



Coed Volleyball League Rules

I. LEAGUE ADMINISTRATION

- A. The league shall be administered by the Apex Parks, Recreation & Cultural Resources Department (APR&CR).
- B. The Department reserves the right to make any changes that they deem necessary for the betterment of the league and its play.
- C. The Department will supply volleyballs for each match.

II. ELIGIBILITY

- A. All players must be 17 years old or older by September 1, 2025.
- B. All players must have signed the wavier/registration form and paid all fees before starting play. In the event a team is short players, fill-in players may be used, provided they have signed the waiver.

III. TEAM CONTACTS

- A. Each team shall have an official contact person. The contact must make certain that all team members receive all information distributed by APR&CR and are aware of the league rules.
- B. The team contact is the spokesman for the team during the matches.
- C. It is the responsibility of the team contact to call APR&CR's Activity Information Hotline, (919) 249-3348, to determine the status of matches in case of inclement weather.

IV. PLAYING RULES

All rules will be governed by USVBA rules except for the local rules stated here.

A. Team Roster:

1. All players must have signed the wavier/registration form and paid all fees before playing. If fill-in players are being used, they must complete a registration form prior to playing. Players on another team's roster may fill in when teams are short, if both teams agree. **Note:** a fill-in player may only play once without paying the registration fee. Fill-in players may not be used for the tournament.
2. Team rosters may not exceed 15 players.
3. Players may be added to the roster at APRCR's discretion, up to October 10.
4. Players added must be done Monday-Friday before 4pm to added to the roster the same day. Players signing up after 4pm will not be eligible until the following day.

B. Game Rules:

1. Using the rally scoring system, each match will consist of two out of three games to 25 points. The winner of each game is the team that scores 25 points and is ahead by two or the first team to 30 points. **NOTE:** The third game only will be played to 15 points (win by 2 or first to 20 points).
2. A coin flip will decide side and serve for the first and third games.
3. Each team will consist of six players. Teams must field six players, two of whom must be women and two must be men, a minimum of four players is allowed to start the match. Teams may not hold out players or substitute players in order to play with 4 or 5 players instead of six. ***This is a six on six league.***
4. There must be a minimum of two women and two men on the court at all times.

C. Substitutions:

Rotation/Substitution: Prior to each game, the team captain must notify the referee of the system the team will use for putting players into the game. Once a team chooses, they must continue with this system throughout the game.

1. **Rotation:** Players will rotate in and out at a designated position of the court. (A team can not pick the substituted player; a team must always have two men/two women on the court).
2. **Substitutions:** Regular substitution procedures. No limit to entries per player, but player must substitute in and out for the same player (any position).

D. Playing Rules:

1. At the start of the game, the referee will signal readiness to play and give a verbal or visible signal to start.
2. Double hits, lifts, carries and throws are illegal and will be called as such.

3. Players in the back row may not block or jump to spike in front of the 10-foot line.

Clarification: If a backrow player completes an attack of a ball while in front of the 10-foot line, a portion of the ball must be below the top of the net for this play to be legal.

If the ball is completely above the top of the net, and a backrow player, while on or in front of the attack line, directs the ball toward the opposite side of the court, and the ball is not touched by a teammate, this becomes a violation when either a player from the opposite team touches it while in the plane of the net or the ball crosses the net completely.

4. Players may not block or spike a serve.
5. Players cannot touch the net during play.
6. Players may go completely under the net and play the ball, but may not interfere with an opposing player.
7. Net serve scoring is legal. Meaning any ball that is served and makes contact with the net, falling inbounds in opposing court, it is a legal serve and should be played by the receiving team.
8. Playing sides shall be switched at the end of each game.
9. The ball may be played from the net.
10. The ball is playable when it passes inside the poles. If any part of the ball touches or goes over the poles, it is a fault.
11. A player may go outside the court to play the ball but not the playing area. Playing area is defined as the white poles or red line that surround the court.
12. Three minutes will be given to teams between games.
13. The referee will stop play for injury and objects on the court.
14. A player may have more than one toss attempt when serving.

E. Forfeits:

1. A team must have a minimum of four players to start a match (two women and two men).
2. For the first match of the day only, there will be a five (5) minute grace period given from the match start time to get enough players. If a team does not have the minimum number of players five (5) minutes after game time, they will forfeit the first game. If they do not have the minimum ten (10) minutes after game time, they will forfeit the match.
3. For all subsequent matches, teams will forfeit the first game if they do not have the minimum at game time and will forfeit the match if they are not ready to play five (5) minutes after game time.

F. Sportsmanship:

1. Judgment calls may not be questioned.
2. All problems of discipline or unsportsmanlike behavior will be handled according to APR&CR policy and procedures. A player can be removed from the league play due to unsportsmanlike behavior.
3. Profanity will not be tolerated and can result in immediate disqualification from present and future matches.
4. Berating the officials will not be tolerated before, during or after the matches.

Please remember that this is a recreational league and should be played for the fun and enjoyment of playing volleyball.

G. End of Season:

1. A single elimination tournament will be played at the end of the season.
2. Seeds will be based on regular season standings.
3. Ties in league standings will be broken based on head-to-head play. Any seeds that cannot be determined by head-to-head results will be decided by a coin flip.