



COED Volleyball League Rules

- To decide which team serves first, teams pick one player to flip a coin or play rock, paper scissors (best 2 out of 3).
- We will use rally scoring to keep count of gameplay.
- To ensure continuous gameplay among teams we will play 3 sets per match, per team and allow for another team's adequate gameplay.
- Rotation will be like rec league. Once you've served, we will rotate out once the player returns to the 1 position.
- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
- Points are made on every serve for the winning team of the rally (rally-point scoring).
- Players may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits an antenna, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, or the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball, this includes carries.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.
- **Committing any of these volleyball rule violations results in a point for the opponent.**
 - Stepping on or across the service line when serving while contacting the ball.
 - Failure to serve the ball over the net successfully.
 - Ball-handling errors and contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
 - Touching the net with any part of the body while the ball is in play.
 - Blocking a ball coming from the opponent's court and contacting the ball when reaching over the net if your opponent has not used 3 contacts AND has a player there to make a play on the ball.
 - Crossing the court centerline with any part of your body, except for a hand or foot. It is only considered a violation if the entire hand or entire foot crosses the court centerline.