

IRON PEAK COED VOLLEYBALL: OFFICIAL RULES

MATCH FORMAT & TIMING

- **Set Structure:** All regular-season matches consist of **three (3) full sets**. (Not best-of-three).
- **Playoff Format:** Matches switch to a **Best-of-Three** format.
- **Timeouts:** Each team is granted **one (1) timeout per match**.
- **The 15-Minute Rule:** If there are 15 minutes or less remaining in the scheduled match time at the start of the 3rd set, the set will be played to **15 points** instead of 25.

SCORING

- **Rally Scoring:** A point is awarded on every serve.
- **Winning a Set:** Sets are played to **25 points**.
- **The Margin:** Teams must win by 2 points. If a 2-point margin isn't reached, the first team to **27 points** wins the set.

SUBSTITUTIONS & ROTATIONS

- **Rotation:** Teams must rotate clockwise every time they gain service.
 - Each team must have **at least two (2) female** on the court at all times.
- **Lineup:** Teams must maintain three (3) players on the front line and three (3) on the back line.
- **Substitutions:** Players may only enter the game when their team gains service.
 - *Process:* The substitute enters at the **Server position** (back right), replacing the player rotating out.

SERVICE & PLAY

- **The Serve:** Can be hit overhand, underhand, or sidearm from behind the back boundary line.
 - Net contact is legal on a serve if the ball crosses over.
 - Receiving teams **cannot** immediately spike or block a serve.
- **Hits:** Teams have a maximum of **three (3) hits** to return the ball.
 - **Blocks** do not count as a hit.
 - **Double Hits:** Legal on the first contact only if it occurs in one continuous motion.
- **Illegal Hits:** Any "lift" or "carry" (ball resting on an open hand) is a violation.

UNIFORM POLICY

- **The Rule:** Each player missing a league shirt results in a 1-point penalty for their team.

- **When:** This penalty applies only to the start of Set 1.
- **The Math:** We penalize the difference. (e.g., if Team A is missing 3 shirts and Team B is missing 1, Team B starts Set 1 with a 2–0 lead).
- **Replacements:** Extra or replacement shirts are available at the front desk for \$20.

BOUNDARIES & VIOLATIONS

- **Net Rules:** Players may **never** touch the net with any part of their body.
- **Center Line:** Players may touch the center line, but their foot/body may not **fully cross** it.
- **Ceiling & Equipment:** * Balls hitting the ceiling are still in play (if on your side).
 - **Walls** are considered out-of-play.
- **Back-Row Attack:** Back-line players may not block and must stay behind the mid-line when attacking the ball.