



LLU/DRAYSON CENTER

# CO-REC VOLLEYBALL RULES

1. Each team must have a MINIMUM of four (4) players on the court, two (2) of who must be WOMEN, to start a match. Once the match starts, less than four players may conclude the match in the event of an injury. A full team on the court consists of 6 players. Three of those players must be women. If a team has only 2 women present, then they must play with the same amount of men.  
**NOTE: For the Winter Quarter Leagues, a team will be allowed to play with a mixture of 2 women or 2 men on the floor if 3 cannot be fielded. Same rules will apply, except rule # 4.**
2. Matches will start promptly according to schedule. If a team is unable to start the match, the first game will be declared a forfeit after ten (10) minutes, and the match forfeited after an additional five (5) minutes.  
Option: An unofficial game may still be played by rearranging the teams, if the time, officials and court time schedule permits.
3. RECEIVING SERVES: When receiving the serve, any clean hit will be allowed. A “bump” does not Have to occur.
4. Teams must line up at the beginning of each play in alternating order, male-female-male-female, etc. Two male players cannot be placed in a successive rotation order.
5. If more then one contact is needed before ball is returned over the net, at least one female must contact the ball. A “block” is not considered a contact by a player.
6. Player waiting may rotate into any position as long as the referee acknowledges the substitution. Illegal substitution will constitute in loss of serve.
7. Male back row player may assist in blocking at the net when two women are in the front row rotation. He may not attack the ball at the net or spike the ball in front of the red line.
8. The ball may be played in the adjacent court only if no other game is taking place on that court. Otherwise, the ball will be declared dead as soon as it crosses the sideline of the adjacent court.
9. The ball may be played off the ceiling as long as it does not travel over the net prior to, or after making contact with the ceiling.
10. Each team per game may take two time-outs at any time that the ball is not in play. Time-outs are 30 seconds in duration and may be called in immediate succession. Unused time-outs may not be carried over to the next game.
11. Matches will consist of best two out of three games. Each game will be played under the “Rally Scoring” format (a point being scored on each volley). The team, which wins the rally, will get the point regardless of which team served. The team that wins the point will hold service. The first two games will be played to 21 points. The winning team will be the first team to score 21 points. If a third game is needed to be played, that game will be scored to 15 points, must win by 2 points with a “cap” of 21 points.
12. All serves that hit the net and go over will be in play. (Revised 9/2007)

### ***Intramural Mission Statement***

The Loma Linda University Drayson Center offers a wide variety of sports to reach as many needs and interests as possible. In order for these sports to be successful and enjoyable for all participants, Christian sportsmanship with concern for others will always be strongly encouraged. The intramural program is not designed to emphasize who is the “Greatest” or the “Best”. Participants of all skill levels are welcome. The intramural program

encourages a “competitive Christian spirit” emphasizing the *fun, fair, fitness, and friendship* attitudes of play in all of its programs. The only losers in our intramural program are those that choose not to participate.