



**LEE COUNTY YMCA**  
**2010 Co-Ed Volleyball League**

[www.leecountyymca.org](http://www.leecountyymca.org)



**2010 FALL LEAGUE RULES**

**ROSTERS & LINE – UPS:**

- All teams can have a maximum of 8 players on their roster. Teams must have a minimum of 6 players on their roster (at least 2 players of each gender).
- Teams must be prepared to start a match at the scheduled match time or risk forfeit. A (5) five minute grace period will be given.
- Each person on the roster must be at least 18 years old.
- All rosters must be turned in prior to the team's first game.
- Teams may add roster players up to the 2<sup>nd</sup> game of the season.
- Matches will be played between (2) two teams of 6 players.
- Teams **MUST** have at least 2 players of each gender on the court at all times.
- If a team is short & do not have the required number of roster players to start, they may pick up (1) one player to match the male or female that is missing.

**SUBSTITUTIONS:**

- Player substitutions may be made when the ball is dead.
- A team is allowed an unlimited number of subs during a game.

**EQUIPMENT:**

- Players must wear a clean pair of non-marking tennis shoes. Players are not allowed to play in sandals, socks or bare feet.
- Jewelry is not allowed to be worn during the games. Hair barrettes are permitted to secure hair.
- A guard, cast or brace made of a hard material, even though it may be covered up is not permitted on the finger, hand, wrist forearm, or elbow.

**PLAYING THE GAME:**

- Service for the first game will be determined by volleying. Service will then alternate from game to game.
- Serves may touch the net, but cannot be blocked.
- Servers will have 10 seconds to serve, or the team loses the serve and a point is awarded to the opposing team.
- Matches will consist of 3 games to 21 points via rally scoring. This means a point is scored on every service. The first team to 21 will win.
- All passes must be clearly hit (not thrown, lifted, or double hit). No holding, carrying, or throwing the volleyball.
- There are no time-outs with the exception of injury.
- **STANDINGS** are based on a point system. Your team will receive two (2) points for each win and no points for a loss.
- All children must be accompanied by an adult & remain off the courts at all times.