



TITAN SPORTS

& PERFORMANCE CENTER

2024 CO-ED VOLLEYBALL RULES

League Registration

- 1. For a game to be scheduled, every player on the said teams must be registered on the Titan Sports & Performance Center website.
- 2. Guest players/teams may play on a scheduled gameday upon registration at the front desk.
- 3. Guest players/teams may be formed at the price of \$15 per person.
- 4. Guest players/teams may play against a team if the original team had a cancellation.
- 5. Guest players may join and fill in for any missing member(s) of a team on game day if and only if approved by both teams. (this does not apply for any playoff/championship game. No guest players are allowed in those games.)
- 6. Players looking to join a team mid-season must register on the Titan Sports & Performance Center website and be approved by Sports and Programs Manager Mark Hagris or by Sports and Programs Coordinator Trenton Deramus.

League Attire

- 1. Proper athletic attire is required. (I am not sure if you plan to get uniforms for volleyball but if not then this)
- 2. All players must wear a short sleeve, or long sleeve athletic style t shirt.
- 3. All players must wear either athletic shorts or leggings/tights.
- 4. All sports accessories, such as headbands, sleeves, braces, etc. are permitted.
- 5. All jewelry besides necklaces/chains that stay tucked are not permitted to be worn during the game. This includes all earrings, bracelets, and rings.
- 6. Apple or any smart watches may be worn if with the purpose of tracking fitness, all other watches are not permitted to be worn.
- 7. Athletic tennis shoes are required to be worn. Relaxed fitted shoes such as Hey Dudes are permitted to be worn as well. No boots, sandals, flip flops, or any other type of shoes are allowed.

League Game Format

- 1. Games will have a 50-minute timer and will be played for 3 sets.
- 2. If there is already a winner after the first 2 sets, the teams may play a third set if both teams agree.
- 3. Sets will be played to 25 points. A team must win by at least 2 points. For example, if the score is 24-24, then if a team scores and gets 25 they have not yet won. They must score again to ensure at least a 2 point lead.
- 4. Any championship games will be played for 5 sets with a 90-minute timer.
- 5. In the event that the timer expires midplay, then the game is over if a team has already won more sets.
- 6. If the time expires midplay and the sets are tied, then both teams will get a 30 second break and they will resume play with a score of 0-0. First to 3 points wins, you do not have to win by 2. (In any playoff/championship game you must still win by 2.)
- 7. Both teams will be given a 45-second timeout that they can use once per set. These timeouts can't be stacked so you are only allowed to use 1 per set.
- 8. Timeouts do not stop the timer. Timeouts only stop the timer in the 3rd or 5th set if the game is tied in sets won.
- 9. In the event of an injury, a officials timeout will be called and the timer will stop until play is resumed.

League Game Arrival Rules

- 1. A 10-minute grace period is given to any players that have not yet arrived at their scheduled game. If the grace period has passed then the team will forfeit their first set. After that there will be 10 more minutes given for arrival, if they don't show up in time then the game is forfeited. (This does not apply to playoffs/championships. In that event the game must be rescheduled.)
- 2. Guest players may join in the above situation.

League Team Format Rules

- 1. A team can have up to 7 players.
- 2. There must be a ratio of 3 men to 1 woman, if there are women on the team. (5 men and 2 women is accepted)
- 3. There must be a Team Captain for every team that can be easily contacted to distribute news to their team. The Team Captain is decided by the people on the team.

League Gameplay Rules

- **1.** There must be 4-6 players on the court at all times. If a team plays with 4, then the opposing team can only play with up to 5.
- **2.** There is no libero.
- **3.** There is no required rotation, but players may do so if they choose.
- **4.** Three touches per side.
- **5.** No “doubling” where you touch the ball twice in a row without someone else touching it.
- **6.** Ball will be deemed out of bounds if it goes over the net but outside of the pole.
- **7.** Standard serving rules.
- **8.** Players may reach above, below, and over the net as long as they do not create contact with an opposing player and they don’t touch the net. If either of those things happen then the other team will receive a point.
- **9.** Players may move freely all over the court and will have no hitting bounds. For instance, someone on the back row can come up and spike the ball if they wanted.