

# GT SOCIAL SPORTS

## Co-ed Volleyball Rules

### **Rosters:**

1. All participants shall be of at least 18 years of age and have signed the GT social sports waiver
2. This is a co-ed league and as such there are gendered requirements while playing
3. There shall be a minimum of 2 of each gender on the court at all times during play
  - a. 1 of each if playing in a league/tournament that is 2v2, 3v3 or 4v4

### **Player Conduct:**

1. Disputed calls are handled by the team captains only. Once the team captains have reached an agreement that ruling is final and play shall continue
2. Grand Traverse Social Sports is a recreational league. Rule #1 is "don't be a jerk!" If you have to ask if you're the jerk in any given situation, you probably are
3. No fighting of any kind is permitted or tolerated and will result in penalty from GTSS up and including expulsion from our leagues

### **Playing the Game:**

1. A game is 3 sets; 2 sets to 21 and 1 set to either 21 or 15 pending time
2. Teams must win by 2 points. There is a 26 point cap on each set
3. If a team scores 5 consecutive points the defending team may take a rotation and players rotation as though they regained serving possession
4. Each set counts towards overall league standings
5. Maximum of 3 hits per side
6. Points are made on every serve for the winning team of the rally
7. Players may not hit the ball twice in succession. (A block is not considered a hit)
8. Ball may be played off the net during a volley and on a serve
9. A ball is considered in if it hits a boundary line
10. Any ball that hits an antennae, the floor (or ground) completely outside the court, the net/cable/rope outside the antennae, any referee stand or pole, or the ceiling (when indoors) above a non playable area shall be considered out
11. A ball is playable if your team hit it last it hits the ceiling and falls to your side of the court AND it was not 3rd hit
12. It is legal to contact the ball with any part of a player's body
13. It is illegal to catch, hold or throw the ball
14. A player cannot block or attack a serve from on or outside the 10-foot line (if there is one)

15. Only one defender may attempt a block. Double blocking is not permitted
16. After the serve, players may switch positions

**Scoring Violations:**

Things that result in a point for the opponent

1. When serving, the player steps on or across the service line as while making contact with the ball
2. Failure to serve the ball over the net successfully
3. Ball-handling errors. Contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
4. Touching the net with any part of the body while the ball is in play
5. When blocking a ball coming from the opponent's court, it's illegal to contact the ball when reaching over the net if both your opponent has not used 3 contacts AND they have a player there to make a play on the ball
6. When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball has not yet broken the vertical plane of the net
7. Crossing the center line with any part of your body is a violation. Exception: if it is the hand or foot. In this case, the entire hand or entire foot must cross for it to be a violation
8. Serving out of rotation/order
9. (INDOOR VOLLEYBALL ONLY) Back-row player blocking (deflecting a ball coming from the opponent) when, at the moment of contact, the back-row player is near the net and has part of his/her body above the top of the net. This is an illegal block
10. (INDOOR VOLLEYBALL ONLY) Back-row players attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack

**Special Note:**

1. League representatives reserve the right to adjust any rules should the need arise. Any such adjustments will then be applied to the next scheduled game.