

## CO-ED VOLLEYBALL RULES & REGULATIONS

1. **Team & Player Eligibility** - The Northwest Ottawa Recreation Authority reserves the right to restrict participation of non-residents and make decisions on eligibility of players. Residents are considered individuals who reside within the Grand Haven Area Public School District Boundaries. A resident team is defined as a team consisting of 75% or more resident players.
  - a. Team rosters must be turned into the Recreation Office prior to players' first game or forfeit.  
**Team/player fee covers cost of up to 12 players.**
  - b. New players may be added up to and including the 4th week of season.
  - c. Players may play on only one co-ed volleyball team.
  - d. Managers are responsible for players' eligibility and any falsification of residence or eligibility may result in forfeit of game and/or suspension of manager and player.
  - e. Players wishing to transfer to another team may do so only prior to player deadline. Such player must notify manager of team he is leaving and must sit out next game of team he/she is transferring to from time of official notification to Recreation Office.
  - f. Rosters are available for inspection during office hours at the Recreation Office.
2. **Games**
  - a. Matches will consist of three 25 point rally score games (win by one point) to determine league champion. Teams are seeded in the End of Season Tournament by League standings if scheduled. League champions will receive player award. Tournament champs receive a team tournament trophy.
  - b. Rules of U.S.A. Volleyball shall govern play with certain exceptions.
    1. Team must have 4 players to start or forfeit. Players may rotate in, however, you may not substitute and rotate players in same game. Men & women players must alternate positions. Team may begin play with 5 players (3 women/2 men) or 4 players, (2 women/2 men).
    2. A match consists of three 25 point rally score games (Win by one point). Total games (not matches) won determines league champion.
    3. Time Limit - games will consist of one hour (55 minutes of play, 5 minute warm up). If time expires and game is tied or a one-point difference, team ahead by one-point wins the game.
    4. Ball must be clearly hit or bumped. This is of course a judgment of officials.
    5. When ball is played more than once by a team, one of the contacts must be a female player.
    6. One back court player may also block when there is only one male player in front line. The back row blocker indicates to referee they are blocking by a show of a raised hand. The back row blocker may change in the middle of a rally.
    7. During the team's first hit, successive contacts with various parts of the player's body are permitted in a single action of playing the ball. These include contacts involving "finger-action" on the ball and contact with the foot. The ball, however, may not be caught and/or thrown.
    8. Serving order and positions on the floor must be an alternation of male and female or vice-versa.
    9. Let Serves allowed.
3. **Player Conduct:**
  - a. Any unsportsmanlike conduct, profanity or threatening comments will not be tolerated on or off court. Player ejected from game must leave gymnasium and is automatically suspended for that players next game.
  - b. No Smoking in school buildings. No Food or Drink Allowed on Gym Floor.
4. **Lakeshore Middle School Court Rules:** A ball hitting the north or south basketball backboard or its support poles will be playable. However, it will be at the referee's discretion to replay or call the ball out of bounds.  
**Example:**
  - a. A hit ball that will obviously be out hits backboard and lands in bounds.  
Ruling: out of bounds.
  - b. Ball changes trajectory after hitting support poles, which causes a player to miss ball.  
Ruling: replay.
  - c. A ball hitting west and east backboards will be out of play.
  - d. Part of the partition that can divide the gym in half extends down from the ceiling approximately 3 feet, a ball hitting this shall be called out.
5. **Michigan Recreation and Park Association State Volleyball Tournament.**  
Our Recreation Department is eligible to send a co-ed team to this tournament. The tournament is held in March. Representative to state tournament will be the first place team in the upper division. The team will be responsible for tournament entry fee and housing. Please contact the NORA office the first 2 weeks of the league, if your team is interest in going.