

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 Carlisle Parks and Rec 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).
- 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.
- Teams will flip a coin or choose odd/even or Volley to determine who will serve first.
- 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.

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 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.
- Serving: If a ball contacts any part of the net on a serve and continues over the ball will be deemed playable. This includes a ball skimming the net or hitting into the net and continuing over the net.

III. Sportsmanship

- The mission of the City of Carlisle Recreation department is to provide a recreational environment for the Carlisle 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.
- Although we are in the company of adults, foul language and excessive cussing can be offensive to many. Please use appropriate language while on the court.
- Unsportsman- like conduct will be handled in the following manner
 - First offense: Verbal Warning
 - Second offense: Dismissed from Game
 - Third offense: Dismissed from League

Other Business:

Parks and Recreation encourages no children at adult volleyball games. If a child/ren does have to be present, they must be supervised by an adult at all times. All children must remain in the gym. If supervision is not

provided, a team player will need to sit with the child/ren and the team will play short if necessary. Do not sit on the top of the bleachers at Main Gym. If the team captain has to stop the game to manage children, they have the right to ask the parents to take their children out of the facility.

Inclement weather: City of Carlisle Parks and Rec Coed Volleyball league will follow the Carlisle Community School districts cancellation policy. If activities are cancelled at the school, then city programs and activities are cancelled as well.. I will do my best to inform all captains of cancellations. If there is no school due to weather, there will NOT be games that night.