

## **Coed Volleyball Rules**

**Current National Federation (High School) Rules will govern play except for the modifications listed below. All rules are subject to change at the discretion of the LU IMS Administrative Staff.**

### **I. General**

- There are a maximum six (6) players per team on the court (three men and three women).
- A team may play with no fewer than five (5) players.
- If a team plays with five (5) players then three (3) of those five (5) must be female.
- Net Height-Eight (8) feet
- Matches will be the best two (2) out of three (3) games played to twenty-five (25) by rally scoring. Game three (3) will only go to fifteen (15).
- Championship match of the playoffs will be best three (3) out of five (5).
- If a team is not there at game time, the first game of the set will be forfeited. After ten (10) minutes, the entire match will be forfeited.
- Substitutions may be made anytime the ball is not in play, but must stay in rotation.
- There will be one (1) thirty (30) second timeout per team per game.
- Any unsportsmanlike conduct will result in a loss of point and side out for the first offense. The second offense will result in removal of the game and facility.

### **II. Clarification of Select Rules**

- Ball hitting on line is in bounds
- Ball hitting overhead obstacle or basket support is in bounds if hit on your own team's side and if is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then out.
- Ball hitting net on serve is a live ball.
- Server must be behind line
- Teams rotate clockwise upon receiving serve
- Contact with the ball must be a "clear" hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
- Teams change courts and serve at end of each game.
- Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
- Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
- Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being shortly held it is a double fault and played over.
- When players on opposing teams commit fouls simultaneously, it is a double foul and played over. Points are not scored on a double foul.

- Touching net at any time is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court. Any player that touches the net after spiking a ball, the play will be whistled and called a side out.
- A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.
- A player may step on the centerline but not on the floor in the opponents' court. Any part of a player's body may be in the air below the net and beyond the centerline if he/she does not interfere with opponents play by either touching ball or opponent.
- Three hits maximum each side; except when ball touches blockers hand(s) (three more hits are legal).
- A girl must hit the ball at least once before it goes over the net unless there are less than three total hits.
- A player cannot attack or block the ball directly off the serve.
- A player rotating off the front row must wait three rotations before returning to the front row.

### **III. Sportsmanship**

- The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.
- The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the LU IMS league and playoff seasons. Behavior before, during, and after an LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
- A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain's effort in assisting officials/staff to calm difficult situations and to restrain troubled teammates is vital in controlling team conduct.
- Sportsmanship is vital to the conduct of every LU IMS contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final! The LU IMS administrative staff will rule on further penalties due to unsportsmanlike conduct.
- Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of

sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.

- Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the LU IMS Handbook, available online at [www.liberty.edu/ims](http://www.liberty.edu/ims).