



Adult Coed C Volleyball Rules

Philosophy: This league is intended for everyone to come together and play volleyball where men and women have equal opportunity to play competitively and have fun. Good sportsmanship with opponents, referees, director, and staff is required. Any poor sportsmanship, cursing, and/or arguing with referees, opponents, staff, or director may result in a technical foul (see more below in policies).

Registration:

- To play, one person must register their team on lewistonrecreation.com.
- **Moving Up or Down:** In order to keep the balance in the number of teams between the Coed B & C league, teams will be relegated per the Director of the league.
 - If a team finishes in last place multiple seasons in a row in Coed B League, they must move down for 1 season. This may be reversed by the League Director if they feel they would be too strong for the Coed C League.
 - If a team in the Coed C League wins the league 2 or more times in a row, they must move up for 1 season. This may be reversed by the League Director if they feel they are not ready for the higher level of play.
 - If a new team comes in, they may only register for Coed B league if players have played in the Coed B league or Men's & Women's league on Monday's at Lewiston Rec. before. If they have not, the team will have to start in the Coed C league and earn its way up to the Coed B League.
 - All other moves will be decided by the League Director.

- You may do the pay later option, however, you must have your team paid by Week 1 of each season.
- The captain will be in charge of adding players to their roster by contacting the Director. A player must be added to the roster at least a day before the next game.
- Regular Season is 10 weeks; Playoffs are 2 weeks and single elimination

Game Play:

- The serve will alternate male-female, three men and three women on the court. Games will be played with rally points to 25 with a cap at 30. A net serve will be counted as a legal serve. The 3rd game will only begin at 4s if an hour has passed with the first 2 games having been played already
- There should be 3 men and 3 women on the court. However, if only 2 women and 4 men show, a man cannot substitute her spot; but if only 2 men and 4 women show, a woman may substitute a man's spot.
 - **C Division** can play with 4* players, **NO GHOST RULE APPLIED**
 - **HOWEVER**, please make sure the official is aware of your ghost spot in order for him/her to know who is in the front & back row. This is important because if a male is in the back row, he must hit from behind the 10ft line.
 - **GHOST RULE (ONLY B LEAGUE):** This means when you have less than 6 players on the court, players will have to hold their position. Teams will lose serve and a point when the ghost is up to serve.
 - *No more than 3 men on the court at any time.
- When the ball is hit more than one time on a side, one of these hits must be made by a female. Females may contact the ball on consecutive tries.
- If two women are in the front row, someone from the back row may come up to block, but that player may not attack while he/she is in the front row.
- Captains make sure that the Director has checked off everyone who is playing each night. Failure to do so may jeopardize a player's or a team's eligibility for playoffs. **We will be**

enforcing this rule every year(See more in House Rules about eligibility for playoffs).

- **Playoffs**

- Playoffs will consist of single elimination and may include higher ranked teams earning first round byes.
- If the teams split the first two sets in the playoffs, a 3rd set will be played 0 to 15 regardless of time. If it is the championship game, then it will be 0 to 25.
- **Injury:** If a player is injured during the season, a replacement player may play in the playoffs if the following is met: 1. Injury reported to Director, especially if occurred elsewhere; 2. Player being added is same skill level
- Teams must furnish 3 people for work teams during playoff season play. Failing to do so constitutes a forfeit. During regular league play, when a team fails to work their scheduled time, that team will receive a forfeit. If this happens 3 times, the team is expelled from the league. A team that does not work during a scheduled playoff time may result in all players from that team being barred from the Lewiston Recreation Division Co-Ed Volleyball League until a \$25.00 fine for each player is paid.

Yellow & Red Cards

- Officials will be carrying a yellow and red card for possible disruption, abusive language, etc.
- Any card given out **MUST** be recorded on the scoresheet and reported to the League Director.
- **Yellow** Cards will be given out to a player for 1st unsportsmanlike conduct which consist of throwing/slamming the ball towards your opponents, smack talk towards opponents, etc. Yelling/arguing with the official, especially if you are not the captain, will result in an automatic yellow card.If you are not the captain and address the official in a good manor, this will not result in a yellow card. The official would just remind you to have the captain come over as well.
 - 2 yellow cards in one night = 1 red card
 - 3 Yellow cards accumulated in a season = 1 game suspension
- **Red** Cards will be given out to a player for 2nd unsportsmanlike conduct, abusive

language, and/or physical contact with the official or an opponent.

- **1 red card** = Exit the building for the rest of the night & 1 game suspension for the following week and can not return to the building until the 1 game suspension is served. If the following week for that person's team is a bye week, then it will be the week after that is the 1 game suspension.
- **2 red cards in a season** = Suspended for the Season; the League Director & Lewiston Rec. Division will discuss if they are allowed back in the league or not. At the discretion of the league director, a player may return depending on the situation, especially when involving multiple people

House Rules:

- Two Leagues are established:
 - B: For more experience players
 - C: For beginners or those still learning
- **Teams must be on the court and ready to play at the time designated or lose one game.** After 10 more minutes, game 2 & 3 will be forfeited together. A forfeit counts as a win for the other scheduled team. If a team forfeits 3 matches, they will be out of the league.
- Matches will be played on Wednesday's.
- Teams will play Odd or Even for choice of serve or playing area; teams will change playing areas at the end of each game. Three sets will be played in one night and will constitute a match. One point is given for each set won. The team not serving in the first set will start the service in the second set. Odd or Even will be played again for the third game only if the two teams have split; service continues to alternate, otherwise. If there are an odd number of teams in a division, there will be Bye Weeks.
- Any served ball contacting the ceiling is out of play.
- A non-served ball that hits the ceiling above the playing surface is playable if the ball returns on the same side as it was hit. This includes the lobby balcony (that hangs along the side) on the Concession Court. The ball cannot break the plane of the net. This does not include the balcony along the end lines and the basketball hoops.

- Two 30 second time-outs are allowed per set
- Teams may not protest a game. A clarification of Co-Ed Volleyball league rules will be determined between the game official and the league director.
- Scorekeepers will put the time that a **match starts** on the score sheet. If the third game of a match has not started within 45 minutes of the start time, then the third game of the match will be 0 to 15.
- Substitutions may be made at any time, but only through the back middle position. Substitutions can be made at any ghost position on the court during a timeout. In the case of an injury, a substitution can happen without a timeout. There is no limit to the number of times a player can enter a game.
- A team roster must have at least 6 players and no more than 12 total. A player can play in only one division* (B or C) of Co-Ed Volleyball play.
- Players on an “A” roster are not allowed to play in the B or C leagues.
- Additions to the roster must be made at least **one day** before that person can play, and additions must have the volleyball director’s prior approval. Rosters may be changed up until there are **5** weeks remaining in the regular season schedule. When there is less than **five** weeks remaining in the regular season schedule, rosters will be set and players can only be added by special permission of the director for extenuating circumstances.
- High School players or minors must be 16 years old before being put on a roster to play in any division. Players under age 18 must show birth certificates at the time they are placed on the roster. No more than 3 minors may be on a league roster at one time. (All minors may play at the same time.) A 15 year old may be placed on a roster only in the C league, and must have prior approval of the Recreation Division. With special permission of the Lewiston Recreation Division, a 16 year old may play on a B team under the following conditions:
 - The 16 year old must play on the team as his/her parent
 - The parent of the 16 year old must be an active member of the team
 - The 16 year old must meet the standards of play for the B League and the Recreation Division

- All players under age 18 must have parental permission; submit a birth certificate and parent waiver to the Recreation Division.
- Only non-marking athletic shoes may be worn in the gymnasium.
- **Children must be supervised at all times. If there are any problems, then the children/guardians will be asked to leave the Center.**
- No smoking in the gymnasium. If you bring in food/drink and make a mess, please clean it up and notify the League Director to get a mop for drink spills. Do not leave your trash or empty bottles laying around after you leave, please throw it out in the trash can and the white boxes for bottles.
- Players are eligible for playoffs if they play **four** weeks of the regular league matches.
- If three or more teams are tied between first and other places, the places will be determined by head-to-head competition. Teams tied for second, and so on, are determined by head-to-head also. If ties for the last playoff position occur, head-to-head season records will break the ties.
- The Lewiston Recreation Division reserves the right to reschedule, postpone or cancel activities; programs; change locations; or make other changes as required or necessary.

Awards:

- Playoff Champions awards will be T-shirts for each eligible playoff member of the team, Lewiston Recreation Division will order and pay for t-shirts and one screen. Additional cost will be the responsibility of the team.

League Director:

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