



CO-ED 6'S RULES

Special Co-ed Rules

- Net is set to men's height.
- A block does not count as an offensive play.
- Let serves are permitted.
- Setting over the net is permitted.
- All other standard indoor volleyball rules apply.
- Ball may be hit directly across by either male or female team members, but if there is more than one hit, a female must touch the ball before it goes over.

General

- There are a maximum six (6) players per team on the court (at least 2 must be always women).
- A team may play with no fewer than five (5) players.
- If a team plays with five (5) players then two (2) of those five (5) must be female.
- Matches will be the best two (2) out of three (3) games played to twenty-five (25) by rally scoring (first to 25 wins) (Rally scoring consists of one (1) point being scored on every serve regardless of who is the serving team). Game three (3) will only go to fifteen (15). There is a time limit of 55 minutes to complete a match. There will be one (1) thirty (30) second timeout per team per game.
- The serving team will be determined by a coin toss. The winner having the choice to serve or choose sides. The team not serving first for the first game will serve first the second game. Teams will subsequently alternate.
- If a team is not there at game time, the first game of the set will be forfeited. After ten (10) minutes, the entire match will be forfeited.
- Substitutions may be made anytime the ball is not in play but must stay in rotation.
- Each team is in charge of scoring their game and there will be no referees.
- Each team can have a 5-minute warm up time on the court before the match (if needed).

Clarification of Standard Rules

- Ball hitting on a line is in bounds



- Ball hitting overhead obstacle or basket support is in bounds if hit on your own team's side and if is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then out.
 - Ball hitting net on serve is a live ball.
 - Server must be behind line
 - Teams rotate clockwise upon receiving serve
 - Contact with the ball must be a "clear" hit. No palming, lifting, pushing, or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
 - Teams change courts and serve at end of each game.
 - Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
 - Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
 - Touching net at any time is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court. Any player that touches the net after spiking a ball, the play will be whistled and called a side out.
 - A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.
 - A player may step on the centerline but not on the floor in the opponents' court. Any part of a player's body may be in the air below the net and beyond the centerline if he/she does not interfere with opponents play by either touching ball or opponent.
 - Three hits maximum each side; except when ball touches blockers hand(s) (three more hits are legal).
 - A player cannot attack or block the ball directly off the serve.
 - A player rotating off the front row must wait three rotations before returning to the front
- Program director may change rules at any time, as long as notice is given.