

LEAGUE RULES: CO-ED 6'S

- Teams get 1 hour of court time. Game begins after 5-minute warm-up. Teams lose a point per minute if they can't field the minimum number of players; which is 1 male and 1 female. After 15 minutes it is a complete forfeit. Late players may enter at any stoppage of play.
- Each game will count, and three games will be played per match. First two games rally score to 21, cap of 23. Third game rally score to 21, no cap if time permits. If time expires before the match ends, the team in the lead wins. If tied at that point, the next team to score wins. The nightly director should call time, but if he/she fails to do so, teams should walk off the court.
- Games begin at 6:00, 7:00, 8:00 and 9:00, or as stated on the posted schedule online.
- Teams get one 30-second time out per game. But no time outs are allowed in the last 5 minutes of play. **No time outs are allowed in the third game.** Please avoid long breaks between games.
- The Season is a round-robin, 7 weeks of regular play, with a 2 week single-elimination tournament.
- Leagues could be bumped twice during the season (games will be made up, if bumped).
- If a team forfeits, they will be given a warning. If a team forfeits twice in a season, that team will automatically not be allowed to finish the season and lose priority for next season.
- An individual can only play for one team per night. However, a person from a lower level can play in the upper level on the same night. (Ex. A rec female player can play for the intermediate level. If times conflict the player must play in the lower level match).

- Only three males are allowed on the court at one time, but your team must have at least one female to play. Five females are okay, if one male is on the court.
- Players and/or teams will be removed from the league for unsportsmanlike conduct.
- Rosters must be filled out, signed and turned in at the start of the season. Please obtain these forms online at www.stclairvolleyball.com. Everyone who plays on your team must sign the roster. You may have as many players as you want, and can add people during the season. A player must have played at least two full matches during the season, in order to qualify for playoffs. During playoffs, the opposing team may request a roster check at any time. If a player is not on the roster, that player is not allowed to play.
- Wins must be recorded with the nightly director in order for the win to count. If a 9:00 game, results can be emailed to the league director.
- Unless stated otherwise below, USA Beach volleyball rules apply. For a copy of these rules, please see link on the home page of www.stclairvolleyball.com.
- The night director will begin play to determine side or serve by any game of chance (ex. Pick a #, odd or even). Game 2, sides and serve will be switched. For game 3, teams will start the way they did on game 1. Meaning, if you served in game 1, you will serve in game 3.
- Positioning:

The overlap rule applies, players in the back row are unable to block or hit at the net. A hit can be made from the back row, but must be made from behind the 10-foot line.
- Serves:
 1. Only one foot may be placed into the court when serving.
 2. Players are allowed only one extra toss of the ball if needed.
 3. **Let serves are allowed.**

4. Recreational league, the serve can be received by any method. In Intermediate level, a serve can only be received by a bump. **Hands must be together if an overhead bump.**

- Volley:

In recreational level, lifts and carries are not called, unless flagrant (ex. grabbing or throwing the ball). In Intermediate play, no lifts or carries are allowed. Unless it is a hard driven ball, open hands may not be used.

- Setting:

Recreational level, any type of set is legal, as long as not a carry or throw.

1. In intermediate, a set must not have several rotations, or slip off the fingers in any way. A set can be legal from below the chin, but must not be held for more than one and $\frac{1}{2}$ seconds, and must be held to higher standards with no more than two rotations of the ball.
2. If setting a teammate, any position of the body is legal, as long as the set is legal with rotation.
3. Setting over the net, the body must be parallel with the position of the ball.

- Blocks:

1. Blocking the serve is a fault.
2. A Block does not count as a hit.
3. Any touching of the net is a fault. If the ball hits the net and then touches the person blocking it is not a fault.

- Dinks:

1. Best use is fingertips, knuckles or fist.
2. Open hand dinks are allowed

Net Violations:

Please call your own net. It deters from injury and collisions with other players. Any touching of the net or player outside the neutral plain is a fault.

Honor Rule:

Please ask the opposing team if a fault occurred, even if during play, if the answer is no, either keep playing or resume play.