

# Trinity Co-ed Indoor Volleyball League

- What:** 6 on 6 co-ed indoor volleyball league
- Minimum 6 persons (equal gender representation) registered and paid per team
  - Any/all “subs” MUST fill out a registration form before playing
  - No “subs” are allowed to play in the tournament at the end of the season
- When:** Tuesday’s, 6 to 9 pm, Trinity Gym
- 8-week league, 7 weeks of play + 1 tournament week (Sept. 17-Nov. 5)
- Registration:** Online at [www.trinitywired.com/sports](http://www.trinitywired.com/sports)  
Must pay \$20 with registration form.
- Contact:** Erika Fisher: 517-492-1862 or [sports@trinitywired.com](mailto:sports@trinitywired.com)

## LEAGUE RULES

A team must have at least 4 players on the court, with at least 2 players of each gender to play. At least 4 of the players must be from the teams’ roster; otherwise a forfeit will be called. More males than females on the court is not allowed. Substitutions from within the league are allowed. Substitutes from outside the league must sign a Trinity Registration & Release Form prior to playing. Only team members listed on the “official” team roster, and who have paid and played 3 or more weeks, are eligible to participate in the tournament at the end of the season. **Exception:** Teams with an injury or unforeseen circumstance may add a replacement player during the regular season in order to field a full team.

Teams will have a time limit of 45 minutes to play 1 match (3 games). All games will play using All-Rally Scoring Rules. Rally scoring means that a point will be awarded on every serve, regardless of which team served. Matches consist of 3 games to 21. Teams must win by 2 and there is a cap at 25. If time is called the game will be over and the current score recorded. A team does not need to serve to win. If there is a forfeit or if a match ends sooner than expected, all players may use the court until the start of the next scheduled match. Teams will forfeit 1 game for every 5 minutes past the designated start time that they do not have the legal amount of players. Shorthanded teams may play a legal game with a minimum of 4 roster players.

The league will be officiated by fellow volleyball players as well as by each player calling their own fouls. Each team will be required to help officiate the other games each night. If a team does not provide an official and scorekeeper for their scheduled time, all games for that team will be coded as a forfeit/loss for that week. Even though a team forfeits and their record will reflect 3 losses for the week, the teams may choose to play for fun during their scheduled game time.

All players should exhibit good sportsmanship on the court. The competitive fire that could potentially rise during the game is certainly understandable and acceptable to a degree; however, each player needs to show proper restraint towards the officials and opposing players, basically keeping in mind the Golden Rule: Treat others as you would want them to treat you.

Anyone participating in the league must complete a Trinity Registration & Release Form prior to playing. It is the captain’s responsibility to make sure that everyone on the court has signed a Trinity Registration & Release Form prior to play. If it is discovered that an individual has participated in the league without signing a Trinity Registration & Release Form, all games for that team will be coded as a forfeit/loss for that week, and the captain will not be able to play the following week.

## Some Specific Game Play Rules:

### POSITION/SERVING

- A back row player cannot attack the ball from in front of the 10ft line.
- A back row player cannot come up to attempt blocks at the net.
- The receiving team cannot attack or block the serve.
- Mercy Rule: Once a team has served 15 consecutive points (competitive) or 10 points (recreational or if not designated) the opposing team gets the ball. No points are awarded.

### NET

- At the net, a player cannot attack a ball that is not on his/her side of the net, and cannot block/touch a ball on their opponent's side until the opponent has made an attack hit on the ball.
- If a player contacts the net while attempting to make a play on the ball, the opponent will win the point. Players need to call their own fouls – if you're in the net, be honest and own it.
- If opposing players both touch the net while attempting to play the ball, the point will be replayed.
- A player may cross partially under the net (step on the line), but cannot entirely cross (entire foot over the line), provided that this does not interfere with the opponents ability to make a play on the ball.

### BLOCKING/HITTING

- A block does not count as one of the 3 team hits allowed to return the ball over the net.
- Only a hard driven ball (attack hit or hard serve) may be double hit/contacted without fault.
- A ball can be played by any single point of a person's body (foot is acceptable), but not 2 points of contact, with the previously stated exception.

### BOUNDARIES

- A ball cannot be played off of the gym walls, this is considered out and the point is awarded to the team that did not hit it out.
- If a ball hits the basketball hoop or backboard the point will be replayed.
- If a ball hits the ceiling, it can be played on the same side of the net as the team that hit the ceiling.
- If a ball hits the ceiling before or after going over the net and is not played, the receiving team is awarded the point.