

Co-ed Rec Volleyball League Rules

Team make up:

- 6 players maximum or 3 players minimum are allowed to be on the court per team
- Allowed 1 extra male per side (3 males and 2 females would be allowed. 4 males and 2 females would not be allowed.)
- Never more than 3 males on the court at once
- If your team has more than 6 players you may rotate/substitute extras in, but only for the same gender

Playing the ball:

- Maximum of 3 contacts per side
 - If your team uses all 3 contacts, one of them must be by a female
- All serves must be underhand

Intermediate Lower Volleyball League Rules

Team make up:

- 6 players maximum or 3 players minimum are allowed to be on the court per team
- Allowed 2 extra males per side (3 males and 1 female would be allowed. 4 males and 1 female would not be allowed.)
- Never more than 3 males on the court at once
- If your team has more than 6 players you may rotate/substitute extras in, but only for the same gender

Playing the ball:

- Maximum of 3 contacts per side
 - If there are only 2 contacts, two males CANNOT send the ball over the net
- Serves may be underhand or overhand

Intermediate Lower Volleyball League Rules

Team make up:

- 6 players maximum or 3 players minimum are allowed to be on the court per team
- Allowed 2 extra males per side (3 males and 1 female would be allowed. 4 males and 1 female would not be allowed.)
- Never more than 3 males on the court at once
- If your team has more than 6 players you may rotate/substitute extras in, but only for the same gender



Playing the ball:

- Maximum of 3 contacts per side
 - If there are only 2 contacts, two males CANNOT send the ball over the net
- Serves may be underhand or overhand
- Teams with 4 players, the server is a back row player however this player can come to the net to block. He/She cannot attack.

Other

- One 30 second timeout is allowed per night
- Coin flip: odd or even for side, serve or receive

Scoring

Rally Scoring: 3 games to 25 with a 25 point cap. 1 point will be awarded for each game won.

Standings: Standings will be determined by the total number of games won

Bye/Forfeit: 3 points will be awarded

PLEASE RECORD YOUR SCORES!

For more league questions and details, email info@skylinelanes.com or call 218-727-8555.

