



**CITY OF MOUNTLAKE TERRACE  
RECREATION AND PARKS DEPARTMENT  
CO-REC VOLLEYBALL RULES**

**PLAYERS AND ROSTERS:**

1. A team shall consist of 6 players (minimum of 2 women), 5 players (minimum of 2 women), 4 players (minimum of 1 woman), or 3 players (minimum of 1 woman).
2. Teams must start play if they have the minimum of 3 players. A later player may enter at anytime. If a team has enough players, they must start at their designated time.
3. Maximum 12 players per roster.
4. Substitutions may be made by rotating into one position or substituting according to USAV rules in the serving position and/or the left front corner position. Substitutions can be made either same gender or different gender as long as rule #1 is not violated.
5. Players may be added or deleted to/from the roster up to the 3rd league match of the season. A 24-hour notice must be given to the League Director in order for that player to be eligible.
6. Each player must play in 3 matches to be eligible for playoffs.
7. Teams may be ineligible for playoffs if they forfeit 2 matches without calling the Athletic Office 24 hours in advance of the forfeited match.
8. Rosters must be turned in, and signed by the first match. No player, or team can play until this form is filled out and turned into the gym supervisor.
9. All players must be 18 years or older and out of high school.
10. Players may play on only one team in the Mountlake Terrace league.
11. Teams must supply the game ball.

**RULES:**

1. The first game will be a forfeit after 10 minutes. The second game is a forfeit after 20 minutes. The third game is a forfeit 30 minutes.
2. Three games will be played to 25 points. **THIS IS RALLY SCORING.** Points are scored for either team on the serve, as opposed to the previous rules where side-out scoring was used (where the only time a team can score is when they serve). Teams must win by 2 points. Time limit will be 55 minutes to complete.
3. If the score is tied at the end of 55 minutes, 1 point will be played to determine the winner (rally scoring).
4. No time-outs may be called with less than five minutes left in the time limit.
5. Designated team captains are the only people who may speak to the official.
6. Any player ejected from a match automatically forfeits his/her rights to play in the next **TWO** scheduled matches. Violation of this rule will result in game forfeiture.
7. League winners shall be determined by the best win/loss record. In the case of a tie, head to head competition will determine winner.
8. Jewelry is not allowed except for religious or medical medals (which shall be taped to the body under the player's shirt).
9. Current USAV Rules and Regulations shall govern league games in conjunction with Mountlake Terrace Recreation league rules.

10. The League Supervisor assumes the authority to interpret and amend all rules affecting league play and has the authority to administer any decisions necessary for the well being of the league.

#### GROUND RULES:

1. During play, no player shall cross over the black line separating the two courts..
2. The stationary basketball hoops are replay at the referee's discretion.

#### PROTESTS:

1. Any protest of a game must be declared by the team captain to the official and gym supervisor immediately after the protested incident has occurred. Team captains are reminded that judgement calls by the officials cannot be protested.
2. Protests must be made in writing with complete details and submitted to the Athletic Supervisor within 24 hours after the incident has occurred. All protests must be accompanied by a \$25 protest fee, which will be refunded if the protest is ruled valid.
3. All protests shall be ruled on by the Athletic Supervisor and/or Coordinator.

#### DEFINITIONS:

- A. Carries - ball momentarily comes to rest on any part of the body. The ball must be hit cleanly with a snap to remain in play.
- B. Simultaneous Contact - if two or more players of the same team contact the ball simultaneously, it is considered one play.
- C. Net Play - if two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play. The next play shall be considered the first of three contacts.
- D. Blocked Ball - if one or more players are attempting to block and they are contacted by the ball, the player(s) is eligible to participate in the next play. A block is not a hit and may not be counted on the consecutive hit rule.
- E. Illegal Play at Net - player touches the net with any part of the body while the ball is in play. If a ball is driven into the net and then into a player, no foul is committed and the ball will continue to play.
- F. Double Hit - player contacting the ball twice or more in succession with any part of the body.
- G. Line Foul - server crossing over the end line before contacting the ball. Any person crossing over center line into opponent's court while ball is in play.
- H. Ball Out of Bounds/Out of Play - a ball out of bounds is still in play unless it has struck the floor, ceiling or other objects before a return is attempted.
- I. Net Ball - on the serve, the ball contacts the net before going into the opponent's court. This is a legal serve and/or hit and will score if not returned legally.
- J. Spike - a downward directional hit on the ball causing it to be hit forcefully over the net, usually but not limited to the front of the court.

The City of Mountlake Terrace Recreation & Parks Department complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact Jeff Betz at the Recreation & Parks Department, 5303 228th St. SW, Mountlake Terrace, WA 98043, (425) 640-3101, [jbetz@ci.mlt.wa.us](mailto:jbetz@ci.mlt.wa.us), or fax at 425-775-2365. The complete Non-Discrimination Policy is also available as approved by the City Council.