



# Co-Ed Volleyball Rules

Updated January 2019

1. Team rosters:
  - a) Players first and last name must appear on roster and they must be 16 years of age.
  - b) Teams may have up to 12 players on roster.
  - c) Rosters must be turned in to the volleyball supervisor at the start of the first game.
  - d) Rosters changes may be made through the first three games but are final beginning the fourth game.
2. Game Regulations:
  - a) League play is 10 weeks. Each match will consist of 2 out of 3 games, matches will count toward final standings.
  - b) The first two games will be played to 21 points –must win by 2 (cap of 25). The third game will be played to 15.
  - c) Game time is forfeit time. At 5 minutes after scheduled start time, forfeit of second game, and at 15 minutes after, the match is officially a forfeit.
  - d) Teams are allowed 2- one minute time outs.
  - e) Teams may warm up in between matches if time is available.
3. Team Composition:
  - a) Each team must have at least five players (3 women; 2 men or a majority of women).
  - b) Teams should play with an equal number of men (3) and women (3) on the court.
  - c) A team may not play with a majority of men at any time.
4. General Rules:
  - a) USAV rules will apply to all games, except for league specific rules.
  - b) Rally scoring will be used, one toss per serve.
  - c) Co-Ed net height will be 7 feet 11 5/8 inches.
5. League specific rules:
  - a) Teams will self-officiate their games. If there is a call dispute between the two teams, it will constitute a replay.
  - b) Coaches of each match are responsible to make sure the score sheet is filled out correctly and turned into the volleyball on-site gym supervisor.
  - c) If the ball is contacted more than once on a side, it must be touched by a female before it goes over the net.
  - d) An unlimited number of substitutions will be allowed, however a team must rotate all players in and out of the same position on the court.
  - e) Before serving, the serving team should call out the score of the game.
  - f) First ball over may be played with double contact, but not a lift.

- g) Blocking or attacking the serve is illegal. Setting off of a serve is also illegal.
- h) A player is not allowed to attack the ball on the opposite side of the net.
- i) A back row player who is on or forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net when returning the ball to the opponent's team side. This does not apply if the backline player's foot contact was behind the attack line. After contacting the ball, the player may land on or in front of the attack line.
- j) Blocking of the ball across the net above the opponents court shall be legal provided that such block occurs after a player of the attacking team has spiked the ball, or in the referee's judgement, intentionally directed the ball into the opponent's court.
- k) When only one male player is in the front court at service, one male backline player may come forward of the attack for the purpose of blocking ONLY.
- l) Contacting the opponents playing area with any part of the body except the feet is a fault. Touching an opponent's area with a foot or feet is not a fault provided that some part of the encroaching foot or feet remains on or above the center line.
- m) If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, that player shall be charged with a fault.
- n) Uniforms are encouraged, but not required.
- o) Players must be able to present ID if questioned. Failure to produce proper ID upon conclusion of the game shall result in a forfeit.
- p) There will be no protests and there will be no protest committee.
- q) Spectators are welcome as long as they stay in the designated spectator area. Children are not allowed in the gymnasium unless they are accompanied by a NON-PLAYING ADULT.
- r) Captains are responsible for their players knowing the rules and for their actions during play.
- s) Only captains are allowed to discuss calls with the other team's captain.
- t) Games postponed because of snow or adverse weather during the course of the season will be rescheduled in the order that they were missed. A decision as to whether a game is to be canceled will not be made any earlier than 5pm that day. Managers and players can call the Athletic Weather Hotline after 5pm (303-289-3757)
- u) Unsportsmanlike conduct by any team or player may be handled by doing any of the following: a) ejection from the gym by the gym supervisor; e) ejection from the league or any portion thereof by the league supervisor. Refer to the player code of conduct.