

# BENCHWARMER'S

## VOLLEYBALL RULES 2026

### WAIVER OF LIABILITY

All participants in league assume the risk of injury. Benchwarmers shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

### SUBMITTING ROSTER

Each team must submit a roster with a maximum 10 players. No player may register for more than 1 team, on the same league.

### TEAMS

1. A team consists of 5 players, with a minimum of 2 women. A team may start a game with a minimum of 4 players, of which 1 must be a women or vice versa.

### SHORTAGE OF PLAYERS

2. Teams may pick up a maximum of 3 subs. If a game begins with substitutes and the teams' eligible player shows up, they must be inserted in the line up immediately in favor of the sub. If the sub does not play a complete game the sub then is eligible to sub again for another team, if approved by opposing team captain.

### RULES AND GUIDELINES

3. 1<sup>st</sup> Team listed will serve 1<sup>st</sup> and 3<sup>rd</sup> games. RALLY SCORING TO 25. Change sides at multiples of 8 points. You must win by two points with a **30 point cap**. If time is called, the team ahead wins the game.

4. Each team will play 3 games – no matter who wins the first two. Standings will be based on the number of games won by each team the team with the most wins will be league champion. In case of ties, there will be a one game playoff the last night of league play. You must play the final night in order to win the league (even though you may have enough wins without play. **There will be a tournament between 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place teams between Tuesday, Wednesday & Thursday nights.**

5. Teams must end play on the hour, whichever team is ahead at this time will be declared the winner. If the teams are tied the teams may continue to play until the next point is scored.

6. Two time outs per team per game 2 minute limit.

7. "LET SERVE" is allowed. Serve that hits the net goes over and lands inbounds. Serve must cross the net inside the net antennas.

8. No spikes or sets on serve, first hit must be a bump either one hand or two closed fist (dig).

9. Blocking the serve is illegal.

10. Any contact with the net during play results in a side out or point for the other team. Please call your own violations.

11. Only one serve is allowed. (There are no re-serves, meaning the player may not drop a bad toss without serving and then toss it again to serve). Faults on are serve may occur when:

A.) Ball touches net or teammate

B.) Ball is passed under the net

C.) Ball goes out of bounds. (The ball is out of bounds when it touches any surface, object, or ground outside the sand court boundary lines). A ball may be played out-of-bounds from your territory only. It is illegal to touch the opponent's court in the act of playing ball.

12. In coed league, ball must be hit by opposite sexes if more than one hit applies such as (man, women) or (man, women, man) or (man, man, - women)

13. Serves are made underhand or overhand with an open hand or fist.

Players may volley the ball with any part of the body as long as the ball is clearly hit and not held (including lifted, pushed, caught, carried or thrown).

Following the serve each team may hit the ball up to three times before sending it back over the net. No player may hit the ball twice in succession.

If a serve goes out of bounds play stops and the opposing team gains the serve. At each change of service the players rotate on position clockwise.

This procedure allows each player a chance to serve during the course of the game.

14. Any ball that hits the out of bounds line is considered in. The ball is considered out of bounds if it is outside of the rope.

15. While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack - hit.

A player is permitted to pass his/her hand(s) beyond the net after an attack - hit, provided that the contact was made within his/her team's playing space.

16. Back row players may not attack or block the ball within 10 feet of the net.

17. Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.

While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.

If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault.

### **SUBSTITUTIONS**

18. Substitutions may be made anytime the ball is dead. There is no limit on subs.

### **RAIN OUTS**

19. *BENCHWARMERS WILL NEVER CANCEL A LEAGUE-WE WILL PLAY RAIN OR SHINE.* If two teams agree to postpone, it is their responsibility to schedule a makeup before the last week of that session. Any games not made up will **not** be counted as wins for either team.

20. The team captains need to sign the score sheet after games are played and turn them into the outside bartender the night of play

**There will be no ref again this year so teams will call their own games  
If you have a disagreement about a call—replay the point. Benchwarmers have the final  
say in disagreements or rule interpretations. All other general volleyball rules apply.**

**ENJOY THE SEASON, AND BEST OF LUCK TO EVERYONE!!THANKS, BRIAN AND  
TRENA**