



# Goombay AQUA Volleyball Rules at a GLANCE

## Version 1

Welcome to Goombay AQUA Volleyball. Let's start with a common understanding – This is a Recreational League. People are here to meet others, stay active and have lots of fun. Volleyball is an ancillary piece of our sports division; it's fun and sometimes competitive, but no one playing here is out to be a volleyball superstar!!

- REGISTRATION PROCEDURES:** All players must be registered and paid in full to play in the league. By registering players agree that they are 18 or older, have health insurance, and will not hold the league responsible in any way for any injuries that occur during game play.
- DEADLINE FOR ADDING PLAYERS:** No player may be added after the player 'add' date, which is before the start of the second week game.
- GAME TIME:** All games start at the scheduled time. Teams may use a 5-minute grace period in order to wait for remaining teammates.
- MATCHES:** Matches will be the best of three games. A game (except the deciding, third set) is won by the team which first scores 25 points (15 points depending on league format) with a minimum lead of two points. In the case of a 1-1 tie, the deciding set (the 3rd) is played to 15 points. No two point lead required. **Each match will end 45 minutes from the scheduled starting time.**
- COED RULE:** Teams should consist of 6 players, with a minimum of 1 male, and 3 women on the court. A team may not have more than 3 men on the court at one time, but can have any amount of women. Teams playing short must have at least 4 players on the court with a minimum of 2 women or the team will forfeit. (1M, 3F: 2M, 2F).
- COED CONTACT RULE**  
**Coed only -If the ball is touched more than twice a woman must touch the ball prior to it going over the net.**  
**Coed only -If the ball is hit by two or three men and then goes over the net, it will be the opponent's points for "two men infraction".**
- GAME PLAY:**
  - When a ball rests momentarily between hands or arms of a player, it is considered to be held and will be called. The ball must be cleanly struck.
  - Due to the nature of playing in water, "LIFTS WILL NOT BE CALLED AS A FAULT".**
  - It is illegal to block or spike or attack a served ball. **Attacking the serve will be called\***
  - A back-row player may come to the front row to help block, but he/she may not attack the ball while in front of 10-foot line. Back row players can only attack (spike) the ball from behind the 10 foot line.

8. **SERVES:** Net serve is allowed (meaning if the ball touches the net on the serve and goes over the net, it is legal and in play).
  - When serving, the ball must be clearly dropped or thrown before being hit; service hits must be clean hits, not pushed or thrown.
  - If a server throws the ball in the air they must hit it. If the ball is not hit once it has left the servers hand, it will be a side out and a point for the other team.
9. **NET RULE:** If you touch the top tape (white part) your team loses the point (spiked or block). Contact with the net by a player during the action of playing the ball, is a fault. When the ball is driven into the net, causing it to touch an opponent, no fault is committed.
  - If a player inadvertently touches the net during play but does not impede the play, then no fault will be called. Subject to refs calls.
10. **COIN TOSS:** Before the match, the referee carries out a toss to decide upon the first service and the sides of the court in the first set. If a deciding set (game 3) is to be played, a new toss will be carried out. The toss is taken in the presence of the two team captains. The winner of the toss chooses: EITHER the right to serve or to receive the service, OR the side of the court. The loser takes the remaining choice.
11. **TIME OUT:** Each team is allotted one 30-second timeout per game.
12. **ROTATION:** When the receiving team has gained the right to serve, its players rotate one position clock-wise: the player in position 2 rotates to position 1 to serve; the player in position 1 rotates to position 6, etc.
13. **SUBSTITUTIONS:** Substitutions must be for same sex only, and we follow 'marriage' sub. ie a sub can only return with the same player they subbed out with. Substitutions can be unlimited.
14. **INJURY/ILLNESS:** Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court. The rally is then replayed
15. **CODE OF CONDUCT:**
  - A. No physical attacks or verbal threats before, during or after games will be tolerated.
  - B. Any player or spectator deemed by the League to not have control of his/her faculties to the extent that there is a chance of physical injury to him/her or others will be asked to leave.
  - C. Arguing with an official (referee or staff) in an unsportsmanlike manner is prohibited.

LET'S HAVE FUN