



CITY OF ALEXANDRIA
DEPARTMENT OF RECREATION, PARKS, AND CULTURAL ACTIVITIES
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COED VOLLEYBALL RULES & REGULATIONS

Official USAV RULES shall apply unless amended below:

1. GENERAL

- A. Dogs **are not** permitted in City of Alexandria gymnasiums.
- B. The City of Alexandria **will not** tolerate the use of alcohol or drugs on City property. Violations will be reported to the proper authority.
- C. Players must wear gym shoes.
- D. Children **are not** to be left unattended during match play.
- E. Fighting, acts of aggression, verbal abuse toward players and umpires, or other disturbances to Department of Recreation, Parks and Cultural Activities programs will not be tolerated. Violations will result in player(s) and/or team(s) being suspended and/or terminated from league play losing all rights and moneys associated with the program.
- F. Teams will be dropped from further league play after three (3) individual games are forfeited and will lose all rights and moneys associated with the program. Final determination of removal from league play will be made by the program supervisor after evaluation of forfeits.
- G. Scores must be called in within 24 hours of game time. The Adult Sports Office Voice Mail System is available 24 hours a day to report game scores.
- H. In case of inclement weather, call the Coed Sports Hotline at 703-883-4699. In cases when the City of Alexandria Public Schools are canceled for the day, or close early due to inclement weather, matches are automatically canceled.

2. ROSTER

- A. Is limited to a maximum of 7 men and 7 women, and a minimum of 4 of each.
- B. Roster changes may be made through the 4th week of league play. However, a player must be listed on the roster before being eligible to play.
- C. A player **cannot** be on more than one team=s roster in City of Alexandria sponsored Coed Volleyball Leagues. Violation of this rule shall result in forfeiture of all

matches in which the player participated, and the penalty for managers and players are as follows:

Player: **First Offense:** Warning

Second Offense: Three (3) match suspension, including playoffs.

Third Offense: Suspension for the remainder of the season.

Note: Players knowingly violating this rule will receive the three (3) match suspension on the first occurrence, followed by suspension for the remainder of the season on the second offense.

Manager: **First Offense:** One (1) match suspension from playing and managing.

Second Offense: Three (3) match suspension from playing and managing, including playoffs.

Third Offense: Suspension for the remainder of the season from playing and managing.

- D. Team Managers must have a copy of the final roster with full name, address, telephone number and jersey number available at each game. If requested, Managers must present an official final roster to the Referee or Recreation Staff. Failure to provide the official roster as requested will result in automatic forfeiture of the match.
- E. Teams that do not cooperate with league officials (i.e., withholding information such as rosters, names of players, managers, or captains, etc.) will automatically forfeit matches in progress, the manager and/or team captain will receive a one game suspension, and the team will be placed on probation for the remainder of the season. A second offense will result in team expulsion from the league.

3. RULES OF PLAY

A. The Alexandria Co-ed Recreational League will use USAV Rules with the following minor modifications for local use in order to promote fairness and participation.

B. USAV 6.3: A match is won by the team that wins two sets out of three. Sets 1 and 2 are won by the first team to score 25 points with a minimum lead of two points. The third set (and match) is won by the team that scores 15 points with a two point advantage. Teams change courts when one team has scored 8 points.

1) Competitive Division: Best 2 of 3, no time limit.

2) Instructional Division: Best 2 of 3, time limit is determined by the schedule (i.e. 45 minutes or 60 minutes depending on the approved schedule.

C. Teams will play with 3 men and 3 women. A team may field a legal team with 5 players; either 3 men and 2 women or 3 women or 2 men. Fielding a team with four or fewer players is illegal and will result in a forfeit. Teams may field a team of 4 women and 2 men only when there are only 2 men present. When the 3rd male arrives, he will be placed on the court in the

proper gender rotation with no penalty.

D. Borrowing players is allowed only with the express approval of the team captain of the team with excess players. If this occurs, the results of the match will count in the league standings. When the team with insufficient players becomes legal (sufficient players arrive ready to play), the incomplete team must be made legal and play continues. Players must be borrowed from the opposing team for which the incomplete team is scheduled to play. This borrowing rule is in effect only if the opposing team has more than six players present.

E. Grace Period. A team with only four players will be charged a forfeit under the following time conditions:

- 1) Set #1 The incomplete team will be given 10 minutes (by the official's watch) from the scheduled start time in order to field a legal team. At 10 minutes time, the first set is forfeited.
- 2) Set #2 If the incomplete team is still illegal, 5 minutes will be given the team in order to field a legal team. At 15 minutes past the scheduled start time, the second and third sets will be forfeited. Subsequent matches will start at the scheduled times.

F. The serving order and positions on the court will alternate male female. Either males or females may begin in the serving position.

G. When the ball is played more than once by a team, one of the contacts must be made by a female player. Blocking the ball does not constitute a contact. There is not requirement for a male to contact the ball.

H. If the referee is absent, the Alexandria Recreation Staff member will either officiate or coordinate with the playing captains for one of the players to volunteer to officiate that assigned match. The Referee assigner for the Quantico Association will be immediately notified in the event the USVA certified official is not present at the first scheduled match time.

I. Net Touch Rule: "Contact with the net by a player is not a fault, unless it interferes with play. A player interferes with the opponent play by a) touching the top band of the net, b) taking support from the net simultaneously with playing the ball, c) creating an advantage over the opponent, or making actions which hinder an opponent's legitimate attempt to play the ball".
Centerline Rule: "A player interferes with the opponent's play while penetrating into the opponent's space under the net. A player's foot (feet) penetrates completely into the opponent's court".

4. SUBSTITUTION OF PLAYERS

A. Although USAV rules govern a strict substitution protocol, the Alexandria Recreational Adult Co-ed League will use an unlimited substitution policy in order to maximize player participation and eliminate the requirement for a qualified scorekeeper. The Alexandria Recreational Staff Member will “flip” the score, or in the event they are not available, the players will announce the score at every serve.

B. Substitutes will always enter only at the #1 or serving position. If a player is injured and an exceptional substitution is allowed by the referee, USAV rules apply. Specifically, the injured player may not return to play in that set. He/She may return in following sets. The exceptional substitution rule applies only to that set.

6. PLAYING WITH FIVE PLAYERS (NEW)

Recreational League

A. The missing player will occupy the center back position. The missing player (or “hole”) will not rotate as side-outs occur, and the hole will remain in the center back position as long as a player continues to be missing. The team will not suffer a loss of a point at any time simply because of having a missing player.

B. When playing with five players, the hole represents the gender of the missing player. When a female player is missing, females will occupy the left front and right front positions. When a male player is missing, males will occupy the left front and right front positions. When the missing player arrives, he/she can be inserted into the hole position without penalty or the need for a time-out.

Competitive League

A. The missing player will occupy the center back position. The missing player (or “hole”) will rotate as side-outs occur. The team will not suffer a loss of point when the hole rotates to the serving position. When the hole is due to serve, one additional rotation will occur.

B. When playing with five players, the hole represents the gender of the missing player. When a female player is missing, females will occupy the left front and right front positions. When a male player is missing, males will occupy the left front and right front positions. When the missing player arrives, he/she can be inserted into the hole position without penalty or the need for a time-out.

7. PLAYOFFS

A. The Alexandria Recreational Program Supervisor will determine the number of playoff teams advancing to the single-elimination playoff tournament. The minimum number of playoff teams will be four (4).

B. The format for the single-elimination will be “best 2 of 3”; 2 sets to 25 and the thirds, if

necessary to 15 changing sides at 8 points. Playoff matches will be scheduled at 45 minute intervals and 2nd, 3rd, and following matches can start early if both teams are present and both captains agree to play.

C. Team standings for playoff purposes are determined by the following format:

- 1) Total number of games won
- 2) Head to Head record
- 3) Sets won versus common opponents
- 4) Coin flip or lottery drawing

