Official Xoso Coed 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. 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 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.
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.

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Team

1. Team rosters generally consist of 8-10 players, with at least 2 men and 2 women.
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 at least one man and two women AND four total players to prevent a forfeit.
   b. **At least 2 of the spots on the court must be held by women.**
   c. EXCEPTION: If a team created by Xoso (individuals/small groups) only has 3 women, and only 1 shows up for the game, 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.
3. 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.

Match Forfeits

1. Teams have 0 minutes from the scheduled match time to meet the minimum player requirements before a 1 game forfeit is declared.
2. After 5 minutes from the scheduled match time 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

1. Non-marking, closed-toe shoes are required.. Sandals and street shoes are prohibited.
2. 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.
   f. In Beginner Leagues, if 5 consecutive serves occur (same server wins 5 points), 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.

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g. In Beginner leagues, 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.

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
      i. The only exception is if your team is running a 5-1 or 6-2, then the setter(s) (if desired) may stay on the court and all other players must rotate out and in as normal, in order.
   c. Person rotating out, rotates out from the front right position on the court.

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.
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.

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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.
d. Back row players may not block.

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 calling their own lines if the head official doesn't have a clear view.
2. **Only team captains may dispute calls with the Official.**
3. All decisions by Officials are final.
4. **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.

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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.

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

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