

2025
GEARS Coed Sixes Volleyball League Rules

I. Games

- A. 3 games/match
 - 1. **25 point games (Rally Scoring).**
 - 2. Must win by 2 points, with a 27-point cap.
- B. Choosing Side & Service
 - 1. One of the team captains shall call the toss of a coin.
 - 2. Winner may pick either first service or first choice of side.
- C. Scoring
 - 1. Team captains are responsible for the accurate recording of scores on score sheet.
 - 2. League standings will be based on games won rather than best 2-out-of-3
- D. Forfeits
 - 1. The first game of the match shall be forfeited if either team is not properly represented 5 min. after the scheduled starting time. The second game shall be forfeited at 15 minutes and the third game at 20 minutes after the scheduled start. No match shall start after 20 minutes have elapsed.
 - 2. Forfeit fees shall be levied as follows when an entire match is forfeited. \$10 for first and \$25 for each subsequent match forfeited by each team.
- E. GEARs Volleyball Leagues will be playing by the current USAV Rules & Regulations unless otherwise stated. Teams are responsible for knowing all current Official USA Volleyball rules.

II. Teams and Position of Players

- A. Six Persons -- 3 front line and 3 back line players
 - 1. Teams must have four player's minimum playing at all times, otherwise the match is forfeited. (Coed teams must have 2 women playing at all times).
 - a. If a female is injured during a game and no other female team members are present to replace her, the team may finish the game in progress with 5 players (4 men & 1 woman).
 - 2. Rosters must have a minimum of 6 players/ maximum of 15 players.
 - 3. Each team must submit a **completed** roster (name, address, phone, and municipality) before the registration deadline. Players may be added to rosters only by notifying the GEARs Office at 717-367-0355 **before** the added player plays in any games. Forfeits may be assessed if players not officially on roster play for a given team.
- B. All players (other than the server) must be within the court area when the ball is served. Each of the 3 front line players forward of his/her respective back line player. Each right (left) side player must be closer to the side than his/her respective center row player.

III. Playing the Game

- A. Service
 - 1. The right back player shall be the first server for his/her team. Thereafter, the players rotating clockwise from the right forward to the right back shall be the server. Once service rotation is established, it must be followed throughout the game.
 - 2. The server may serve from anywhere behind the back line.
 - 3. If the serve hits the net and continues to the opposition's court it is played as live.
 - 4. Before each serve the official shall blow his whistle. Serves without a whistle shall be played over. Do not attempt to "fast-serve" an opponent.
 - 5. Service receive may be an open hand set provided that it is not a carry. Double contact is allowed.
- B. Time Allotment for Games
 - 1. In order to allow at least 5 minutes for the final game of the match, the second game shall be called at 50 minutes after the scheduled match starting time. Only a 1-point advantage is needed to win in this circumstance. Teams will then switch sides and begin the third game immediately.
 - 2. After 55 minutes have elapsed, no new service shall take place in the match. The team ahead in points at that time will be awarded the win for that game.
- C. Playing the Ball
 - 1. The ball must be clearly batted. Catching or holding the ball momentarily in the hands is illegal, as is throwing the ball.
 - 2. Any part of the body may be used to return a ball.
 - 3. During the first hit of the team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
 - 4. A back line player, forward of the 10-foot line, must return the ball from below the top of the net.
 - 5. The basketball hoops in the Community Center gym are considered in play.

- D. Net Play
 - 1. In spiking or blocking the ball, a player's hands may extend over the net without fouling providing his follow-through does not cause him/her to strike the net.
 - 2. A player may touch the opponent's court with (a) hand(s), foot or feet is permitted, provided some part of the penetrating hand(s)/foot/feet remains either in contact with or directly above the center line.
 - 3. Blocking is permitted by any or all front row players. Any player is considered as having the intention of affecting a block if places one or both hands above his/her head while in a position close to the net in an effort to intercept the ball. A blocker may not interfere with a ball being set. Players may not block or spike a serve.
 - 4. When a player participates in blocking and makes only one attempt to play the ball during the block, he/she may make successive contact of the ball during such play, whether or not it is a hard-spiked ball.
- E. Officiating/Team Conduct
 - 1. **Only the team's captains are permitted to talk to the official. They may question a rule interpretation but not the judgment of the official.**
 - 2. Officials have the right to assess penalties according to the severity of the infraction. They also have the authority to suspend players (with or without substitution allowed) from the game or match.
 - 3. Teams which display unsportsmanlike conduct can be made to forfeit subsequent games/matches, given yellow/red cards, or be removed from the league at GEARS' discretion.
- F. Policy for Removal from League
 - 1. Individual players receiving a red card/ejection in a game will be given at least a one-game suspension (more games may be assessed pending a decision from the GEARS office).
 - 2. Individual players receiving two red cards/ejections twice in one season will receive a one- calendar year suspension in the volleyball leagues and a one-year probation in all sports leagues offered through GEARS.
- G. Protests
 - 1. Must be filed with GEARS before the next game for consideration
- H. Substitutions/Time Outs
 - 1. Substitutions shall take place in a consistent manner throughout the game. No change shall be made in the relative positions of the other players.
 - 2. Substitutions can be made by either team when the ball is dead. Delay should be momentary and no time-out is charged.
 - 3. Each team is allowed one (30 second) time-out per game.

IV. **Player Conduct**

- A. Profane or vulgar language is not permitted.
- B. The following conduct is not acceptable.
 - 1. Intentional distraction of opponent who is attempting to play a ball (shouting, clapping, etc.).
 - 2. Mishandling or abuse of equipment (balls, net, etc.).
 - 3. Distractive or disruptive activity from the sidelines during a game.
- C. Any violation of the above rules above will result in the player being required to leave immediately by the coordinator/official, even if it means that the player's team will have to forfeit the game/match. Additional action may also be taken by GEARS.
- D. GEARS does not provide accident insurance. Teams/individuals must provide their own accident insurance.

V. **Equipment**

- A. Team shirts are not required, but modest clothing shall be worn.
- B. A leather indoor ball will be provided for game use only. Teams may use personal balls for games as long as both teams agree on the ball.
- C. Sneakers/shoes must be worn during games.

VI. **Questions/Problems/Cancellations**

- A. Call the GEARS Office at 367-0355.
- B. GEARS will only contact the team captain about cancellations or changes in date or location.