



6 vs 6 Coed Volleyball Rules

Format: 3 Teams play at once with 2 teams on the court and 1 team refereeing. You will play 4 games each night (rally scoring). You must serve to win, if the trailing team does not score on game point it is just a side out. Rounds are 12 minutes, games are to 15, win by 2 with no cap (unless time limit is reached).

Players on the Court: Teams may only have 6 players on the court at any time (2 must be females or penalties will be imposed). If you have more than 6 players you may have them:

1. Sit out the entire game and sub in for the next game
2. Choose a player the sub will share a position with and substitute throughout the game (male for male and female for female)
3. Rotate substitutions maintaining serving order (players exit at right front and enter at serving position or exit at back left and enter from left front). If this rotation causes you to have less than 2 females on the court you may either break service order to keep them on the floor or rotate her out and incur a 2 point penalty.

If you have less than 2 females to start there will be a 3 point penalty for each missing female. If you have more than 4 males on the floor there will be a 2 point penalty.

--If you have 6 players and only one female for a game the penalty would be 5 points for the game...if you play 6 males it would be 10 points (3 for the 2 missing females, 4 for the 2 additional males).

Basic Rules:

1. Server is only allowed 1 toss and must enter the ball within 8 seconds of whistle. Ball must be released from hand before contacted. Serves that hit the net and go over are in play.
2. Double hits are allowed on the first ball over the net only. They are not allowed on your team's 2nd or 3rd hit.
3. If the ball comes to rest it is a carry and is always illegal.
4. You can use any part of your body to contact the ball (unless it is a carry or a serve).
5. You can never touch the net when the ball is in play. You may have a hand or foot contact the center line, but if you cross the line completely it is a violation. Once the other team has made its 3rd hit you may reach over the net to play the

ball, otherwise you must wait until part of the ball is on your side. You may always follow through over the net. If a set to you goes over the net you may not play it (unless part of the ball is still on your side).

Anything not covered follows USAV rules

Ground Rules: Anything overhead on your side is in play (unless it is your 3rd hit). If the ball contacts anything overhead and goes over the net it is out of bounds.