

CO-ED VOLLEYBALL RULES



I. General

- a. There are a maximum of four (4) players per team on the court at least 2 of those female.
- b. A team may play with no fewer than three (3) players.
- c. If a team plays with three (3) players then one (1) of those three (3) must be female.
- d. Net Height: Co-Ed Height
- e. If a team is not there at game time, the first game of the set will be forfeited. After ten (10) minutes, the entire match will be forfeited.
- f. Substitutions may be made anytime the ball is not in play, but must stay in rotation.
- g. There will be one (1) thirty (30) second timeout per team per game.
- h. Any unsportsmanlike conduct will result in a loss of point and side out for the first offense. The second offense will result in removal of the game and facility.

II. Scoring and Standings

- a. Three games will be played (each to 25 points and must win by two) and each game won will result in one point. A team will have the opportunity to occur three points each night.
- b. Each team will record the game on a scoresheet provided, the results will then be used to update standing weekly.
- c. If your team cannot field a team during a week, you must give us 24-hour notice so that we can notify the other team. Multiple no shows will be evaluated and may result in dismissal from the league.
 - i. If 24-hour notice is given, you can make up the game another league night if another time works for both teams. It is up to the captains to arrange a make-up game and notify Rec Staff to verify court space. If another night/time cannot be agreed upon, the team that cannot field a team on the originally scheduled night will receive a forfeit.
 - ii. A team forfeiting will receive a point differential of -25 as well as 3 losses for the night. The other team will receive 3 wins and a point differential of +25
- d. Standing will be determined by the following criteria:
 - i. Wins occurred
 - ii. Tie breakers
 1. Head to head
 2. Point differential (points scored minus points allowed)

III. Clarification of Select Rules

- a. Ball hitting on line is in bounds.
- b. Ball hitting overhead obstacle or basket support is in bounds if hit on your own team's side and if is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then out. The Back wall results in a dead ball.
- c. Ball hitting net on serve is a live ball.

- d. Server must be behind line
- e. Contact with the ball must be a "clear" hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
- f. Teams change courts and serve at end of each game.
- g. Rock Paper Scissors decides who will serve first during the first game (option to serve or receive for the winner). We will alternate after that between games. During tournament, higher seed serves first.
- h. Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
- i. Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
- j. Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being shortly held it is a double fault and played over.
- k. When players on opposing teams commit fouls simultaneously, it is a double foul and played over. Points are not scored on a double foul.
- l. Touching net at any time is a foul, except when a hard-driven spike forces net into a player while he/she is on his/her side of the court. Any player that touches the net after spiking a ball, the play will be whistled and called a side out.
- m. A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.
- n. A player may step on the centerline but not on the floor in the opponents' court. Any part of a player's body may be in the air below the net and beyond the centerline if he/she does not interfere with opponents play by either touching ball or opponent.
- o. Three hits maximum each side; except when ball touches blockers hand(s) (three more hits are legal).
- p. A player cannot attack or block the ball directly off the serve.
- q. You must maintain a service order; however, you are not required to rotate.