



## CLAYTON AOSL ADULT COED LEAGUE VOLLEYBALL RULES

Revised 9/14/16

### Waiver of Liability

**All participants MUST sign their Waiver of Liability form before they play. All participants in the league assume the risk of injury. All Out Sports League (AOSL), and any other facilities used, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.**

~Rosters must be complete and payment made in full before any team will be scheduled to play. Teams must pay the current team fee by the current league due date to participate in the league.

~There will be a set number of weeks of play during the regular season plus 1 week of playoffs/championship, totaling, typically, 8 weeks of play. Match start times will vary dependent on the season. The first half of the regular season will be played in either REGULAR Coed format or REVERSE Coed format. The last half of the season will be played in the opposite format from the first half of the season, including the Playoffs and Championship. See below for the Regular Coed Rules and the Reverse Coed Rules.

~A team consists of 4, 5, or 6 coed players, depending on the season, with a minimum of 2 women that must be on the court at all times or forfeit the set(s) or the match.

**In COED 4's**, a team typically consists of 2 women and 2 men. **NO more than 2 men are allowed to play on the court at any time.** 3 or more men are not allowed to play. A minimum of 3 coed players are required to avoid a forfeit, of which 2 must be women and 1 man. 3 or 4 women are allowed to play.

**In COED 5's**, a team typically consists of 2 women and 3 men or 3 women and 2 men. Same female rule applies where a minimum of 2 women must be on the court at all times or forfeit. **NO more than 3 men are allowed to play on the court at any time.** 4 or 5 men are not allowed to play. A minimum of 4 coed players are required to avoid a forfeit, of which 2 must be women and 2 men. 4 or 5 women are allowed.

**In COED 6's**, a team typically consists of 3 women and 3 men or 2 women and 3 men maximum. **NO more than 3 men are allowed to play on the court at any time.** 4 or more men are not allowed to play. A minimum of 4 coed players are required to avoid a forfeit, of which 2 must be women and 2 men. 4, 5, or 6 women are allowed to play.

**In Coed 4's, Coed 5's, or Coed 6's:** four, five, or six women are allowed to play.

~All sets (games) will be rally scored. Points are awarded on every serve. During the regular season, a match consists of all 3 sets played to 25 points with no cap. The winning team must have at least a two-point advantage. There will be one 1-minute Time Out per set, per team, and 3 minutes in between sets to rest. Each Team Captain will fill out their own team scores on the AOSL Score Sheet, after each set, and then initial it after their match is concluded.

~ The Home Team serves first in set 1 and the Visiting Team decides which side of the court they will start on. In set 2, this is reversed and in set 3, it switches back to the Home Team serves first. Each team must rotate clockwise on their first serve at the beginning of each set.

~Let Serves (a serve that hits the net and then goes over the net into the opposing team's court) are allowed.

A serve that hits the wall, the ceiling, any basketball/gym equipment, or the net antenna is a violation and a point for the opposing team. Only "1" toss is allowed on the serve.

~Intentional kicking or incidental contact with the ball with the foot or below the knee is NOT allowed. Incidental contact with the knee or above the knee is allowed, as long as it comes off cleanly. After a serve takes place and during regular play, a ball is still in play if the ball hits the ceiling or hits the basketball/gym equipment that is on the ceiling and as long as the ball is still on your side of the court. A ball is NOT in play if the ball hits the wall or hits any equipment that is on the wall.

~If a player's body or player's extremities or player's hair or player's clothing touches the net or net antennae in any way during play, it is a violation and a point is awarded to the opposing team. If a player's foot lands "entirely" over the center line, it is a violation and a point for the opposing team. If a player's foot is still partially on any part of the center line, then it is not a violation.

~A maximum of 15 players are allowed per team. After the first half of the season, all rosters are finalized and closed. Once a full time (FT) player is assigned to a team, that FT player must stay on that team's roster for that entire season including the Playoffs and Championship. In the event of certain situations (player injury, relocation, or personal reasons), a player may be removed from the team roster and a replacement player may be added – this is meant to be the exception rather than the rule and will be subject to approval by the Director of AOSL.

~Team Substitutes or Roving Team-to-Team Substitutes are allowed during the regular season and in the Playoffs and the Championship Match. Note that in order for ANY player or substitute to be eligible to play in the Playoffs and/or in the Championship match, a FT player must have been added to a team's roster by the first half of that regular season AND that player or substitute must have played in at least "2" regular season matches (6 sets) during that current regular season for that particular team. This will avoid bringing in "Ringers" to win the Championship.

~A team may utilize player rotation to bring in extra player(s) into a set but that player(s) must rotate into the same rotation location on the court for that entire set. Standard player substitution rules will not apply.

~All regular season matches will be Self-Refereed by the teams/players themselves, who are currently playing a match and will be based upon the Honor System. Any disputes must be discussed by the team captains first and if not resolved, then it is an automatic "Do-Over." Disputes that are still not resolved will be determined by the AOSL staff member on site.

~If a team cannot field the minimum requirement at the current regular season match start time and the opposing team has been ready to play for 5 minutes, that team must forfeit their first set. If 10 minutes has passed and the minimum requirement is still not met, the second set is a forfeit. If 15 minutes has passed and the minimum requirement is not met, the third set is a forfeit.

~Each team will have a minimum of 10 minutes warm-up time after the net on their court is set up and ready to be played upon.

~Standings will be based upon the highest number of "Sets Won" during the regular season, not the highest number of matches won. If there is a tie at the end of the regular season, the Point Differential (the most points earned during the regular season) will determine the standings for the Playoffs.

~The top 4 teams with the best Sets Won records during the regular season will advance to the Playoffs with the following format: #1 vs. #4 on Court 1 and #2 vs. #3 on Court 2, both at the current season match start time. The winners of the 1<sup>st</sup> Playoff matches on Court 1 and on Court 2 will advance to the Championship Match on Court 1 at the 2<sup>nd</sup> Playoff start time, respectively. The non-winners from both of the 1<sup>st</sup> Playoff matches will play at the 2<sup>nd</sup> Playoff start time, respectively, on Court 2 for 3<sup>rd</sup> and 4<sup>th</sup> place. This will all take place on the same night as the Playoffs and Championship. There will be an award for the Championship team.

**The Playoffs and Championship** matches will be played in either Reverse Coed format or Regular Coed format, dependent on the season, in the “Best of 3 Sets” scoring format. The first 2 sets will be played to 25 points. If a match is tied after 2 sets, the third set will be played to 15 points. The winning team must have at least a two-point advantage to win. All Playoff sets are capped at 27 points for the first 2 sets and the third set is capped at 17 points. In the event the score is tied at 26-26, then the first team to 27 points will win that set. If the third set is tied at 16-16, then the first team to 17 points will win that set/match. All Championship sets are NOT capped. If time runs out in the Championship match, the team with the most points earned overall in that Championship match, will win the Championship. One 1-minute time out is allowed per set, per team, along with 3 minutes to rest in between sets. Teams may rest a maximum of 5 minutes in between the 1<sup>st</sup> Playoff matches and the Championship Match and the 2<sup>nd</sup> Playoff matches. Outside Referees may be utilized for the Playoffs/Championship.

**REGULAR COED PLAY** will be played with a men’s height net (7 feet, 11 and 5/8 inches) with the Gender Restriction Rule = if the ball is hit more than 1 time on your side of the court, a woman must touch the ball at least once, of the maximum 3 touches, before it goes over the net. A male player may hit the ball 1 time as long as the ball then goes over the net into the opposing team’s court. Both men and women may offensively attack and block the ball if they are in the front row (in front of the 3-meter line). Both men and women back-row players may not move to the front row to block. Female and male players are allowed to jump serve.

**REVERSE COED PLAY** will be played with a women’s height net (7 feet, 4 and 1/8 inches) with No Gender Restriction Rule and where only women may offensively attack the ball in the front row (in front of the 3-meter line). Women may block at any time but only if they are in the front row. Male players are NOT allowed to block in any way or at any time. Male players may only offensively attack the ball from BEHIND the 3-meter line. Any part of a male player’s foot that touches any part of the 3-meter line before or during an offensive attack from the back row, is a violation and a point for the opposing team. A male player in the front row may bump, set, or roll shot the ball over the net as long as there is No Jumping, No Offensive Attack, and No Downward Trajectory at the top of the net. A male player may jump set while in the front row as long as there is no offensive attack from that male setter. Female and male players are allowed to jump serve.

**UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED** - unsportsmanlike conduct ruling will be at the discretion of the official and/or the AOSL staff on site. Profanity will not be tolerated and considered unsportsmanlike conduct.

For more information or clarification of any rules contact Casey Copeland at AOSL: (510) 282-4986 or casey\_c@alloutsportsleague.com