

## **City of Fort Worth Adult Sports**

### **Co-Ed Volleyball League Rules and Regulations**

#### **Player Requirements**

- All players must be 18 years or older, No Exceptions.
- Jersey Numbers Are Required. No Exceptions.

#### **Rosters and Player/Team Eligibility**

- Must be submitted electronically via the TeamSideline online account by the specified due date.
- Failure to submit results in forfeiture of games played after the due date.
- Players not on the official roster will result in team forfeiture.
- Maximum of 15 players, including a playing manager.
- Each player must fully complete their information and sign the waiver.
- All teams must submit rotation sheet to sports official.
- All teams are required to play with City of Fort Worth stamped and approved ball.

#### **Roster Changes**

- Coaches may add/delete players by contacting the Adult Sports League Program Coordinator.
- Deleted players can join another team for the remainder of the season but must do so before the last game.
- Only the coach/captain can remove a player from the roster.
- Players currently on professional, semi-professional, college, or high school teams cannot participate.
- Players cannot play on more than one team per division per season.

#### **Playing Shorthanded**

- Minimum of 4 players required (2 male, 2 female).
- Teams with 5 players must declare 2 or 3 players on the front row; this cannot change mid-rotation.
- Late players can only join if listed on the official roster.

- Borrowing players from other teams allowed only during the regular season and if the player is on an active roster.
- If only one male is at the net, an additional male from the back row can block but not attack.

### **Playing Rules**

- Net Height: Co-Ed Volleyball: 7'11 5/8".

### **Match Format**

- Regular Season: 3 games per match (all count toward overall score).
- Games 1 & 2: Rally scoring to 23 with a 25-point cap.
- Game 3: Rally scoring to 15 straight.

### **Co-Ed Touch Rule**

- If a volley includes more than one hit, one must be made by a female player.
- Blocking does not count as a hit.
- At no point can there be more males than females on the court.

### **Substitutions**

- Allowed only when it is your team's turn to serve.
- Must substitute player-for-player in the same rotation spot.
- Failure to report substitutions results in an out-of-rotation penalty.

### **Court Ratios**

- Preferred: 3:3 (male-to-female).
- Acceptable: 4:2 or 3:2 (female-to-male).

### **Net Play - Attacking**

- Attacking over the net is illegal unless part of the ball has broken the net plane.
- Back-row players cannot attack the ball above the net in front of the spiking line.

### **Net Play - Serving**

- Serves hitting the net are still in play if they clear the antennas.
- Only one serve attempt with a maximum of two tosses.

### **Net Play - Blocking**

- Blocking a serve is illegal.

- A block is not counted as one of the team's three hits.
- Blocks must occur with the ball above the net and within arm's reach.

### **Faults**

- Touching the net, supports, or posts during play.
- Crossing the centerline with any body part.

### **Out of Bounds**

- Ball contacting the ceiling on the same side of the court remains in play.
- Balls hitting the backboard, movable walls, or screens are out of bounds.

### **Timeouts**

- 1 60-second timeout per set.