

Adult Coed Volleyball Rules

Team Format:

4v4, Coed, all players must play and rotate positions.

At least 1 female player on the court at all times.

Match Format:

Matches are made up of 3 games, which are played using Rally scoring to 21 for the first two games and to 15 on the last game, win by 2

Winning team, write match scores on the schedule chalkboard.

Please remember to be cool and have some fun. If there is a disagreement on a play, replay it.

Legal/Illegal Contacts

- Players can set the serve and any first-ball over the net
- Players cannot spike a serve.
- Players may lift hit with open palm hand in recreational league.
- Players can kick ball
- Players cannot contact the when on the opposing teams side of the net.
- If ball hits the net outside the antenna or any part of the antenna, the play is dead.
- A block does not count as a hit. If a blocker makes contact with the ball, the team has 3 hits to return volley.
- Blocking a ball across the net: The ball must break the plane of the net before you can make contact with it. Reaching over to block a set is not allowed.