

## New Cov Sand Volleyball League Rules

1. Courts
  - a. Outdoor courts will be located on New Covenant Community Church grounds located at 6000 South 84<sup>th</sup> St Lincoln, NE, 68516
  - b. Court are standard 6v6 (60'x30')
  - c. Nets are set at 8ft height.
2. Balls
  - a. Volleyballs will be available for checkout if needed for games.
3. Teams
  - a. All league play is 6V6. Teams may play with less than 6 players but a minimum of 3. Failure to have at least 3 players will result in a forfeit.
  - b. A standard Co-ed Rec team should be made up of 3 men and 3 women.
  - c. Any team that has 3 men and 2 women has two options.
    - i. OPTION 1-Using 4 players. A team may play with 2 women and 2 men on the court at all times.
    - ii. OPTION 2- Phantom Player Rule. The Phantom females will be deemed to be on the court at the beginning of each point. For purposes of determining potential overlapping and front row/back row alignment, the team must act as if the missing player was present. Once the ball is contacted the team may bring up a male from the back row to block (if there is only one male in the front row) or any player to set. When the phantom player reaches the service position, it is an automatic side out with the service point going to the opposition.
    - iii. If a 3<sup>rd</sup> female arrives late, she may be placed in the phantom spot without penalty.
  - d. Teams that play with more women than men are without penalty.
4. Match Time
  - a. Matches are schedule for 50 min of play and 5 a minute warm up. Matches consist of two games to 25 points with a cap at 27 points. A third game to 15 if time permits (Also see scoring)
  - b. If a team is unable to fulfill a team by game time a 5-minute grace period is allowed. If after the 10 minutes after start time they still cannot fulfill a team they will forfeit the first game. They can still play but the forfeit will remain in standings. If they are unable to fulfill team standing after 20 min, they will forfeit the match.
  - c. Rest time between games is 2 min.
5. Positioning
  - a. If a team has 4 players, the server is considered a "backrow" player and may not "attack"
  - b. In Co-ed Rec, Players must alternate men and women.
  - c. Teams with extra players may sub through rotation.
6. Scoring
  - a. Rally Scoring will be used.
  - b. A match will consist of 3 games to 25 points, time permitting. Games must be won by 2 points unless the score becomes 26-26 in which case next point wins.

- i. Once the time limit is reached (50 min from the start of the match) the first team to reach 15 points and be ahead by 2 points will be declared the winner of that game.
  - c. Regular standings will be determined and calculated by points- so a third game will be played regardless of the score of the first two games (for fun and as time allows) but will not count for standing (unless it is a deciding game during tournament play.)
  - d. For tournament play, a third game will not be played unless to break a tie and if time permits.
- 7. Serving
  - a. Serve may touch the net and still be good if it lands within court boundaries.
- 8. Playing the ball
  - a. When a ball is contacted **more than once** by a team on their side, one of the contacts must be by a female before going over the net.
- 9. Player Conduct
  - a. Players will be making their own calls; we will not have referees. If needed for clarification on a call you can ask the site supervisor.
  - b. Violent altercations are not allowed or tolerated and could end in termination from the league without refund.
  - c. Any continuation of poor sportsmanship could result in termination with no refund.
- 10. Weather
  - a. On questionable days we will send an email with any changes.
- 11. Alcohol
  - a. Out of a desire to create a family environment, we will not be allowing alcohol on the premises. Failure to follow the rule may result in forfeit and repeated allegation may result in termination from the league without refund.
- 12. Rosters
  - a. Rosters will be written out the day of first game.
- 13. Forfeits
  - a. If you must forfeit a game, we ask that you contact us at least 2 hours beforehand so we may communicate with the opposing team.
- 14. Schedules, standings, Prizes
  - a. Schedules and standings will be available online.
  - b. Updates will be given at least two days before your match.
  - c. Regular play and tournament play
    - i. We will have 3-4 weeks of regular league play and then reseed everyone for tournament play.
  - d. League tournament champions will receive a t-shirt.
- 15. Pandemic Related Health Directives
  - a. We will abide by local CDC guidelines.