

VOLLEYBALL: CO-ED AND 6-ON-6

1) *TEAM SIZE*

- a) A team must have five players to start a match, but the opposing team has the option of playing a team with no fewer than four or taking a win by forfeit.
- b) In the co-ed league, a team must have two men and two women to start. The other two players may be of either gender. I.E., a team may have 4 men + 2 women.
- c) A co-ed team must have two women on the court at ALL TIMES.

2) *THE MATCH*

- a) A match will consist of the best two out of three games. The first two games are to 20 points. The third game will be played to 15. All games utilize rally scoring. The winner must win by two points.
- b) Teams are allowed one 30-second time-out per game.

3) *THE SERVE*

- a) The referee will toss a coin (or use a similar procedure) to determine choice of serve or side of court. The team that did not serve first in the first game will serve first in the second game.
- b) The server cannot step on the service line. The server may serve anywhere along the back line of the court.

4) *PROCEDURES FOR THIRD GAME*

- a) A coin toss (or similar procedure) will be used to determine choice of serve or side of court. Teams will switch sides of court at 8 points unless both teams agree not to.

5) *POSITIONS*

- a) At the beginning of the game, players will take their positions and remain in that order throughout the game. The order may change for each new game.
- b) In the co-ed league, men and women players must alternate positions on the court as much as possible. I.E., if there are only two females, they must be opposite one another in the rotational order, so that one is front row while the other is back row.
- c) In the co-ed league, when the ball is touched twice on a side, at least one of the contacts must be by a female. If the ball is touched three times, **both genders must contact the ball**, but the order does not matter.

6) *HITTING AND BLOCKING*

- a) Back-row players may not hit or block from in front of the ten-foot line.
- b) Players must use a legal contact when contacting the ball.

7) *SIDEOUTS*

- a) When the serving team commits a foul, the ball will go to the opponent and a point will be awarded.

8) *ADDITIONAL RULES*

- a) The officials' decisions are **FINAL** and **NOT** subject to protest.

- b) If a ball touches a boundary line, it is in.
- c) The ball must be distinctly hit. It cannot be lifted, pushed, or thrown.
- d) All underhand hits must be made with a closed hand. Arms or hands should be held together when forearm passing.
- e) The net CANNOT be touched at ANY TIME by anyone who is attempting to make a play on the ball or by anyone whose actions interfere with play. Insignificant contact with the net by a player who is not playing the ball and/or not interfering with play of the ball is not a fault.
- f) Encroachment into the opponent's court with any body part (generally feet or hands) is not a fault if some part of the encroaching extremity remains in contact with or directly above the center line AND there is no interference with the play of the opponents.