

Captain's Quarters
6 Person Co-Ed Recreational and Competitive Volleyball League Rules
REVISED 5/16/2010

Eligibility / Rosters:

1. All players must be 21 years of age.
2. Rosters and waiver form must be signed and turned in to Captain's Quarters before the first game.
3. Players may not be on more than one roster on the same league night.
4. Teams may add or change players on their roster up to the second week of the season.
5. Players must sign the waiver before they play a game (subs must be on the roster by week 2 but do not have to sign the waiver until just before they play a game).
6. The team roster shall consist of a minimum of six players and a minimum of 3 females.
7. If a tournament is to be played at the end of the season, eligible players are those on the team roster (including subs) who have played at least 1 game on 2 or more different nights during the regular season.

Games:

1. No glass is allowed in volleyball areas.
2. No outside food or drink (other than water) may be brought into Captain's Quarters. Food and drinks must be purchased from Captain's Quarters.
3. Only rostered players are allowed on the court. Friends and fans should remain off the playing area.
4. The referee will flip a coin for side & serve determination for games 1 & 3 of each match.
5. Game start times will be as stated on the schedule which will be posted on Captains Quarters website.
6. All games will be played as follows: A match will consist of 3 games played to 21 points with a cap of 23. All games will be scored on a rally score basis
7. For any game in the coed 6 league, a team may not play with less than 4 players. Ideally, teams are to consist of 3 males and 3 females. When that combination is not possible, variations can exist, but a team must play with 4-6 players and the number of male players cannot exceed the number of female players on the court. Female players can always take the place of a male player.
8. Games will start at scheduled times. If less than the required number of eligible players show up, the first game will be forfeited after 10 minutes, the second game will be forfeited after 15 minutes and the third game will be forfeited after 20 minutes.
9. Teams that are part of a forfeit are allowed to use the court up till 10 minutes before the next scheduled game. Captain's Quarters reserve the right to ask teams to leave if they are interfering with the play of other courts.
10. Time outs: Each team is allowed two 30 second time outs per game. Captains must signal the referee for a time out when the ball is not in play. If the referee has already signaled for a serve, a time out cannot be called until after that play is dead. Time outs are not charged in the case of injuries.
11. A five-minute break is allowed, but not mandatory, between games.
12. Captains will sign the referee's scorecard at the end of each match, verifying the referee has correctly noted the winning team and the scores of each game.
13. In the event of bad weather or questionable conditions, team captains should call the Captain's Quarters Sport Line at 847-395-3569. Captains will be responsible for contacting their players. Cancellations will be made one hour before each match, if possible. Games will not be played within half an hour after lightening. We will make every attempt to play on the scheduled night.
14. Rescheduled dates for any make-up games will be posted on the web site.

Service / Rotation Rules:

1. Teams will rotate in a clockwise manner each time they win the serve.
2. Teams may rotate players into their line up at the middle back position ONLY and as long as the proper combinations of males to females is observed.
3. A server must wait for the referee's signal before serving. He/she then has 8 seconds to serve the ball.
4. A server may serve from anywhere behind the back line and must not step on, under, or in front of the back line when serving the ball.
5. A served ball must be released or tossed for service, and may be served under or over hand.
6. Upon release of the serve, if a miss-toss occurs, you must allow the ball to fall to the ground (you are only allowed one miss-toss per point).
7. Let serves are allowed as long as the ball lands within the opponent's court. It is a side out if the ball lands out of bounds.
8. A served ball cannot be blocked, spiked, or attacked.

Game Rules:

1. A Maximum of three hits are allowed per side. A female must hit the ball once if more than 1 hit is used. Violations of this rule will result in a point awarded to the opposing team, and a side out if the violation occurred from the serving team.
2. A player may touch the ball with any part of the body.
3. Players may not hit the ball twice in succession except, when receiving a serve a player may have successive contacts with the ball during a single attempt provided the fingers are not used to direct the ball.
4. Blocking does not constitute hitting the ball.
5. A ball must "break" the plane of the net before it is hit by an opposing player.
6. The ball may be played off the net.
7. A ball touching a boundary line is considered to be "in-bounds".
8. If two or more players of the same team contact the ball simultaneously, it is considered one play, and the players involved may not participate in the next play.
9. A player may not contact the net with any part of their body or clothing. If a ball is hit with such force as to make the net touch a player, it is not considered a foul.
10. If players from opposing teams simultaneously foul the net a double foul will be called and the play will be replayed.
11. A back row player may participate in a block, if there is only one male front row player.
12. Back row players can only spike the ball from behind the 10ft. line.
13. You may not touch the referee's stand or the poles to aid your advantage when the ball is in play.
14. Players leaving the game for any reason (other than regular rotation) must sit out the balance of the game. If an injury occurs in a position other than regular rotating position, a substitution may be made at the injured position and the injured player may not come back into the game. Substitutions are only allowed for injuries; not at any other time.
15. Only the team captain may address the official.
16. Any player threatening an official will be dropped from the league. Officials will receive the full support of Captain's Quarters. As long as the rules are being followed, a referee's call is final.

Basic Violations:

1. Failure to serve in the correct order.
2. Stepping on or over the line on a serve.
3. Hitting the ball illegally (carrying, palming, throwing, slapping, etc.)
4. Touching the net with any part of the body while the ball is in play, unless the ball drives the net into the opposing team player.
5. Reaching over the net, except under the following conditions:
 - A. When executing a follow-through;
 - B. When blocking a ball, which is in the opponent's court but is being returned. Except to block the third hit, the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact.
6. Reaching under the net if it interferes with the ball or opposing player(s) participating in the play.

Standings

Standings will be updated each week and will be posted on the Captain's Quarters website by Friday of the same week. Standings will be based on a **game** (not match) win/loss record.

In case of an end of the season tie for 1st, 2nd, or 3rd place, head to head competition during the regular season will determine the winner. If necessary, the head to head point differential will be used. If a tie still exists, a final game may be played if decided upon by Captain's Quarters.

Captains Quarters will make all final decisions regarding any conflicts or issues not covered above.