



Pleasant Hill Parks and Recreation

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Coed Volleyball League Rules

(Updated: October 2013)

1. **Rules:** Current NFHS rules will govern all games with following league exceptions:
 - A. **Coin Toss:** Will be conducted before the first and 3rd games by the referee. The winner may choose to serve or side of court. Teams change sides after the first game.
 - B. **Matches:** Each match consists of three games (if time permits) and has a 45 minute time limit. ALL games will be played with rally scoring to 25 points and winning by 2.
 - C. **Game Time:** Teams must have a minimum of 4 players to start a game. If one team does not have enough players 1) at game time, they will forfeit their first game of the match and 2) after 15 minutes, they will forfeit the match. If a team has 5 players (3 males/2 females or 2 males/3 females), after every full rotation, an automatic side-out will ensue and a point will be awarded to the other team.
 - D. **Players:** Teams must alternate male-female at the time of the serve. This means being in their relative positions as well. Attacking or blocking of a serve is illegal.
 - E. **Timeouts:** Teams are allowed 2 – 30 second time-outs each game. The team manager is the only player allowed to call a time-out.
 - F. **Playing the Net:** A ball hitting the net on a serve is playable if it continues to the other side.
 - G. **Playing Obstructions:** A ball hitting the ceiling/guide wires/etc. may be played if the ball returns on same side of court with the exception of serves and a third team hit.
2. **Unsportsmanlike Conduct:** Managers are responsible for the conduct of their team knowing the rules and abiding by them. This conduct may result in suspension or removal from league.
3. **Rosters:** ALL players must sign the roster sheet. Teams can have a max of 12 on a roster. No roster changes will be made after 4th week of games. Any additions/changes need to be made through the Parks and Rec Supervisor. Once you are on a roster and have played in a game you cannot play for another team. Use of a non-roster players may result in a forfeit.
4. **Alcoholic/Tobacco:** NEITHER is allowed on school grounds.
5. **Officials:** A referee will be provided for each game and he/she has authority and final decision for all on-court decisions on matters not specifically covered in the rules. They may stop the clock for their discretion due to injury, delay of game, to confer with the scorekeeper, and any other problem that may arise.
6. **Disclaimer:** The Pleasant Hill Parks and Recreation Department reserves the right to remove any player/spectator from competition for any unsportsmanlike behavior and is not responsible for accidents occurring in or around the facility before, during, or after play. All children and spectators must remain in the gym area while games are being played with the exception of bathroom use. A player ejected from a game must sit out the team's next game. A player being ejected twice during the season MUST meet with the Recreation Supervisor before being permitted to play again. The Recreation Supervisor reserves the right to make changes in the rules in order to promote a positive recreational experience.

NOTE: In case of inclement weather, cancellations will be posted on the rain-out number 1 hour prior to the first game of the day. Call (913) 791-2600 for cancellation information.