

**NJ Coed Sports (NJCS)**  
**Official 6v6 Indoor Volleyball Rules**  
**Rev: January 2017**

**See: \*\* For new rules as of Jan 2017**

**NJ Coed Sports Coed Volleyball** follows the guidelines of NCAA Volleyball with some exceptions.

Each team consists of 7 players. The game is a 6 v 6 format with a minimum of two females on the court at all times.

### **Games**

Teams will have an allotted amount of time to play 1 match (3 games – NOT Best of 3). All games will play using All-Rally Scoring Rules. There are no side-outs and matches consist of 3 games to 27. Team must win by 2. Each game will count in the overall standings for regular season standings. One time-out per game, per team is allowed.

### **Beginning of the Game**

Each game will start with rock, paper, scissors. The winning team will have one of two options, choose to serve first or choose which side they prefer to play on, (not both).

**\*\*Full Team** A full side consists of 6 players. (With a maximum of 4 males on the court in the Coed League) Minimum on the courts to play a game is 5 players (with a maximum of 3 males, Minimum of 2 females for a legal coed game). **\*\*A team with a minimum of 5 players MUST start the games on time with no waiting for additional players to get to the venue. If you do not meet the minimum requirements, first game will be forfeited 7 minutes after start time.** Entire Match will be forfeited at 15 minutes after start time. Games starting late will most likely cause the 3rd game of the match to be cut short due to court rental limit.

**\*\*“Mirror Rule” Exception:** Teams with less than 5 players or without 2 women may still play a “legal” game but only if the opposing team has the same issue. Example: if both teams have one female player or if both teams have 4 players total, or all men. A team cannot choose to remove their players from the court to “mirror” the opposing team so that they don’t forfeit.

**Formations:** Teams are allowed any other the following formations on the court: 4-2 Formation, 6-2 Formation, or 5-1 Formation. Please check a reliable source online for explanation on these formations.

**(Updated) Rotations:** A player rotating IN has to do so on the serve. If an 8th player is used, a team may also elect to rotate in from “both sides” at position 1 (on the serve) and the position 4 (top left) as opposed to just “on the serve”. No other method of rotating in or substituting will be used unless in the case of injury. (a time out will be used to replace an injured player)

**The Libero** - The use of a Libero is authorized. See rules on using this specialized defensive player here:

<http://www.volleyball.org/rules/libero.html>

**“BORROWING” Players from other teams** – A team may borrow a maximum of 2 players from other teams during the regular season if they have less the minimum amount (5) needed to avoid forfeiting the match. Non roster players will not be allowed during playoffs. A team that borrows a league member can only have five players on their team for that match.

**Guest Players** - Guest players are only allowed during the regular season. A team must have a majority of the team fielded be roster players; guests may only compose a minority of the team. All guest players must sign a release and pay a fee of \$12.00. If a guest player does not sign a release and/or does not pay the required fee, then that team may be subject to forfeiture of the match. If a guest player is replacing a female player then that guest player must be female. If the guest player is replacing a male player then the replacement may be either male or female. A team may not exceed the amount of players on the roster with guest players. Example, if you have 7 roster players and 2 cannot make the game, then you may have only 2 guest players maximum.

### **Rules**

**The Service:** The service is the act of putting the ball into play by the player in position No. 1 who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball into the opponent’s team court from the service zone.

A serve that makes contact with the net and carries over to the opponent’s side of the net is a good serve. **Jump Serves ARE ALLOWED**

### **Illegal Service:**

- Service while stepping on the line
- Service out of rotation
- Toss and catch before serving. (A server must allow the ball to drop to the floor to be able to attempt another serve)

### **Maximum of Three Team Hits:**

Each team is allowed a maximum of three successive hits of the ball (in addition to blocking) in order to return the ball to the opponent.

### **Contacted Ball**

A player who contacts the ball, or is contacted by the ball other than during blocking action, is considered to have played the ball, and such action constitutes a team hit. If the ball is clearly touched only by a player's hair, it is not considered a contact by that player

### **Characteristics of the Hit**

**Contact of Ball with the Body:** The ball may contact any part of the body.

**Caught or Thrown Ball:** The ball must be hit cleanly and not caught or thrown. Prolonged contact with the ball is a fault. No Carries.

**A Carry:** Any use of an open hand(s) while making contact with the ball that is not in a firm manner.

**Successive Contacts:** During blocking or during the team's first hit, successive contacts with various parts of the player's body are permitted in a single attempt to play the ball. Prolonged contact is a fault in these actions.

When two or more teammates contact the ball simultaneously, it is counted as one contact. Any player may play the next ball if the simultaneous contact is not the third team hit.

Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net. Spikers may follow through over the net after legal contact. The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal.

A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball if:

- a. Any portion of the ball breaks the plane of the net.
- b. After the offense has come in contact with the ball on the third attempt.

The serve may not be blocked or spiked. No attacking the serve. A back row attacker who is in the front zone cannot attack the ball by jumping. The jump must be initiated in the back row into the front row over the ten foot line however never on the serve.

Players can return the serve by:

- a. Bump pass
- b. Clasping their hands together
- c. A closed fist
- d. A set

**Out of bounds** is the area outside the designated court line, (some facilities may also have “antennas” attached to the net, at these facilities the “antennas” will be considered out of bounds as well). The line is in bounds. A player may touch but not completely cross over the center line with his/her foot. The ball can contact any number of body parts down to, and including the foot.

**Tournament** - The top 4 teams will advance to the single elimination tournament the final week. Rankings will be based on overall regular season game results. Tournament Games will be played best out of 3 games with the same scoring during the regular season.

If a tie exists then the following criteria will be followed to break the tie:

The first tiebreaker shall be **game differential**. The team with the better (more game wins versus losses) game differential will move on to the playoffs.

If the two teams are still tied after comparing the game differential then the next tiebreaker will be the **regular season head to head matchup** with the team who won the head to head matchup advancing. If the teams did not play each other or played each other twice and each has a 1-1 record, then we will decide by the number of **forfeits** a team has. The team with the least number of forfeits will advance to playoffs. In the rare event that a tie still exists, a coin toss (or possibly a Play-In Game if time permits).

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way. Please send all questions regarding these rules to [jay@njcoedsports.com](mailto:jay@njcoedsports.com).

A team having more than one forfeit during the season, will also forfeit their team bar tab should that team win at finals.

**Weather:** Although it is not always possible, we will do our best to make up any game missed due to weather up to two weeks. A third missed week due to inclement weather will almost always result in a cancellation with no make up. The missed games will be spread throughout the season as double headers.

**\*\*Team shirt** – A team shirt is guaranteed to players joining the league 7 business days (M-F) prior to the commencement of the league. **\*\*This is not a pick-up league. All teams in the league are required to wear their assigned team jerseys to each game.**

## **SPORTSMANSHIP**

The idea of NJCS is to have fun. We hope that all participants keep that in mind when becoming involved. **THE REFS ALWAYS HAVE THE FINAL CALL** and calls cannot be argued.

Although the games may become quite competitive, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league. Abuse of staff will not be tolerated. NJCS reserves the right to remove a player from a game or a league if they are considered to be bringing down the quality of the league. NJCS will not tolerate fighting! Fighting will be an automatic ejection from any game and in most cases ejection from the league for the remainder of the season.