



**URBAN REC**  
Urbanrec.ca

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## **Coed 6's RULES AND GUIDELINES**

### **Gameplay**

1. Teams will only call fouls committed by their own players. Players will not call the fouls against their opponents. If a player neglects to call his/her own fouls, his/her team captain will be responsible for calling these fouls on his/her player's behalf.
2. **If there is a dispute on a call, re-serve the play.** Contact an Event Coordinator for clarification of rules after the match is completed.
3. All players will conduct themselves in a polite and sportsmanlike manner. Individuals who do not abide by these criteria will be removed from the league.
4. All balls must be hit cleanly. No scooping or carrying the ball. Only off of a driven ball may a ball may be double hit (i.e. off arm and head in one continuous motion).
5. Contact with the net in any way (except for hair) constitutes loss of point. A player that goes under the net but does not contact the net or interfere with the play is okay.
6. A served ball may **not** be blocked or attacked directly back over the net.
7. A served ball may be volleyed to a teammate, but may **not** be volleyed directly over the net when receiving the serve.
8. When a player blocks a driven ball and comes onto their own team's side the block does not count as a hit towards the three hit limit.
9. The ball can hit any part of the body.
10. There must be at least 2 females on the court at all times. A team with less than this will be penalized 4 points a game (3 points in the 3<sup>rd</sup> game of a 3 game match). If a team has no females, then they lose by default.
11. In addition, a team must field at least 3 players, one of whom must be female in order to play. Failure to do so will result in a default. A team may not substitute a male for a missing female. (for example, a team with only 1 female on the floor can only have a maximum of 4 males on the floor).

12. If a team has less than 6 players, but at least 3 players (at least 1 female), there is no “ghost” rule. Play with what you have.
13. Regular play (weeks 1-6) will consist of 2 matches per week. Best 2 of 3 (21/21/15) Games are all rally point, win by 2 points, cap at 23 (Cap at 17 in the 3<sup>rd</sup> match. Matches will be over when a team wins 2 games or time expires.
14. If time expires while teams are playing the 3<sup>rd</sup> set (the tiebreaker), at least one of the teams must have reached 5 points for the 3<sup>rd</sup> game to count. Otherwise the match will be reported as a 1-game-apiece draw.  
**Combined points will not be used during the regular season matches to determine a winner.**
15. The final week (Week 7) will be play-offs. The format for the playoffs will be as follows:
  - i. each match will be a best-of-3 (21/21/15). The first 2 games will be to 21 points capped at 23, and the 3<sup>rd</sup> game will be to 15 points capped at 17. If time expires during the 3<sup>rd</sup> game, whichever team is winning at that point will win the match  
**(no 5-point minimum required)**
  - ii. if time expires during the 2<sup>nd</sup> game, then **total points scored in the 2 games to that point** will determine the winner of the match.

### **Standings/Re-seeding**

1. Both teams are responsible for recording matches won/lost and UR Fun points and submitting the score sheets to the on site Event Coordinator.
2. If two or more teams are tied in the standings at season’s end, the first tie-breaker will be the team with fewer losses. The second tie-breaker will be the team with more UR fun points. The 3<sup>rd</sup> tie-breaker will be head-to-head record against the other team (s) involved in the tie.
3. Urban Rec reserves the right to move teams up or down in timeslots depending on the teams’ level of play. For this reason, **teams must be available to play in all of the time slots used throughout the season.**
4. The final week will be play-offs.
5. Have FUN! If there are any problems or suggestions about the league please free to contact us. Please enjoy yourselves!

***ANY QUESTIONS? PLEASE CALL US AT 879-9800***

**OR VISIT US ON THE WEB AT [www.urbanrec.ca](http://www.urbanrec.ca)**