

**YMCA CORPORATE CUP  
CO-ED VOLLEYBALL**

**PLACE:** Outdoor facility to be announced  
**DATE:** Prelims - Monday, October 2, 2006  
          Finals - Monday, October 2, 2006  
**TIME:** Prelims - Check-in 6:00 pm, event at 6:30 pm  
          Finals – after prelims

**Rules:**

1. Each team will consist of **fourteen participants** having three (3) men and (3) women on the court at one time.
2. **Format will be determined at the second captains meeting.**
3. There will be a 5-minute time limit for appearance of a team once a referee has signaled for a match to begin. Failure to be present will result in forfeiture of the event.
4. Each team will be allowed a 5-minute rest period between matches.
5. Each team must provide two (2) people to officiate. (If needed)
6. Teams will abide by the Specific Co-ed and General Playing Rules listed below:
  - A. The serving order and positions on the court at services shall be an alternate of male or female.
  - B. When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. There is no requirement for a male player to contact the ball regardless of the number of contacts.
  - C. Substitution method: One of the following 2 methods must be designated prior to the game and used throughout the entire match. (Must be male for male and female for female.)
    - a. Player A substitute for Player B – when player B wants to re-enter the game, he/she Must go back in for player A.
    - b. If you use the rotating method in Co-ed you must keep the man/women alternating position. Rotate in at the middle back position.
  - D. You can switch out of man/women alternating positions once the ball is served but you must return back to the original starting positions before the ball is served again.
  - E. Back row player may come to the front row to block, but cannot spike.

**General Playing Rules:**

1. Two 30-second time-outs are allowed per game. The team captain represented on the playing court must call time outs.
2. Two minutes maximum are allowed between games in a single match.
3. You must wait until the referee blows the whistle before serving the ball.
4. Once the referee blows his whistle for service you have five seconds to complete your service.
5. The ball may be hit with any part of the body.
6. Any player contacting the ball more than once, with whatever part of the body, without another player having touched it between these contacts, will be considered to have committed a double hit which is a fault. (Exception-BLOCKING).
7. A block does not count as a hit. The same player or players participating in a block shall have the right to make the next contact on the ball resulting as the first hit.
8. You cannot block or **attack-hit** the serve. (An attack-hit is; a player completes an attack-hit on the opponent's serve when the ball is entirely above the top of the net.)

Volleyball cont.

9. You may reach across the net to block providing:
  - A. The opponents have completed their three hits.
  - B. The ball is clearly going to cross the net even though the opponents have not used all three hits.  
OR
  - C. After a spike or when someone intentionally directs the ball to the opponent's court. OR
  - D. If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
10. You cannot reach across the net to spike or hit the ball. When you spike you must make contact on your side. However, if the follow through of the spiker's hand and arm crosses the net, this is "not" a fault.
11. Never are you allowed to make contact with the net during play.
12. If the ball has already hit the ground and play is "DEAD", then net contact is not a fault. The referees determine this.

TIE – BREAKERS for top three places, be determined by:

- A. Head to Head
- B. Total points scored among teams that are tied
- C. Total points scored among total pool play