive or side. There must be a minimum of 4 players (one being female) on the court to start the game. First match will start at 7:30PM. Second match will start at 8:30PM. Third match will start at 9:30PM.
4. **SCORING:** All games are rally scoring. There will be 3 games in each match. The first two games will be played to 25 with a two-point advantage (27 point cap). The third game will be to 21 (23 point cap). If the third game begins 15 minutes or later prior to the start of the next match (or 10:30PM), then that game will be played to 15 points (17 cap) regardless of the reason.
5. **TIME OUTS:** Each team is allotted 2 Time Outs (30 seconds each) per game in a match
6. **ELIGIBILITY:** Only players on team rosters are eligible to play in the league. No player (including subs) may play for more than one team at all. For a player to be eligible to play in the playoffs, they must have played 3 regular season matches. Double headers count as **TWO** matches.
7. **REFEREE:** One official will call each match. Referee has final say over player eligibility, rule interpretation, judgment calls etc.
8. **GAME CALLS:** Only the **TEAM CAPTAIN** will be permitted to discuss rule interpretations or ask about a particular call (not judgment calls however).
9. **ROTATION/SUBS/LIBERO:** Players will rotate on side out. An additional player may sub in for the **SAME** player as many times as you want, whenever you want. If a team wants to sub in a libero, that libero can sub in for a maximum of two different players in the backrow only. They may only serve for **ONE** of those players; the other teammate must serve and then sub out after.
10. **SERVING:** Let serves are legal. Both feet must be behind the service line at point of contact. One foot over the service line is permitted on the north side of the gym. A player may serve from anywhere behind the endline as long as they are within the court sideline boundaries. Only one toss is permitted for serve after the whistle is blown.
11. **OBSTRUCTIONS:** **ALL OVERHEAD OBSTRUCTION ARE CONTINUOUS PLAY** (ceiling, heat ducts, pipes, fans, lights, etc). Basketball hoops, backboards, and connecting pipes are official's judgment replay. There needs to be a player **ATTEMPTING** to make a play on the ball. The divider curtain is out of play.
12. **CENTERLINE/10 FOOT LINE:** A player may not cross under the net to make a play on a ball. If a foot or hand **PARTIALLY** crosses the centerline, but not fully, it is **NOT** a fault. Any other body part that partially **OR** fully crosses the line **IS** a fault. **INCIDENTAL CONTACT** with an opponent is not necessarily a fault if both players are not fully across the line. It will be the official's judgment if actual interference occurred. Any backrow players may only attack the ball when jumping from behind the 10-foot line when the ball is fully above the height of the net. If any part of the ball is below the height of the net, it is **NOT** an illegal hit. Backrow players may not block at all. If a team has 4 players, the server is the backrow player
13. **BALL HANDLING:** There is no attacking or blocking of a serve. Double contact (including setting) is allowed on **ANY FIRST BALL** over the net regardless of the speed of the ball coming over the net. (Must be **ONE ATTEMPT** to play the ball). If the ball is lifted, thrown, comes to rest, etc, it is illegal. Any part of the body may be used to play the ball.
14. **ANTENNAS:** The ball must travel fully inside the antennas during play. If the ball hits, goes over, or outside of one, it is out.
15. **PURSUIT:** There is **NO** pursuit rule (chasing a ball going out of bounds on the opponent's side and playing it back to your side)
16. **LATENESS:** Teams must start with 4 people (at least one female) within 10 minutes of their scheduled time. After 10 minutes, the first game is forfeited. After another 10 minutes and the second game is forfeited. After a final 10 minutes, the match is forfeited. Teams may still use the court.
17. **Unsportsmanlike conduct** will be grounds for league suspension. Conduct calls are the official's decision. Two suspensions will be grounds for eviction from the league entirely. Please be mindful of profanity at the YMCA and **DON'T DO IT.**