

Recreational Services

Co-Rec Volleyball League

1. Matches will be 2 out of 3 games, each rally game to 25 points. You must win by 2 points (27 point cap). If a third game is needed, rally scoring to 15 shall be used with a cap at 18.
2. Teams are allowed 2 time-outs per game. Each time-out will be 30 seconds.
3. The minimum number of players needed to start and finish a match is two. There must be a male on the court at all times, but there may never be more males than females on the court at one time.
4. Teams are allowed 2 minutes between games.
5. Teams may substitute at the serving position **only**.
6. The server may serve from anywhere behind the service line.
7. 3 contacts per team.
8. Blocks do not count as one of a team's three contacts.
9. The ball may not come to rest, or sit in a player's hands, or roll up their arm. Scooping, lifting, shoving, or throwing the ball shall be considered a lift.
10. One player may not contact the ball twice consecutively.
11. A ball landing on the line is in.
12. There are no back row attacks - a back row player may not contact the ball above the net from the front row. He/she may contact the ball above the net from the back row providing he/she jumped from behind the 10 foot line or below the net from the front row.
13. You may not make any attempt to block a serve.
14. A player's foot may touch the center line as long as their whole foot does not cross the center line. If it does, a side out or point results.
15. A player cannot be in the net at any time.
16. An overhand serve receive is illegal any time a setting motion is used in recreational league. In competitive league an overhand serve receive is legal any time a setting motion is used.
17. Net serves are allowed - a ball that hits the net on a serve can still be considered good.
18. If the ball is contacted more than once on a side, at least one of those contacts must be made by a female. Ex. If the ball is contacted by 2 males then hit over the net, that would be considered illegal and the "2 guy rule" is called resulting in a side out or point.
19. Jump serves are not allowed in recreational league this is an automatic side out.

20. Only the captain may address the referee about questions involving rules interpretations. Any unsportsman-like or disrespectful conduct during the match will result in:
 21. Yellow card (1st warning)
 22. Red card (2nd warning) - results in a point or sideout
 23. Red and yellow card - player ejection
24. A team member must be present 15 minutes prior to the start of the game to avoid a forfeit.