



## WATERVILLE PARKS AND RECREATION COED RECREATIONAL VOLLEYBALL RULES AND GUIDELINES

- 1) This is a coed recreational volleyball program. No previous volleyball experience is required. Please keep in mind that all participants will have varying levels of abilities.
- 2) Rosters are required to be signed. These will be kept by the gym supervisor. During the winter season, you may only participate on **one** team. The only exception would be if the opposing team captain agreed to allow you to play to avoid a forfeit due to a shortage of available players. If the other captain does not agree, you cannot play for the team.
- 3) There is a \$2.00 fee per participant for each evening played. Please pay the gym supervisor.
- 4) Recommended size of teams is 6-9 players. A maximum of six players is allowed on the court with extra players rotated in. Teams must have at least two women on the court at all times; teams are strongly encouraged to have three women on the court at all times.
- 5) Teams rotate after every side out in a clockwise motion with a new person rotating in at the serving position and the left hitter position. All players must be in the rotation unless doing so would violate rule number 4.
- 6) *Games*
  - a) Three games to 21 will be played.
  - b) The first team to win by 2 or reach 25 is the winner.
- 7) *Serving*
  - a) The first serve is determined by the “volley to serve” method.
  - b) If the served ball hits the net and continues over it, it is replayed. A net serve is allowed only once per serve.
  - c) The serve **CANNOT** be blocked or attacked in any way. However, anyone can bump or set the serve.
- 8) *In Play*
  - a) The basketball goals, ceiling, ropes, and lights are **IN PLAY** during volleys only on teams’ own side of the net (except on third hit).
  - b) Any part of the ball that contacts a boundary line is considered legal and **IN PLAY**.



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### 9) *Net Play*

- a) Players may block across and above the opponents court only if:
  - ◆ The opposing team has spiked the ball.
  - ◆ The opposing team has had its allowable three hits.
- b) Players may not make contact with the net at any time whether it is accidental or otherwise. Contact with the net will result in a loss of serve. Simultaneous contact by opposing players will constitute a replay of serve.

### 10) *Playing the Ball*

- a) Players may hit the ball with an open or closed hand. However, players may **NOT** scoop, throw, lift, or push the ball in any way (carry or held ball). These actions result in a loss of serve. It is recommended that players use a closed hand when hitting the ball underhand so as to avoid “carrying” the ball.
- b) **Open hand** spiking is allowed by any front-line player. **At no time will a closed hand spike be allowed.** Back-line players may spike the ball **with an open hand** providing that they take off with both feet behind the attack line ((the attack line is 10’ from the center line (or net)). **Please note that closed fist spiking is prohibited and will result in a loss of serve. Continuous violations may result in disciplinary actions at the discretion of the Waterville Parks & Recreation department.**
- c) There is **NO KICKING** of the ball allowed.

### 11) *Out of Bounds*

- a) A ball striking any wall or area out of bounds is a dead ball and will result in a loss of serve.

12) At the end of each game, teams will switch sides of the court.

13) **PLEASE** do **NOT** wear street shoes on the courts. Also, if there are youth teams in the gym, you may **NOT** enter until they have finished practice/game. Make sure all members of your team abide by this rule.