

2016-2017 Coed Rec League Guidelines

*Teams that play the early game need to grab the clip board out of the concession stand. Be sure to RECORD each game score and ANNOUNCE the score prior to every serve.

**Schedules, results, and game cancellations will be posted on www.citywd.org

Team Roster Registration & Player Eligibility

1. Rosters and fee \$250 are due by the second week of league play.
2. A person must play a MINIMUM of 4 weeks in order to participate in the league tournament. If there is an issue with a player's eligibility, the team captain has the right to **file a grievance** against a team or player.
3. Ratios for players on the court are as follows:
 - a. 6 Players: 3 females/3 males, 4 females/2 males, or 5 females/1 male
 - b. 5 Players: 3 females/2 males, 2 females/3 males or 4 females/1 male
 - c. 4 Players (minimum amount to play a game): 2 females/2 males or 3 females/1 male
4. Teams with too few players or the wrong ratios will forfeit the first game after 5 minutes and the second and third game after 10 minutes. Pick-up games can be played, but the next match will start as soon as possible. Teams 5 minutes late forfeit game one and 10 minutes late forfeit all games.

Match Rules and Procedures

1. Each team gets one 30 second timeout per game. Timeouts do not carry over.
2. Coed Rec league will be played using a women's height net [7' 4 1/8"]
3. The team listed first will begin with the serve

Ball Handling, Serving Procedure, and Gender Rules

1. No blocking or attacking the serve
2. If there are 3 hits on one side, each gender must hit the ball at least once.
3. Balls hit below the waist must be bumped with a closed hand.
4. There is no setting the serve; it must be passed or contacted with a closed fist; Use of arms and hands only
5. Overhand serves are allowed but both feet must remain on the floor during the serve
6. Men cannot participate in a block.
7. Let serves (when the ball touches the net on a serve and goes over) WILL BE PLAYED!
8. Recreation: Only women can attack (spike) the ball. A spike is leaping with both feet off of the floor and hitting the ball downward with force. Men can drive the ball hard, but both feet must be on the ground when driving the ball or it is an illegal hit
9. ILLEGAL HITS: catching, carrying (lift), touching the net, hitting the ball twice in succession, serving out of order, contacting the ball with any part of body below the waist → All result in a side out and point for the opposite team
10. A ball that contacts the ceiling or other obstructions vertically is within bounds if it comes down on the same side as the team that hit the ball. Hitting the ceiling and going over the net results in a side out and point for the other team.
11. A Ball that contacts the net post or antenna is out of bounds

Scoring and Duration of the Game

12. Matches are played with rally scoring. All 3 games to 21 points; NO win by 2 rule.
13. SELF-OFFICIATE. If there is a questionable call (or if the teams do not agree) as to whether a ball is in or out of play, the point will be replayed. **The line is in play.** The line under the net on the Gym floor is a neutral line. A player's foot can be on the line, but not over the line.
14. Games are scheduled every hour. Teams will be warned when there is 5 minutes left. At the end of the scheduled time (50 minutes) whatever team is winning will win the game.
15. Have Fun!