

CCRA COED VOLLEYBALL RULES

- 1) There will be a **10 Minute** grace period for the first match of the day only.
- 2) Failure to submit a completed roster by the third match of the season will result in forfeiture of all games of the following matches until it is submitted. Rosters are to be given to the official on said day or mail them directly to me: Roberta Long, 5019 Kilarney Way, Cross Lanes 25313, or email to rlong5019@gmail.com

The league retains the right to apply a forfeiture fee of \$10.00 per match forfeited during the season.

No new players may be added to the roster after the second half of the season starts. List players' names and dates eligible to participate on each roster sheet. Captains are responsible for "signing in" those players who are playing on that day.

No player may participate in CCRA COED volleyball if they are playing on another team in an open league.

EXCEPTION: If a player is a member of said church for a period of 365 days prior to the start of the CCRA season, they may participate in other leagues with a waiver on the CCRA roster.

3) NO girl can play CCRA coed volleyball if they played for their Middle School or High School volleyball team during the current season.

4) **Minimum Age Requirement** –

All participants must be no less than 13 years of age during the current season to participate.

5) All players should wear like-color shirts.

6) There must be a mixture of women and men on the court at all times. **If no men are available**, a team may play with all women. There **cannot** be more men than women on the court.

7) Any part of the body is a legal hit, including kicking.

8) If more than one hit is required to return the ball, a woman **must** have at least one of those hits.

9) No spiking for men above the attack line.

10) A man **may** serve OVERHAND (no jump serve) in Division I.
In Division II **everyone** serves UNDERHAND.

11) The Rally Scoring will be to **20** points capped at **25**. Only **2 Time-outs** per game.

12) Arguing with the official, slamming the ball, throwing the ball across the room, foul language, or any other unsportsmanlike conduct will result in ejection for the remainder of the match. **If ejected from a match, said individual will also sit out the next scheduled match as well.**

13) Above all, **EVERYONE needs to remember that this is a church recreational league**. Part of the purpose of this league is fun and fellowship between churches.