

## VOLLEYBALL QUICK FACTS

1. **Players:** Each team should have 6 players, rotating male-female for co-ed. There can be more females than males on any team. If a team has 5 players then 3 of them must play in the back row.
  - a. **Eligible Players:** Only allowed 2 former varsity/junior varsity players or current club players on each team.
2. **The Court:** If ball hits any object outside the court it is out of bounds and the ball must stay in between the antennas at all times.
3. **Scoring:** A match is the best 2 out of 3 games or 45 minute time limit. The first 2 games are to 25 points, rally scoring and the 3<sup>rd</sup> to 15 points. Each team for each game is allowed one 30 second timeout so 3max/match.
4. **Serving:** The server must wait for whistle and must be behind the line previous to contact of serve.
5. **Forfeit Policy:** Each team must play with at least 4 players to compete, otherwise, they forfeit. The second forfeit of the league is an elimination of that team.
6. **During Play:** Each team has 3 legal contacts to return the ball to the opponent's side.
  - a. A block is not considered a hit. A legal hit is when the ball touches a player's body above and including the waist.
  - b. **Blocking:** A player deflects the ball coming from the opponent by reaching higher than the top of the net at the moment of contact. A block may involve wrist action provided there is not prolonged contact. Blocking a ball which is entirely on the other side of the net is permitted if the opposing team has had an opportunity to complete its attack.
  - c. **Center line penalty:** A player must have a hand or foot completely across the center line to be in violation. If both teams have violation it will be a re-serve.
7. **Spirit of the Game:** Volleyball stresses sportsmanship and fair play. Competitiveness is encouraged while respecting opponents, officials, and supervisors.