

Greenwood Parks and Recreation Department

Co-Ed Volleyball Rules

1. Captains toss a coin for service and courtside.
2. Teams may play with no more than 6 players and no less than 4 players. If a team has more men than women, the serve will be lost at the open spot of the rotation. (If a team only has four players, two must be women and two must be men.)
3. Teams must start the match if they have 4 or more players at the scheduled time. If they do not, the first game will be a forfeit. If the team is still unable to field a team after waiting five minutes after the scheduled time, the second game will be a forfeit. If the team is still unable to field a team after waiting ten minutes after the scheduled time, the third game will be a forfeit. A team may play with 5 (3 guys, 2 girls) however they will have to side-out when the missing female player position is up to serve.
4. First server is the right back position. The server may contact the ball in any manner: i.e., underhand, sidearm or overhand.
5. When the ball is served it must be bumped or set. **Net serves are now permissible.**
6. In playing the ball, the ball must not come to rest on any part of the body.
7. Players may not come into contact with the net. (Incidental hair contact is an exception).
8. Players may step on but not over the centerline.
- 9. If the ball is hit more than once, it must be hit by a female player before it crosses the net.***
10. The ball may be played a maximum of 3 times by one team (excluding the block), before it returns over the net.
11. A ball is in if it contacts the boundary line.
12. A player may run outside his/her court to play the ball.
- 13. Rally scoring format will be in effect throughout the entire match. The first two games shall be played to 21 points, and the winning team must win by two points (play to a 25 point cap). A team which has scored 21 points and has at least a two point advantage is the winner. IF the leading team does not have a two point advantage, play shall continue until one team has**

a two point advantage, or one team scores the 25th point. The third game is played to 15 points.

14. The match consists of three games. All three games will count towards a team's overall record (i.e. end of season record could be 24-0, 22-2, 17-7, etc.).

15. Teams exchange courts at the end of the game.

16. After the serve the players may take any position on their side of the court. The backcourt players cannot jump to block/spike any closer than 10 feet in front of the net.

17. All substitutions and rotations will be completed in the middle back row position. Substitution is substituting the same player for the same player each time s/he enters the game. Rotation is consistently rotating players from the serving position, to sitting out, to back on the court at the middle position of the back row. Male players will substitute and rotate for male players and female players will substitute and rotate for female players.

18. Once a team begins to use rotation to get players into the game, then that team may not substitute players during that same game. If a team begins using substitution to enter players into the game, then they must continue using substitution the rest of that game. Upon notifying the referee, teams may switch game to game from substitution to rotation if they would like.

19. Each team is allowed two 60-second time outs per game (3 sets).

20. All players, coaches and spectators are expected to exhibit appropriate sportsmanlike behavior before, during and after a match.

21. A player who is ejected from a game will not be permitted to play in their next scheduled match and must meet with the Recreation Supervisor. Grounds for ejections are up to the discretion of the official. It is the responsibility of the coach of each team to insure all players have read and understand these rules and regulations.

22. Each team must submit a roster before their third game. Final roster changes must be made prior to the start of a team's third game. All rosters will be final at this time. Rosters are limited to 12 players