

# 2025/26 CHOICE HEALTH & FITNESS INDOOR VOLLEYBALL LEAGUE RULES



## **TEAMS**

- Coed 6 Teams may have a maximum of 10 people on a roster. Coed 4 Teams may have a maximum of 8 players on a roster.
- A maximum of 6 and a minimum of 4 players are allowed on the court at one time. Less than 4 players will result in a forfeit in all 6-on-6 leagues.
- Your 4- 6 on-court players must consist of no more than 3 males or 4 females during coed play. If playing with 4, no more than 2 males are allowed on the court at a time. If playing with 5 players you are allowed to have either 3 males and 2 females, or 3 females and 2 males.
- Coed 4's there must be at least 2 females and 1 male on the court at one time. You can play with 3 females and 1 male, but not with 3 males and 1 female.
- Coed 4's can play with 3 people, but your 3 players must consist of 2 females and 1 male or 2 males and 1 female.
- NO roster Changes will be accepted after **WEEK 5**, unless approved by the sports coordinator (Thursday changes must be in by Wednesday at Noon, Sunday changes by Friday at Noon).
- All roster changes must be approved by the sports Coordinator.
- Players cannot play on more than 1 team in the same division. Scheduling of games will not be altered for players playing in more than one division.

## **Coed 4 Division**

- Teams may have a total of 8 players on a roster.
- Games must be played with a minimum of 3 players. If playing with 3, you must have at least one male and one female.
- There is a maximum of 2 males on the court at a time, it is allowed to play with three females and one male.
- Setting over the net is allowed if squared to the net (forward or backward), but open handed tips/dinks are illegal.

## **LACK OF PLAYERS OR NO SHOWS**

- ***Teams that have not arrived 5 minutes after the scheduled starting time will forfeit the 1<sup>st</sup> game. If a team has not arrived by 15 minutes after the starting time, the match is forfeited.***
- If your team cannot field enough players, please notify Tony Peterson by email: [tpeterson@choicehf.com](mailto:tpeterson@choicehf.com) or call Tony Peterson at 701-746-2790
- Teams that do not show up for their matches may be eliminated from a playoff spot. Forfeited games (lack of players) may lose ranking positioning for playoff. (ex. Forfeiting more than 2 games during the season may cause a lower ranking or elimination from the playoffs.) The league supervisor will determine eligible teams.
- There are no make-up matches.

## **MATCH FORMAT**

- A match consists of the best of 2 out of 3 games.
- Games are played to 25 points using rally scoring. You must win by 2 points.
- If necessary, the third game is played to 15 points. You must win by 2 points.

## **MATCH RESULTS**

- ***The winning team is responsible for circling their team number and writing in the match score (2-1 or 2-0) on the league schedule, which will be hanging on the bulletin board in the gym by the court sports office area.***

## **OFFICIATING**

- Teams shall call their own matches. You are responsible for calling the lines on your side of the court. You should call your own carries, contact with net, etc. If there is a disputed call that cannot be resolved, please replay the point.

## **SERVE**

- Volley for serve the first game. The team that wins the volley serves both the 1<sup>st</sup> and 3<sup>rd</sup> games (if necessary).
- At service, the serving and starting order and positions on the court shall be male & female alternated or vice-versa in all coed leagues.
- You cannot block or attack a serve.

## **PLAY**

- A player may not contact any part of the net, rope, or cable while the ball is in play.
- While on defense, a player may reach over the net to block a hit ball but cannot intercept the opposing player's set.
- While on offense, you cannot break the plane of the net except after the follow through.

### **Illegal Hits / Carries**

DIVISION A AND WOMENS' DIVISION: All illegal hits must be called. No net contacts, open hand hits, kicks, etc. allowed. USVA rules apply.

### **B & C DIVISIONS:**

The ball should be cleanly hit. A ball that comes to rest momentarily in the hand is considered a carry. All carries or throws are considered illegal hits and result in a point or side out.

- A ball that contacts the ceiling is still in play unless it crosses the plane of the net. All lights, rails, and guide wires are out of bounds.

***THOUGH WE EACH HAVE A DIFFERENT LEVEL OF COMPETITIVENESS IN US, THIS IS A RECREATIONAL VOLLEYBALL LEAGUE AND THE EMPHASIS IS ON PHYSICAL ACTIVITY, FAIRNESS, AND FUN! ENJOY THE EVENING WITH YOUR TEAMMATES AND FELLOW COMPETITORS. CONTACT THE LEAGUE SUPERVISOR WITH ANY QUESTIONS, COMMENTS, OR CONCERNS.***