



League Coordinator: Tyler Burnett | 425-560-6867 | tburnett@redmond.gov

Redmond Parks and Recreation Coed & Women's Volleyball Rules will be consistent with current High School Federation volleyball rules except for the following modifications and clarifications. Any situations that arise during a game that are not covered in the League rules are at the discretion of the teams playing.

To participate in either of the volleyball leagues all players must register for the Adult Sports League waiver that includes the Participant Code of Conduct. More information can be found at www.redmond.gov/sports.

I. LEAGUE PARTICIPATION

- a. **Teams must have at least four players to play. For Coed League, teams may use a maximum of three male players on the court at any one time, but may use as many female players as they like. Teams may borrow players from another team (preferably from the same division) if they have fewer than six players.**
- b. **Volleyball players will only be allowed to be on one team roster, which means either competitive or recreation division. You may borrow one female and one male player (Coed League) from another team but first must ask permission from the opposing team manager. **This rule will only be allowed during the regular season and not allowed during the playoffs.** During the playoffs you may only use players that are on your team roster. The cutoff date to make adjustments to your team rosters will be prior to the 6th game of the season.**

II. GAME STRUCTURE

- a. **Starting service of the first game will be determined by a coin toss.**
- b. **Length of matches and number of games:**
 - A. **A match will consist of the total games played within the time limit.**
 - B. **The maximum number of games per match: Three (3) games.**
 - C. **At the end of each match, the total number of games won or lost will be totaled. The league standings will be based on the percentage of games won out of the total # played.**
 - D. **A match will continue no longer than 1 hour and 5 minutes, with a five-minute warning given by the gym supervisor or official. If time runs out without a warning given, the match will continue five (5) additional minutes. The final game of the match will be considered a complete game if the team leading has 15 or more points when time expires.**
- c. **Each team may take two (2) time-outs per game, each limited to 30 seconds.**
- d. **If a team cannot field enough players within 10 minutes of the scheduled starting time, they forfeit their first game. If they cannot field enough players within 20 minutes, they forfeit all three games.**
- e. **Teams may rotate players as follows:**
 - A. **In an orderly manner and only when the ball is dead**
 - B. **Substitute players according to current High School Federation Rules**
 - C. **Rotation order may be changed between sets**
- f. **A game is played to 25 points with a one-point margin. Rally Scoring will be used to score each game. Playoff games must be decided by a two or more-point margin.**

- g. One backcourt player may also block when there is only one male player in the front line. When there are two or more male players in the frontline, this rule will not apply. (Coed League only)
- h. No crossing the black line that divides the two courts. If you step on or over that line, it is a fault.
 - A. Any contact with the net will be considered a fault.
 - B. You may not cross the net for a free ball or 50/50 ball. All body parts must stay on your side of the net.
- i. A serve may be received with or without the hands in the locked position. However, it is illegal to block or spike/attack a served ball.
- j. Hits must be done waist level and above. If you think you can dive for a ball it must be done with your arms or shoulders. Kicking is not allowed.
- k. This league has no requirement regulating hits by female players.
- l. All league games will be self-officiated. If there is a dispute the point will be replayed, or the gym supervisor will make a ruling on the call.
- m. **PLAYOFF RULES**
 - A. Playoff match-ups will be a best out of 3 game format, rally scoring
 - B. All playoff games will be played up to 25 points, and must be decided by a two-point margin.
 - C. Each match must be completed prior to starting the next scheduled match, regardless of delays
 - D. All other playoff rules are the same as the regular season rules

III. FORFEITS/PROTESTS

- a. If a team forfeits two matches during the course of one season, they will subject to being dropped from the league. They will also lose their “returning team” status for the following season and paid league fees.
- b. Intent to protest must be made by the team manager immediately after the questioned incident/game. Report the protest to the Gym Supervisor and the League Coordinator. Record on the scoresheet.

VI. GENERAL GROUND RULES BY LOCATION

- a. **OLD REDMOND SCHOOLHOUSE GYM**
The basketball fixture (including the net) is out of bounds. The ceiling will be considered in bounds if the ball remains on the hitting teams' side of the net. If the ball hits the ceiling on its way to the other teams' side of the net is will be considered out of bounds.
- b. **ROSE HILL GYM**
If the ball stays on your side of the net and there is room to run and chase it down than it will be considered in bounds still.

If safety is a factor determine that before the match.

VII. STANDINGS

Standings and tie-breakers will be determined in this order:

1. Overall Record (W/L%) *note - a tie equals $\frac{1}{2}$ win and $\frac{1}{2}$ loss

- 2. Conference/Division Record (W/L%)** *note - a tie equals $\frac{1}{2}$ win and $\frac{1}{2}$ loss
- 3. Head-to-Head Competition (W/L%)** *note – includes all teams that are tied
- 4. Head-to-Head Point Differential** *note – includes all teams that are tied
- 5. Coin Flip**