***Primetime***

***Fall CO-ED Volleyball League Rules and Regulations:***

Enterprise First United Methodist Church, Athletics Office

217 Main St Enterprise, AL 36330

Phone: (334) 347-3467 Email: jkelso@efumc.com

 Enterprise First United Methodist Church will not be responsible for injuries, illness of any kind (Including Covid-19), property damage to any team players, coaches, or other participants in the Fall CO-ED Volleyball League. There is no accident or injury insurance provided through the league. It is up to the teams or individual participants to provide their own medical and property insurance.

***I. Players and Substitutions***

1A. All players must complete registration to be eligible to play. Must be 16 or older to play.

1B. Roster limit is 10 (extra players may be added for additional fee).

1C. Team requirement - A team consists of 6 players, but may start with a minimum of 4 players. A team must have at least two (2) women on the court at all times. Teams may play with 1 female, but can then only play with 5 total players. A team cannot play without any females. There is no maximum number of females that can be on the court.

1D. In order to receive a forfeit win, a team must have its 6 (or minimum of 4 with 1 female) players on the court.

- if neither team can field a team, it is a double forfeit. Both teams will receive a loss.

1E. It is mandatory that players NOT wear jewelry (i.e. chains, rings and earrings).

1F. Players must wear athletic shoes.

1G**. Players must provide their own team jerseys or must wear the same color scheme in order to play. Jerseys or color scheme must be approved by the League Director a week before the start of the season. Teams must wear the same jersey or color scheme throughout the entire season (No changes).**

***II. Rosters***

2A..A completed roster must be turned in to the League Director one week before the first game of the season. All roster additions must be approved by the League Director before the 3rd week of the season.

2B. No roster additions/changes will be accepted after 3rd week of the season with exceptions to instances such as injury, sickness, etc…(Changes must approved by the League Director)

2C. A team will forfeit any game in which it is determined that a player has participated who is not listed on the team roster, not 16 or older, or has no females.

***III. Pre-game Preparation***

3A. FORFEIT TIME (Grace Period) IS 10 MINUTES AFTER SCHEDULED STARTING TIME. If team fails to have minimum amount of players (4) including at least one female by the end of the 10 minutes, the match will result in a forfeit.

3B. At the beginning of the game, a coin is tossed with the winning team choosing to either (1) select to serve or receive first ball OR (2) which side they want to start on. The team losing the toss takes the remaining choice.

***IV. Length of Matches and Games***

4A. Best 2 out of 3 games decides match winner.

4B. Rally Scoring Format is used for all games.

4C. **First two games are to 20**; **third game is to 15** - must win by 2 in all games, unless cap of 25 (First team to score 25) is reached in first 2 games, or 18 (First team to score 18) in the final game..

4D. Each team gets one (1) time out of 30 seconds duration per game.

4E. Intermissions between games will be a maximum of 1-minute.

4F. Teams switch sides and serve each game, with another coin toss prior to third game.

***V. Hit Characteristics***

5A. The ball may touch any part of the body (kicking IS allowed).

5B. The ball must be hit, ***not caught or thrown.***

5C. Plays involving finger action - if the play is defensive and reactive in nature (Block), as in the case of a hard-driven ball (Spike), momentarily held or double-hit balls are NOT faults. If hitting with the fingers in cases of off-speed (Slow) hit defense or setting the volleyball, the action must be clean with no holding or double hitting.

***VI. Faults***

6A. Four hits - a team cannot hit the ball 4 times before returning it. 3rd hit must go over the net.

6B. Assisted hit - taking support of teammate or any structure/object in order to reach the ball

6C. Held ball - player does not hit the ball (unless when in defense of a hard-driven ball (Spike) or when simultaneous contact by two opponents over the net leads to a momentary held ball)

6D. Double Contact - a player hits the ball twice in succession or the ball touches two different parts of his/her body

6E. Back row spiking or blocking is prohibited to back row players during the service rally. Only front row players are allowed to spike or block the volleyball.

***VII. Other Playing Rules***

7A. Ball may contact any part of the body during a block.

7B. Blocking does NOT constitute a team contact, and any player may make the second contact of the ball after the block. The blocking team will have 3 contacts after the blocking contact.

7C. Any front row player can block.

7D. Players, including their clothing, cannot touch the net during play. It is NOT a fault if a ball driven into the net causes the net to touch the player.

7E. Players may go completely under the net to play a ball, but may not interfere with an opposing player.

7F. If a serve hits the net and goes over, **it is in play**. ("let serve rule")

7G. Players may not block or Spike a serve.

7H. If any foreign object enters the court during play, the ball becomes dead. Replay the point.

7I. The ref and/or League Director shall call violations involving unsportsmanlike conduct.

7J. A ball may be played out of the net.

7K. A player may go outside the court to play the ball.

7L. Balls in the rafters are still in play when over a team's own court and falls back into team's own court, provided they still have any hits left to get it across. Balls may NOT be played off of the side walls.

***VIII. Substitutions***

8A. Teams may utilize a traditional substitution format or a continuous rotation, as long as each player does not occupy more than one position in the service order in a single game.

8B. Rotation order must stay the same throughout the game, but can be changed between games in the same match.

EXCEPTION TO 8A and 8B: Teams may utilize a male-only rotation format when there are only 2 females present. Or the males may sub for each other in the traditional format. Rotating only the females out is not allowed.

8C. Players must start in their rotational positions, but may switch right after the serve.

**IX. Miscellaneous**

9A. Profanity and unsportsmanlike conduct ***WILL*** result in ejection and/or disqualification from future matches. Unsportsmanlike conduct includes Racial/ Homophobic Slurs, fighting (Punches thrown), inappropriate gestures, verbally abusing teammates, refs, fans, and opposing team etc…

9B. Refunds will NOT be issued for ejections or suspensions for unsportsmanlike conduct.

9C. Appeals: A player may appeal suspensions to the League Director within 48 Hours of their next scheduled game.

***Postponement/ Rescheduling Games***

10A. If games are postponed, we will send an email either the day before or noon the day of before game time as well as post on an announcement on Instagram and our Facebook page.

***Player Agreement***

I hereby understand and will abide by all the rules and health guidelines while playing in the Prime-time CO-ED Volleyball League.