



COED VOLLEYBALL RULES

Revised 6/1/2021

Volleyball Game/Court Set-Up

1. The court is 60 feet long by 30 feet wide.
2. The net is three feet wide and thirty two feet long. It should be level and eight feet high for the coed leagues.
3. Each team is allowed two 30-second time outs per game.
4. There are six players on the court per team.
 - a. A team may play with a minimum of 2 players.
 - b. A team must have at least 1 female on the court at all times and up to 6.
 - c. A team may only play a maximum of one more male player than female player up to 3 males.
 - d. A maximum of two males are permitted in the front row at a time.
 - e. Teams may borrow up to two players from another team. The exception being playoffs. No substitute players will be allowed.
5. The serving team for the first game of the match is decided by rock, paper and scissors. The winner taking choice of serve or playing area. The teams change serve and sides at the end of each game of the same match.
6. The best 3 out of 5 games wins the match.
7. Time limits of matches: No match should last past 90 minutes from the start. If the game count is 2-2, the fifth game should be played to the first team reaching 15 points (do not need to win by 2).
8. All games will be scored with rally scoring. Teams do not have to possess the serve in order to score points.

Facility Information and Rules

1. In the event of severe weather, game cancellation decisions will be made at least 1 hour prior to the scheduled start time.
2. Beverages in gym area: There are no beverages allowed in the gym area that are not in a sealable container. Cans, fountain drinks and other non-sealable containers are not allowed in the gym areas.
3. No food products containing peanuts are allowed if any games located at Timber Ridge School due to children in the school with severe allergies.
4. Please be sure to report all injuries to the gym supervisor.

Team Requirements and Eligibility

1. Players must be on the "Honor System". Players are expected to be fair and honest calling: out of bounds, touching the net, carrying the ball, etc.
2. Excessive use of profanity will not be tolerated. Teams who ignore this rule may be asked to leave by the gym supervisor, which will result in a forfeiture of their game and may result in further action by the League Coordinator.
3. Player Eligibility: Each team is responsible for the eligibility of their team members. In all leagues, the players must be 18 years of age or at least 15 years of age with a high school ID card, League Coordinator

approval and an online parent waiver packet filled out and turned in to the Athletic Department at the Boys & Girls Club of Albany.

Game Rules

1. Only the front row players may attack or block the ball over the net, the exception to this rule would be when only one male player is in the front row at service, one male back row player may move in the front row for blocking.
2. Service is from behind the end line. The server must contact the ball prior to stepping on or over the end line. If they step on or over the service line before contacting the ball, it will result in a loss of serve and point.
3. Players must maintain their rotating order throughout the game.
4. A substitution or rotation must take place when the ball is dead. A substitute must go in for the pre-match determined position before serving. Entering player will then be the server.
5. Players are not allowed to serve out of turn. This error may be called by the opponent's captain or coach, and any points made on this service are cancelled and a side-out declared. Should opponents serve before the fault is discovered, no loss of point occurs.
6. A served ball is dead if it:
 - a. Touches the floor of the serving team's area, a teammate or hits into the net. Serves that hit the net and go over into fair territory are legal.
 - b. Passes under the net, touches the ceiling or any obstruction or objects before contacting an opponent or the floor of the opponent's area.
 - c. Lands out of bounds.
7. A player must not contact any part of his/her body or clothing with the net while the ball is in play. (If the net moves into a player's body or clothing because of the impact of the ball, there is no penalty.)
8. A player may reach under the net to retrieve a ball that is in play by his team. But not step over the center line. (A player's foot or other part of body must be entirely over the center line to be illegal.)
9. A ball may be played after it touches the net (even on a serve). If the ball is only partly across the net when an opponent contacts, it is considered as having crossed.
10. When a player participates in blocking an opposing player, he may make a successive contact of the ball during such play.
11. If a player contacts the ball simultaneously with an opponent on top of the net and the ball falls on their side, it is not considered one of the three hits allowed. If a ball is hit more than once, one hit must be hit by a female player.
12. The first hit of the team includes reception:
 - a. Of the serve
 - b. Of an attack by the opponent (this may be a soft or hard attack)
 - c. Of a ball blocked by one's own team
 - d. Of a ball blocked by the opponents
 1. On a serve or hard driven ball, successive contacts with various parts of the player's body are permitted in a single action of playing the ball. These include contacts involving "finger-action" (setting the serve) on the ball, contact with the foot, including an open or closed hand. The ball, however, may not be caught and/or thrown.
13. Rally scoring is used. A game is won by the first team scoring 25 points and is ahead by at least 2. The exception: In the 5th game, teams do not need to win by 2 points. The first team to score 15 points is declared the winner in a game 5 situation.

14. In between games, teams may have up to a 2 minute rest period before the next game must start.
15. If a disagreement or dispute arises, the point will be played over.
16. The designated home team is responsible for assisting with:
 - a. Setting up the net, if needed.
 - b. Reporting scores
 - c. Last round of teams of the final game are expected and responsible for assisting and/or taking down the nets and standards as needed (see gym supervisors for details).
 - d. Please do not arrive more than 30 minutes before game time.
17. In coed league, alternate positions, male/female (except in occasions when there are less than 6 players on the court. Once the ball is served, players may change positions. Example: Back row players may go in front of the 10' line to pass, dig, set, block, etc. with both feet on the ground. Jumping to block or spike the ball is prohibited for back row players migrating beyond the 10' line into the front row during play.
18. Balls that are hit off the ceiling on your own side of the net may be played without penalty. Balls that ricochet off the ceiling into the opponent's court will result in a side out.
19. On return of serves, only solid contacts of the ball are legal. It is illegal to either attach or block a serve directly over the net.
20. If a final game (5) is required to determine the best three out of five game winner of the match, lower level teams will not be given a point spot against upper level teams, due to the fact that the game is only played to the first team to fifteen points, not having to win by 2.