



## Official Xoso Coed Volleyball Rules - Update 7/6/2011

### Honor Code

Xoso Coed Volleyball is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Food and drinks other than water are not allowed in the gymnasium.

1. Referees/Officials do the best they can to make accurate calls. Only team captains may dispute a call with the official. Players should respect the decision of the official. All decisions are final.
2. Players/Spectators should refrain from unsportsmanlike behavior, vulgarity, verbal and physical attacks, and any other behavior that detracts from the spirit of the league and Xoso.

- 1. This is an adult SOCIAL league - relax, have fun, and don't be too serious!**
- 2. All players must be registered, paid, and at least 21 years of age.**
- 3. By registering and signing the Xoso Release of Liability form, players agree that Xoso and its staff will not be held responsible or liable for any injuries occurring as the result of participation in any Xoso Activity.**

### Match/Game Play

1. Each match consists of 3 games to 21 win by 2 or first team to 23.
2. Each game counts towards the season standings in terms of tiebreaker differential.
  - a. In Playoffs, it becomes a best 2 out of 3 match to move on.
3. Games are scored with Rally scoring: Points may be scored at any time, with or without the serve. There are no side-outs.
4. Each team has one time out per game.
5. Substitutions may occur at anytime but must enter into the serving position. Exiting player must exit from front right position on court. See "Rotation" below.
  - a. No more than 4 of one gender on the court at a time. See exception below.

## Team

1. Team rosters must be composed of 8-12 players, with at least 2 of each gender.
2. Teams may field up to 6 players to start a game, with a minimum of 4 to prevent a forfeit.
  - a. There must be two of each gender to prevent a forfeit (2/2 rule).
  - b. EXCEPTION: In certain seasons we will amend this rule to allow teams to play with 1 person of a particular gender. This will be based on the number of each gender signed up to participate.

## Match Forfeits

1. Teams have 10 minutes from the scheduled match time to meet the 2/2 rule before a 1 game forfeit is declared.
2. After 15 minutes from the scheduled match time the entire match will be forfeited.
3. A team that uses a player not on their roster will forfeit their match.
4. A team that registered as a team that uses a player under 21 will forfeit their match.
5. Any team that forfeits two or more games, including “party foul” forfeits, will be ineligible for the playoffs.

## Uniform and Attire

1. In order to play in a match, all players must wear their Xoso team shirts
  - a. EXCEPTION: Each team has a 1 match credit during the season to bypass the above rule for shirts. Once anyone on the team uses that credit, all players on that team must wear their shirt for the remainder of the season if they wish to participate.
    1. Remember, you wouldn't show up to your baseball game without your glove, or your basketball game without your jersey.
    2. If a team has multiple matches in one night it is acceptable for the player to play in all matches that evening as long as the XOSO representative on site recognizes that the player has been on the team all season and it's clear the team has not brought in a “ringer”.
2. Non-marking, closed-toe shoes are required.. Sandals and street shoes are prohibited.
3. For Indoor Volleyball we strongly suggest wearing knee pads to protect your knees!

## Game Rules

1. **Serves**
  - a. A live serve is any serve that crosses over the net and is either touched by the other team or lands in bounds. Lines are in bounds.
  - b. A serve that hits the net (Net/Let serve) and continues over is a live serve and must be played.
  - c. The server may not cross over or step on the end line until the ball has been hit or a foot fault will be called.

- d. The server may stand anywhere along the end line and as far back as he/she desires.
- e. Serves may be underhand and do not need to be tossed.

## 2. **Receiving**

- a. Serves may not be attacked, blocked, or spiked. The ball must be below the top of the net before contact is allowed.
- b. Serves may be returned in any manner as long as it's not a carry, lift, or double hit.
  - i. Unintentional double hits are allowed for hard serves/spikes as long as the contact is made in one fluid motion.

## 3. **Rotation**

- a. On every point/side-out teams must rotate position clockwise. Plan accordingly when you set your initial positions.
- b. First person out = First person in
- c. Person rotating out, rotates out from the front right position on the court.
- d. In Recess League and Bumper League, if 5 consecutive points occur, the serve will go to the other team and the other team will rotate. No point will be given to the other team in this instance.

## 4. **Net Contact/Center Line**

- a. Contact with the net is not allowed and will result in a point for the other team and a side-out unless caused by a ball driven into the net. Contact made by long flowing hair is allowed.
- b. The center line extends across the court under the net. No player may cross over the center line during play. No penalty point will be assessed if the body part under the net is still in contact with the center line and the play does not impede the other team's play.

## 5. **Hitting**

- a. A team has 3 hits to get the ball to the other side.
  - i. A block does not count as one of the 3 hits.
- b. No player may make hit the ball twice in succession
  - i. Exceptions:
    - 1. A block does not count as a hit
    - 2. If it's a hard spike/serve and the contact is made in one fluid motion.
- c. Carries, lifts, scoops, throws, etc. are not allowed and will result in a point/side-out.
  - i. Rule of thumb: Any time the ball comes to rest or "stalls" it is not a legal hit. A quick clean hit is what we're looking for. Use close fists or clasped hands if you're in doubt.
- d. A hit that hits the wall is out of play and a side-out for the opposing team.
- e. A hit that hits the ceiling and comes down on the hitters side may be played as normal. If it hits the ceiling and carries over to the opposing side it is a side-out for the opposing team.
- f. A hit that hits a basketball hoop near the ceiling is a re-do for that point/side-out.

## 6. **Kicks**

- a. A ball may be returned off the foot or leg provided that the foot of the that same leg is in contact with the ground.

## 7. Spikes

- a. Spikes are allowed but may not be on the opposing team's serve.
- b. Spikers may follow through over the net as long as they do not make contact with the net.

## 8. Back Row Spikes

- a. Back row players may attack the ball as long as they jump from behind the 10 foot line. Touching the line on take-off is a fault and will be declared a point/side-out.

## 9. Blocking

- a. Blocks are allowed except on the opposing teams serves.
- b. Blocks may not be initiated until the ball has broken the plane of the net or the opposing team has made their 3rd hit.
- c. Blocks do not count as a hit and the blocker may hit the ball again immediately.

## 10. Sets

- a. Sets are allowed and encouraged, so long as they are not double hit or carried.
- b. Sets should not cause more spin/rotation on the ball than before the set.
- c. If in doubt, use a bump set.

## 11. Boundaries

- a. All lines are considered in bounds.
- b. Some nets have antennas on each end. These antennas will be declared out of bounds.

## 12. Nets

- a. The nets shall be standard coed (men's) height.

## 13. Deliberately preventing the opposing team from seeing the server/hitter by screening or impairing line of sight is not allowed and will result in a point/side-out. Standing in position is ok.

## 14. Unless otherwise noted, NCAA volleyball rules apply.

## Officiating

### 1. Xoso Coed Volleyball is a player-officiated sport and each team is responsible for designating players from their team as referees for other games as indicated on the provided season schedule:

- a. Under the "Officials/Referees" section of the schedule will be your team name. For each listing, you must provide TWO officials for the game. Generally your team will be officiating two games simultaneously (both courts), so a total of FOUR officials will be needed. Have 1 referee on each side of the court watching the back lines specifically.
- b. A team failing to provide TWO officials in accordance with the schedule will result in a "**Party Foul**" forfeit in the team's record which will count toward its total number of forfeits. This party foul forfeit does not count as a loss. Teams with two or more forfeits, including match forfeits, will be ineligible for the tournament or playoffs.

### 2. The team-designated official is the designated league official for the game.

### 3. **Only team captains may dispute calls with the Officials.**

### 4. All decisions by Officials are final.

### 5. **Official Duties**

- a. The official will be responsible for:
  - i. Starting matches
  - ii. Keeping time
  - iii. Recording each win and loss
  - iv. Enforcing the honor system
  - v. Enforcing all penalties
  - vi. Managing the game
  - vii. Turning in the final score, with team captain signatures at the end of the match. The scoresheet must have the name of the official in order to receive credit towards the 8 game officiating requirement towards a free Volleyball season.

### **Sportsmanship and Cards**

1. Any player or team may be removed from the league for the remainder of the season, and denied registration for subsequent seasons due to unsportsmanlike conduct at the complete discretion of Xoso if it is in the best interest of the league.
2. Officials and Xoso staff members may give **YELLOW** and **RED** cards at their discretion for unsportsmanlike conduct without prior warning.
  - a. Games will be whistled to a stop to issue the card.
  - b. Suspensions as a result of YELLOW/RED cards may be reviewed by Xoso staff members who may alter or amend punishment as they deem necessary.
3. **Warnings, Yellow Cards, and Red Cards**
  - a. **Warning:** No suspension, but if conduct is repeated there should be a card given.
  - b. **Yellow Card:** Player must sit out the remainder of the current GAME and the following GAME (may be the next scheduled date if necessary). The team shall play minus one player for these games.
  - c. **Red Card:** The player in question shall sit out the remainder of the current MATCH and the following MATCH. The team shall play minus one player for the date the player received the card. The following week the team may play full strength but without the player in question. The player must leave the premises.
    - i. Two Red Cards for any player in a season shall prevent that player from participating in or registering for any Xoso league for two months.
  - d. 2 Yellow Cards = 1 Red Card
    - i. A player receiving two Yellow Cards on the same day (before, during, or after a match) will result in a Red Card and immediate ejection from the game, match, and facility.
4. If a **Yellow** or **Red Card** results in a team's inability to meet the minimum gender requirements to play in a game or match it shall count as a forfeit for said team.
  - a. The forfeited game or match shall count as suspension time served for the offending player.
  - b. If the opposing team must forfeit it shall also count as suspension time served.
5. **Some Causes for Cards**
  - a. Drug and alcohol use on or near the playing court/field shall be an immediate **RED CARD**.

- b. Arguing calls, especially by non-captains, with other players, referees, or Xoso staff members.
- c. Unsportsmanlike communication between opposing teams, both verbal and non-verbal:
  - i. Arguing, yelling, pointing, questioning, misleading or confusing the other team with incorrect rules, swearing and other foul language.
    - 1. Warnings should be given to BOTH teams at first.
  - ii. Crossing the center-line in an intentional or threatening manner, physical abuse or posturing shall result in an immediate RED CARD.
- d. Foul language or behavior directed towards referees, spectators, players, or Xoso staff members.
- e. Intentionally throwing a ball at a referee, Xoso staff member, or spectator.

### **Protests and Disputes**

1. Protests and disputes must be filed on paper with the Xoso staff member on site or by email on the day in question.
2. Team captains may dispute the final score of a game/match or the receipt of a Yellow or Red Card for a team member by explaining in detail their reasoning.
  - a. Disputes based on referees judgement calls (in, out, etc.) will not be heard.
  - b. Only rules explicitly outlined in this document shall have grounds for reversal.
  - c. The initial ruling shall be considered accurate, and the burden of proof shall rest with the captain filing the protest.
3. The Xoso staff shall consider all protests and may request additional information/ perspectives from other players and witnesses in the interest of making the proper determination and ruling on the protest.

### **Team Rankings/Standings/Playoffs**

1. There will be a championship game or playoffs depending on the number of teams in the league.
  - a. 2-6 teams = Championship Game only
  - b. 7-9 teams = 4 team playoff
  - c. 9-12 teams = 6 team playoff
  - d. 13+ teams = 8 team playoff
2. A team shall receive 2 points for winning a match.
3. In the rare event that one team has more matches than another due to an odd number of teams in the league, their total wins and losses will be multiplied by the number of matches they played and divided by the number of matches they should have played.
4. Rankings and Standings shall be determined by the following tiebreakers:
  - a. Points for/against differential
  - b. Head-to-Head result
  - c. Coin flip or Rock, Paper, Scissors
5. In the event of a forfeit, for the purposes of tiebreakers, the forfeiting team shall lose the match 3-0.

**These rules may be modified as needed to make the league more fun for everyone.**

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