

CP VOLLEYBALL LEAGUE

CODE OF CONDUCT

The Code of Conduct applies to all participants, players and coaches in the CP Volleyball League

The Code applies to conduct before, during and after all League games

Participants will be held liable for any damages caused by destructive conduct

It is the responsibility for each team coach to ensure that their players know and abide by the League rules and regulations

Officials may suspend play at any time during a game due to unsportsmanlike conduct

No refunds will be given to players or teams suspended from further League play

CP VOLLEYBALL RULES

RULE 1 - GENERAL

NET HEIGHT:

Coed: 7'11 5/8"

ONLY the manager may address questions concerning a player, the game, or an official's call.

All players must be attired in gym clothes and tennis shoes (NO JOGGING SHOES ALLOWED OR AN OTHER SHOES THAT MARK THE FLOOR).

The following items are not permitted to be worn during competition: Baseball caps, hats, and any item an official or supervisor feels may be a risk.

A team shall be composed of six (6) players. A minimum of four (4) players are required to start a match. **Coed: see below**

SUBSTITUTIONS: During any dead ball situation a coach or player may ask an official for a substitution. A sub may enter the game for any player.

RULE 2 – SERVING

Each member of the team shall serve in turn and may have one chance to hit the ball over the net on the serve. A re-serve shall be called when the server releases the ball for the service, the catches or drops it to the floor. The official will cancel the serve and direct a second and final attempt at serve. Only one re-serve is permitted per player,

per turn in rotation at service.

The server shall stand with both feet behind the rear boundary line and in the service area.

The ball may be served underhand, overhand, or sidearm and may be hit in any manner by the hand. A served ball may not be blocked by the receiving team.

Before the serve, all members of both teams must be in their respective positions on the court. After the ball is served, players may move out of any position except, a back row player may not attack or block from in front of the 10' line.

Alternate team serving: The home team that is listed on the schedule shall serve first from the south end of the court. The team who serves the first game, will receive serve the second game. and so on.

RULE 3 – PLAYING RULES

When receiving the ball for service after a "side out" has been called, each member of that team shall rotate one position clockwise.

A ball hit into the net, including a serve, may be recovered provided a player does not make contact with the net or crosses the centerline

A player may not play the ball in succession, unless played once by another player. Exception: One player can make contact with the ball twice if initial contact is a block.

A team must return the ball across the net with three or fewer contacts. A block does not count as a contact. **Coed: see below**

If a player is hit by the ball or touches the ball, it is considered to have been played.

When the ball lands on the boundary line, it is considered in the court. It is legal for a player to run out of bounds and play the ball, however, a player may not enter another volleyball court to play a ball.

Any ball that makes contact with the backboards or roof will be considered out of play and a point or side-out should be awarded.

RULE 4 - FOULS/VIOLATIONS

The following are fouls or violations:

- A. Serving illegally, or out of turn.
- B. Touching the net or reaching under the net to interfere with an opponent playing the ball.
- C. Stepping over the center line into opponent's court, a player may step on the line.
- D. Spiking or blocking the ball in front of 10' line when playing a back row position.
- E. Contacting the ball twice in succession, unless the first contact is a block.
- F. Catching or holding the ball while playing it.

G. Failure to return ball over the net in three or fewer contacts.

H. A player that blocks or interferes with the intended set of the opposing team.

If a foul is committed by the receiving team - point for serving team. If committed by the serving team - a point plus the service.

RULE 5 - TIME FACTORS AND SCORING

Match length: Games are played best three of five. The first three games will be limited to a total of 40 minutes and played to 21 points each, using rally scoring. If the 40 minute time limit has expired prior to the end of the second game, then the remaining three games (if necessary) will be played to 15 points. In the event that the overall 60 min time limit has expired and the games are tied 2-2 we will take the final score of the fifth game. If the fifth game hasn't started yet, we will take the winner of the first two of three games.

Once the Match has been decided (first team to win three games) the two teams will continue to play until the 60 min time limit is up (we will still count the extra games played). The "extra" games will be used in the event a tie breaker scenario is needed for playoff seeding.

Time Outs: Two per team per game - duration: 45 seconds or whenever the team calling the time-out is ready, whichever is sooner.

Scoring:

Game: Played to 21 points using rally scoring, win by two, cap at 25.

Match: The best of 3 out of a 5 game series. The fourth and fifth game will be played for tie breaker scenarios within the 60 minutes.

Rally Scoring: A point is scored on every serve by either team.

COED VOLLEYBALL

The team shall be composed of 6 players, 3 male/3 female. A minimum of 4 players are required to start a match.

The serving order and position on the court shall alternate male/female.

The net height shall be 7'11 5/8".

If the ball is contacted by a team more than twice (not including blocks), both a male and a female player must touch the ball before it is returned over the net.

GENERAL INFORMATION

Persons participating in the CP Volleyball League are not covered in any way for personal liability and property damage. Players are competing at their own risk. Players must sign the CEDAR PARK ASSEMBLY OF GOD LIABILITY RELEASE FORM before their first game.

All games will be played in the Auxiliary Gym at Cedar Park.

Games will begin with the home team praying and end with the away team praying

The League Coordinator, have the authority to administer any decision necessary for the well being of the League.

Teams must have at least 6 players and no more than 15 on their roster. Players may not play for more than one team in the CP Volleyball League. *Exception: A player from another team may be used as a sub as long as all three coaches agree.*

Rosters must be turned in before the first game played.