

Co-Ed City League/Indoor Volleyball Rules

Starting The Game: A coin flip will decide which team wins the choice of selecting to take the ball or the side of the court for the first set. Teams will switch sides of the court after the first set, and the team that didn't get to serve the start of the first set will serve the start of the second set. A coin flip will determine possession, if a third set is necessary.

Game Play: Rules will be governed by TASO (Texas Association of Sports Officials). If a team uses more than one touch during a possession, then a female must touch the ball at least once.

Players: Each team will have a maximum of 12 players. Six players will play with at least two females on the court at all times. Nobody under the age of 18 may play. *You may start a game with 5 players, so long as there is one female in the starting line-up, only if you don't have enough females to start the game. (with a ghost position)

Substitutions: Teams are allowed an unlimited number of substitutions per set. Substitutions can only occur during a dead ball.

Length of Matches: Matches are the best of 3 rally scoring sets. A set is won by the team which scores 25 points with a minimum lead of 2 points. There is a cap at 30 points for the first and second set. The third set is won by the team that scores 15 points. In the case that no team can reach a two point lead in the third set, the team to reach 20 points will win the set.

Equipment: All equipment will be provided by the McAllen Parks and Recreation Department. If a team wants to use their own ball, it requires the agreement of the other team, and the approval of the league coordinator. All players must remove all jewelry before the start of the game.

Team Captains: The team captain will be the only person to discuss issues with officials. The captain or coach will be in charge of calling time-outs, substitutions, etc. Team captains are responsible for the behavior of their team and fans.

Time-Outs: Each team is allowed (2) one minute time-outs per game (not per set). You may use both time-outs at the start of the game in order to "buy" two additional minutes to ensure all your players arrive. If at the end of two minutes your team is still under the minimum amount of players, it will be forfeit.

*After your third league game you MAY NOT add names to your roster.

*No jewelry is allowed during games (except wedding bands).

*Touch the net and you will be called on.

*Taping of fingers/hand (official approval)

*No taping over piercing

*No caps and bandanas