



Official Xoso Coed Grass & Sand Volleyball Rules

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.

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 18 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. Before Set 1, Captains will play rock/paper/scissors. Winner chooses if they want the serve or to choose their side. If they choose to serve first, the losing Captain then gets to choose which side they want, or vice versa. The choices will then alternate each set, meaning the initial choice applies to Set 1 and 3, with Set 2 being the opposite.
2. Each match consists of 3 games to 21 (win by 2 or first team to 23), depending on locations and time slots. All matches have an allotted amount of time of 45-60 minutes to play all three games (dependent on league). Warm-up time is included within this time slot, so be sure to warm up as much as possible before the actual start time. If, prior to the third game, the official decides that time won't allow for a complete third game, the official may inform the teams that the game will be played to 15 or less.
3. Each set 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.
4. Games are scored with Rally scoring: Points may be scored at any time, with or without the serve. There are no side-outs.
5. Each team has one 30 second time-out per set.
6. There are no breaks between sets.
7. 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. **At least 2 of the 6 spots on the court must be held by women.**

Teams

A player may only play on one playoff team. If rostered on multiple teams, they will need to choose one team to play with for playoffs and may not switch teams if their chosen team is eliminated.

1. Coed 6s:

- a. Team rosters generally consist of 8-10 players, with at least 2 men and 2 women.
- b. Teams may field up to 6 players to start a game. There must be at least one man and two women AND four total players to prevent a forfeit.
 - i. EXCEPTION: If a team created by Xoso (individuals/small groups) only has 3 women, we may make an exception to allow the team to play with 1 woman so they are not at a disadvantage based on general registration out of their control.

2. Coed 4s:

- a. Teams should play even gender as much as possible (2 men and 2 women). **At least 2 of the 4 spots on the court must be reserved for women.** A minimum of 3 players are required to avoid forfeiting. To clarify, a team may play with 1 man and 2 women, or vice versa.

Match Forfeits

1. Teams have 0 minutes from the scheduled match time to meet the minimum player rule before a 1 game forfeit is declared.
2. Teams have 5 minutes from the scheduled match time before the entire match will be forfeited.
3. Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit their game. Subs can register at <http://www.xososports.com/page/sub-registration>
4. A team that registered as a team that uses a player under 18 will forfeit their match.
5. Any team that forfeits two or more games will be ineligible for the playoffs.
 - a. Exceptions may be made at our discretion if two forfeits occur on the same day if properly communicated in advance.
6. **Roster Checks:** Captains have the right to ask for a roster check of the opposing team. The request must be made with the official either before or during the game but before it ends. Once the game has ended, no roster checks may be done. If it is found that the opposing team is playing with an “illegal player” (i.e. not on that team’s roster or registered as a sub) then staff reserves the right to remove the player and forfeit the game. Roster checks may not be done after the game and Xoso staff decisions are final.

Uniform and Attire

Appropriate outdoor volleyball attire is fine (shorts, swimwear, etc.)

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.

- f. Beginner Leagues:
 - i. 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.
 - ii. No jump serves are allowed.
- 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.
 - ii. It is legal to receive serve "open handed with finger action", but strict hand-setting judgment must be applied to the contact.
- 3. **Rotation**
 - a. **COED 6s:**
 - i. On every point/side-out teams must rotate position clockwise. Plan accordingly when you set your initial positions.
 - ii. First person out = First person in
 - iii. Person rotating out, rotates out from the front right position on the court.
 - b. **COED 4s:**
 - i. Teams do not have to rotate in 4's games other than keeping the correct serving order. Players may play anywhere on the court, but must maintain a serving order. Players rotating into the game come in to the serving position.
- 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. Players may cross under as long as they do not interfere with the other team. If they do, it's a fault.
- 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. **COED 4s:** No "open-handed" tipping: players who contact the ball with one hand and are putting the ball over the net, must cleanly hit it with the heel or palm of the hand (a roll shot), with straight, locked fingers and a locked wrist (a cobra), knurled fingers (a camel toe) or with the back of the hand (locked wrist and locked fingers/knuckles). One-handed placement or redirection of the ball with the fingers (dink or open-handed tip) is a fault.
- 6. **Back Row Spikes**
 - a. Back row players may attack the ball from anywhere, there is no 10 foot line.
- 7. **Blocking**
 - a. Back row players may not block.

- b. Blocks are allowed except on the opposing teams serves.
 - c. Blocks may not be initiated until the ball has broken the plane of the net or the opposing team has made their 3rd hit.
 - d. Blocks do not count as a hit and the blocker may hit the ball again immediately.
8. **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.
 - d. **COED 4s:** Players must set the ball directly forward or directly backward when setting the ball over the net.
 - i. It is not a fault if the ball is set to a teammate and the ball goes over the net. (This may happen due to wind or a misplaced set. The key is the intent of the set.)
9. **Boundaries**
- a. All lines are considered in bounds.
10. **Nets**
- a. The nets shall be standard coed (men's) height.
11. 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.

Officiating

- 1. Teams will call out the score and call their own lines. If there's a dispute, replay the point.

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