



# *Spring 2026*

## *Women's Volleytennis Rules*

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### **TIME OF GAME**

The match will start at 7:00 p.m., with occasional exceptions. Please read your schedule carefully to confirm start times for all matches. Each league match will consist of three games.

### **FORFEIT**

Forfeit time is ten minutes past scheduled game time for all three games. Park staff will be responsible for ruling a forfeit should a team not have at least four roster players on the court by forfeit time. Within 10 minutes of the scheduled game start time, if both teams do not have four roster players present on the court, the game will be started as soon as both teams have at least four players present on the court.

NOTE: When playing with the four-player minimum, or five players, a team may choose any alignment, as long as no more than 3 players are positioned in the front or back row, with the only exception being on a serve (see Player Position on page 2). A player arriving late for a team that has only four or five players may enter the game after the first dead ball upon her arrival at the court. Late arriving players will take the center-back position and all other players will rotate accordingly.

### **PLAYER ELIGIBILITY**

All players' names must be on the roster sheet filed in the Sports Office. A player may be dropped from the roster at any time. Roster changes must be made by completing the Add/Drop form, and submitting it to the park office at the game site prior to the game. Each team is limited to three roster changes.

Players must be at least 16 years of age. Players under 18 must have a parental waiver completed and submitted to recreation staff prior to participating in a game. Team rosters are limited to a maximum of three (3) players under the age of 18.

**PENALTY FOR VIOLATION OF ELIGIBILITY RULES:** *Any team discovered using an ineligible player (i.e. Non-roster player, player playing under assumed name, etc.) will be penalized with the declaration of each game involved forfeited and will receive (2) minus points in the standings for each game. In addition, the offending team will be placed on probation. **NOTE:** With probable cause, staff may ask for verification of identity from a possible illegal player. A team discovered to be playing an illegal player shall suffer the consequences stated above.*

### **GAME PROCEDURE**

An official game shall consist of 15 points and a team must win by two points. (If both teams are tied at 18 points the next point wins the game.) Three games shall be played with one point awarded for each game won. There will be a five-minute (maximum) break between each game.

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For the first game of the match, the captain of the home team shall call the toss of a coin. The winner takes the choice of side or serve. The side and serve will alternate for the second and third games. During the third game, an automatic change of courts shall take place when one team scores eight points.

## **KEEPING SCORE**

The team winning the coin toss will keep score the first game. The opposing team will keep score the second game, and scoresheet will rotate at the point break in the third game. Managers are responsible for confirming the scores and signing the scoresheet at end of each match.

## **PLAYER POSITION**

Players shall position themselves to form a hollow square, three in both front and back line.

Note: A team may play two in the front and four in the back when receiving a serve.

## **ROTATION**

Players rotate clockwise each time a team wins the service. Players entering the game take position last server would move to if the substitution had not been made (left of center in the back row). Teams may only change lineup rotation order at start of each new game. At the beginning of a game, the receiving team does not rotate when they receive service the first time. They will stay in their starting positions until they receive the serve the second time.

## **SERVICE**

1. The ball is put into play by the center back player. This player stands with both feet behind the end line and may not step into the court until after the ball has crossed the net. The ball must be definitely batted with the hand.
2. The ball must bounce once inside the serving team's court and be batted over the net by the center front player using one hand with a clear follow through (no dinks). Both of the hitter's feet must be inside the court when she hits the ball on the serve. The (serve) hitter may not touch or overlap the white (3ft.) service line until the served ball has been touched by an opponent or is out of play.
3. The ball must not touch the net on the service or bounce over the net without assistance by the center front player.
4. The served ball, when hit, must travel past the white line on the opponent's side.
5. The service may be played when any part of the ball has crossed the net. The serve may be blocked.
6. The ball must be clearly hit. It cannot be caught, thrown, rolled, hooked or pushed.

<b>NOTE:</b> Players are more likely to foul in playing the first hit after a serve with fingertips and should use the bump pass in the majority of situations.
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## PLAYING THE BALL

- A. On the service, the receiving team must form a three in the front, three in the back alignment or two in front and four in the back alignment. (See forfeit section regarding 4/5 player alignments.) This alignment shall be demarcated by the (middle) basketball free throw line.

NOTE:

1. All players do not have to be standing on the court to receive the serve.
  2. In a three-in-front/three-in back alignment, the front-center player may stand to the side during the serve.
- B. The ball may:
- 1) Be returned directly (before bouncing)
  - 2) Bounce once before being returned
  - 3) Bounce once before being hit/passed to another teammate
  - 4) In making each separate play, bounce only once between each hit (legal contact)
  - 5) Bounce once and over the net into opponents court without further assistance (except on serve)
  - 6) Be hit only three (3) times by a team and must be volleyed directly across the net on the third hit. (NOTE: A player may not strike/contact the ball twice in succession)
- C. The ball may be played with one or both hands. A ball that strikes a player on or above the waist and bounces off, making a direct and not a rolling contact, may be continued in play as if the player had struck it with the hand and counts as one hit (whether player be in or out of bounds). **When the ball is played with two hands, if the contact with both hands is not simultaneous it is a double hit.**
- D. Failure of receiving team to return the ball legally over the net into opponent's court shall score one point for the team serving. If the serving side fails to return the ball legally into the opponent's court, it is "side out".
- E. A ball striking the top of the net and falling into the proper court is considered to be in play (except on service).
- F. The ball may be played when any part of it has crossed the net.
- G. The ball must be clearly hit. It cannot be caught, thrown, rolled or pushed.
- H. A ball landing on a court boundary line is considered good and in play.
- I. First hit after a serve may be bump or fingertip touch.
- J. The basketball rim, backboard and standard, and all fences or walls, shall be considered out of play and cause the ball to become dead when it touches them.

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## **FOULS**

### **A foul occurs when:**

1. The ball is kicked or bunted with the area below the waist intentionally or accidentally.
2. The ball rolls on the body.
3. Any part of the player touches the net.
4. The player catches, holds, juggles or throws the ball.
5. At no time may any part of the body go under, over, or through the net.
6. A player hits the ball twice in succession without another player hitting it in between.
7. More than three players to a side contact the ball.
8. The ball bounces more than once without being contacted.
9. The ball goes into opponent's court unassisted on the serve.
10. The wrong player assists the service.
11. The ball hits the net on service (even though it falls into the proper court, this is a foul).
12. Illegal serve (see Service Section).
13. The ball bounces over the net after the third hit on either side (3 hits to a side - the ball must go directly over the net on the third hit).
14. The back row player blocks or spikes in the attack area (10 feet from net).
15. The ball hits the court on the same side after it has already bounced and hit the net.

## **PENALTY FOR FOULS**

Whenever a foul occurs, the ball is declared dead, and the side committing the foul, if serving, loses service. If the receiving team commits the foul, the serving team receives one point.

**BOTH TEAMS ARE RESPONSIBLE FOR CALLING FOULS WHEN THEY OCCUR.  
*ONLY ROSTERED PLAYERS WHO ARE ON THE COURT MAY CALL A FOUL.***

**NOTE: IF BOTH TEAMS DISAGREE ABOUT THE COMMISSION OF A FOUL, THE  
POINT SHALL BE REPLAYED.**

## **GENERAL RULES:**

1. **NO ALCOHOLIC BEVERAGES ALLOWED!!!** Lakewood Municipal Code, Article IV, Chapter 5, Section 400: “DRINKING IN PUBLIC PLACES. No person shall drink any malt, spirituous or vinous liquor containing more the ½ of 1% of alcohol by volume...within any area maintained by City for park and recreation purposes, or in any automobile parking lot... owned, maintained or operated by the City...” If a team or team spectator is in violation of this rule, the team may have their game(s) forfeited and may be subject to expulsion from the League with no refund.
2. An ejected player **WILL BE SUSPENDED FOR THAT GAME** and must leave the facility. In addition, the player will be suspended from the next scheduled game. (Depending on the player’s actions, suspensions for additional games/season may result).

### **TRASH TALKING, TAUNTING AND FOUL LANGUAGE**

The City of Lakewood Recreation Services Department emphatically rejects this negative activity. Behavior such as this only seems to make difficult situations worse. The greatest majority of players involved in the City of Lakewood programs are looking for positive recreational activity. Everyone involved shares the responsibility of eliminating activity such as trash talking, taunting, and foul language from participants. **If a team or a team spectator is in violation of good sportsmanship, the team may have their game(s) forfeited and may be subject to expulsion from the league without refund.**

3. **FIGHTING WILL NOT BE TOLERATED!** The Recreation Department will not tolerate anyone instigating or participating in any hostile actions towards players, or recreation staff. The length of suspension will be determined by the league director based on an investigation of the events. There will be no protests accepted for the game in which the fight has occurred.

## **CHAMPIONSHIP**

League champion will be determined by total number of games won during league play. The league champion will receive individual awards for each roster player. In case of a tie, the tie will be broken using head-to-head play.

## **LEAGUE STANDINGS**

League standings will be available at [www.lakewoodca.gov/sports](http://www.lakewoodca.gov/sports) every two weeks beginning with the second league game.