



INDOOR ADULT VOLLEYBALL RULES (WOMENS & COED)
BELLINGHAM PARKS AND RECREATION DEPARTMENT

NFHS RULES will govern league play with any exceptions listed.

1. Toss of a coin shall determine either the choice of court or the serve.
2. The server will start the game at signal of referee. Server may serve from any position back of the near boundary line and between the side boundary lines.
3. Each member of a team will serve in rotation. The server continues to serve until side out is declared.
4. A foot fault violation will be called on the server when he/she steps on or over serving the line when serving. (Allowance will be given on courts without adequate serving room). **NEW 2025:** **Note: At Whatcom MS and Shuksan Old gym – a fault is only to be called if a player takes more than 1 step over the service line before the ball leaves their hand.**
5. Touching the court on the opposite side of the center line is a violation; however, you can step on the line. (Note: foot must be completely over the line to where no part of the foot is touching the centerline to be considered a fault.)
6. Touching the net with any part of the body while the ball is in play is a violation, the exception being when the ball is driven into the net causing it to touch an opposing player.
7. Reaching over the net is a violation, except on a ball hit at the opposing team, or when allowed by NFHS Volleyball Rules.
8. Ball must be distinctly batted: it may not be lifted, pushed, thrown, followed by the hands, or directed. Interpretation: it is well impossible to play an underhand ball without closing the hands into a fist.
9. Playing the ball twice in succession constitutes a foul, except when two or more players touch the ball simultaneously, which counts as one contact, or in the case of a multiple block.
10. Rally scoring will be used with points awarded on every serve.
11. The ball must be played over the net in a maximum of three plays.
12. When a ball in play touches a boundary line, it is good.
13. A game consists of 25 points with a 2-point advantage.
14. The losing team serves first in the succeeding game.
15. It shall be legal for a back to spike the ball in back of the 7½ foot line.
16. Teams shall change sides of the court at the end of each game.
17. After the service is delivered players may change positions.
18. A player, except while serving, may play the ball with any part of their body.
19. Served balls that hit the net and go over are live and playable.
20. A ball, except the serve, may be recovered from the net, if the player avoids contact with the net.
21. Blocking is restricted to front line players.
22. You must substitute people into the serving position either before the serve or after it. In coed volleyball-men must sub for men and women must sub for women.
23. You must rotate clockwise when the serve changes between teams.
24. When serving in gyms with limited serving space (Shuksan & Whatcom), the service toss may be caught, or touch the player one time without penalty. This includes a bad service toss that may hit a wall or other close object. Any further service tosses that touch the server or any objects would be considered a violation (one per service rotation).
25. Teams must have a minimum of 4 players (Coed 2 of each gender). If a team does not have enough players by their scheduled game time, the 1st game of the match shall be declared a forfeit. The team has 10 more minutes before the 2nd game is declared a forfeit and 10 more minutes before the 3rd game is declared a forfeit.
26. Coed Volleyball: If you are playing with 5 or 6 players you may never have more than 3 of any gender on the court at once. If you are playing with 4 players (minimum allowed) you must have 2 men and 2 women on the court.

27. If there is no official for the game you should call your own. Defense calls violations.
28. You will play 3 games each night against the same team. Each game counts as a win or loss. Teams will receive 1 point for each game won.
29. Report the match results to the Gym Supervisor/referee. Give your team's name (as on the schedule) and your win-loss record for the night (example: 1 win-2 losses).
30. All matches will have 1 hour time limits. If you are involved in a game when the time limit occurs, the game will count if one team has 10 or more points and a 2 or more-point lead. If neither team has 10 or more points the game will not count. No time limit for post season tournament games.
31. Any ball that comes in contact with a basket (including backboards, nets, rims, and supports) or gym ropes will be considered a dead ball. It shall be the official's judgement as to whether the ball would have been playable had the contact with the obstruction not taken place. If there is any doubt, the point should be replayed ("do over"). If, in the official's judgment, the obstruction was not a factor, the ball shall be ruled out. There will be a maximum of 1 re-service per service turn on serves that hit obstructions.
32. Any ball that comes in contact with the ceiling or objects hanging from the ceiling (beams, pipes, etc.) may be played if it remains on the hitting team's side of the court and they still have one of their three plays left.
33. Teams may receive service with a "bump" or "set" but may not block a serve. Note: setting a serve is considered an advanced skill and must be completed legally. It is not recommended for most players. **NEW 2024: A player may contact the ball more than once with any part of the body in a single attempt on a team's second contact when the ball is played to a teammate. However, if the ball is played over the net in this type of scenario, it would be ruled a fault, and the team would lose the point.**
34. Poor sportsmanship will not be tolerated. Yellow and Red cards will be issued to offenders. Any player receiving a Red card will be disqualified from the match and must leave the facility, or their team will forfeit that game and any remaining games scheduled for that night. A Red card also automatically entails loss of service if serving and 1 point to the opponent. Any player showing physical violence towards (touching in any manner) an official will be expelled for 1 calendar year as a minimum penalty. Any fights between players will automatically result in expulsion from the league for 1 calendar year (regardless of who initiates the physical contact) as a minimum penalty.
35. Coed teams must alternate their positions, male & female.
36. A player may play on only 1 team per league (all Monday Women's divisions are one league, all Tuesday Coed divisions are one league, all Wednesday Coed divisions are one league, and all Thursday Coed divisions are one league) and must appear on that team's roster. Players may be added or dropped from the roster by contacting plulinski@cob.org until **November 4th**. At that time the roster becomes permanent for the remainder of the season. Players must be 18 and/or out of high school. **If a team wants to pick up a non-rostered player for a match, both team captains must agree and inform the referee prior to the start of the match. If both teams do not agree to allow the non-rostered player, then the match will be considered a forfeit. A player may be picked up for the remainder of the season due to injury at approval of athletics coordinator.**
37. **PROTESTS:** A written protest of a roster violation must be submitted to the Parks and Recreation Administration office (parks@cob.org) within 24 hours of the match. Protests of a rule interpretation must be made to the game official and gym supervisor at the time of the protest (the game will then continue). Only rosters violations or inappropriate rule applications may be protested. Judgment calls by an official can not be protested. If your protest is upheld, the game will be replayed from the point of the protest at the end of the season if it has a bearing on the league championship.