



## Coed Volleyball Rules

**USA Volleyball rules apply except where noted in Anchor Town Rules.**

### Rule 1 -- General

1. All participants *must* complete an official Anchor Town Sports player contract/waiver of liability and pay the required player fee before playing any match or portion of any match. Failure to do so will result in a forfeit of that match by the offending team. Unregistered players are not insured and may cost us our gym permits.
2. The net height shall be 8'.
3. Teams shall be composed of six players – three male and three female, alternating positions on the floor. If a team is short of men, the opposing captain has the option of allowing the short-handed team to use any extra women they may have.
4. A team may start short-handed, with no minimum number of players. (We believe that the players who do show up have paid their fees and are entitled to play, even if their teammates do not show up.) If a team starts short-handed, player(s) arriving late may enter any time there is a time out. When a team is short-handed, the team shall lose a point and the serve when the missing player is due to serve. (Exception: if both teams are equally short of the same gender(s), any “ghost outs” is canceled, and captains of opposing teams may always opt to forego ghost outs at any time.)
5. Teams may not “pick up” players from other teams for league matches. Tournament matches are governed by the announced tournament rules.
6. **Teams may make substitutions during any stop in play. Substitutes may enter only in the serving position. Only exception is for player injuries.**

7. Each team shall designate one coach/manager, and ONLY the coach/manager shall address the official regarding any questions about a player, the game or an official's call.
8. Teams are encouraged to provide a line judge to assist the official in making in/out calls.
9. All players must wear non-marking athletic shoes.
10. Anchor Town is a family-friendly organization and allows players to bring the family to matches, but the ONLY part of Service High School we rent is the gym. Players and visitors are not allowed to wander the building, and minors must remain in the gym within sight and sound/sign language of responsible adults. Violators will be asked to leave and will not be allowed to return.

## Rule 2 – Serving

1. The teams shall toss a coin to determine which team serves first or chooses a side in the first game of the match. The team that serves first on the first game shall receive first on the second game. If a tie-breaker is necessary, the teams shall toss a coin to determine the choice of serve or side.
2. Each member of the team shall serve in turn and may have one chance to hit the ball over the net on the serve. A re-serve shall be called when the server releases the ball for the service and lets the ball drop to the floor. The official will cancel the serve and direct a second and final attempt at serve. Only one re-serve is permitted per player per turn in rotation at service. **Jump serves are not allowed in this recreational-level league.**
3. The server may stand anywhere between an imaginary extension of the sidelines. At the moment of the service hit, the server may not touch the court, including the end line.
4. The ball may be hit in any manner by one hand.
5. A served ball may not be blocked by the receiving team, nor may a service be attacked by any player when the ball is in the front court and completely above the upper level of the net.
6. Before the serve, all members of both teams must be in their respective positions on the court. Back row players must be behind the corresponding front row player. After the ball is served, players may move out of any position except a back row player may not attack from in front of the attack line (10' line). If there are two males positioned in the front court at the time of the serve a third male player may not play a ball in the front court.

## Rule 3 – Playing Rules

1. When receiving the ball for service after a side out has been called, each member of that team shall rotate one position clockwise.
2. A ball hit into the net, other than a serve, may be recovered provided a player does not make contact with the net or cross the center line.

3. A player may not play the ball in succession, except a player may make contact with the ball twice if the initial contact is a legal block.
4. A team must return the ball across the net with three or fewer contacts. A block does not count as a contact.
5. If a player is hit by the ball or touches the ball, it is considered to have been played.
6. When any portion of the ball is in contact with a boundary line, the ball is considered to be in the court. It is legal for a player to run out of bounds and play the ball.
7. Any ball that makes contact with the backboards, walls or dividing curtain is considered out of play and a point shall be awarded. If a ball contacts the ceiling or cross beams (or any backboard that is directly above the court) and crosses the net, it shall also be considered out of bounds, but if it hits the ceiling or crossbeams and falls on the same side of the net it shall be in play.
8. We don't allow Liberos at this time. Everyone must rotate to different spots on the floor when a new server starts.

#### Women's/Rev

1. A team can only have 6 players. 3 guys, 3 girls. A team can have more women than men, but no more than 6 players.
2. If a team has a male player, they must touch the ball at least once before the ball goes back over the net. Unless the first return goes back over the net.
3. 3 men can hit the ball without a woman touching it.
4. Men can not block or attack at any time.
5. All other coed rules apply.

#### Rule 4 – Fouls/Violations

1. The following are fouls or violations:
  - a. Serving illegally, or out of turn.
  - b. Touching the net is a foul only when playing the ball or when it interferes with the play.
  - c. Reaching under the net to interfere with an opponent playing the ball. (Crossing the net without touching it to block an attack is NOT a foul as long as the opponent has had a chance to make the attack).
  - d. Stepping completely over the center line into the opponent's court, but only if it interferes with the opponent's play.
  - e. Blocking the serve or attacking the serve when the ball is in the front court completely above the upper level of the net.
  - f. Spiking the ball from in front of the 10' line when playing a back row position or attacking the ball from in front of the line when the ball is completely above the upper level of the net.
  - g. Contacting the ball twice in succession, unless the first contact is a block.
  - h. Catching or holding the ball while playing it.
  - i. Contacting the ball in an underhand motion with open hand or hands.

- j. Failure to return the ball over the net in three or fewer contacts.
  - k. Contacting the ball more than once and returning the ball over the net without contact by a female player.
2. If a foul or violation is committed by either team, the opposing team shall score one point (rally scoring).

#### Rule 5 – The Match

- 1. Each match will be a best-of-three contest. The first two games will be to 25. The tie-breaker, if necessary, will be to 15. All games will use rally scoring and the winning team must win by at least 2 points.
- 2. If there is a tie-breaker, the teams will switch sides immediately after the first team has scored 8 points.
- 3. Each side may call two time outs per game. Time outs shall last one minute or whenever the team that called the time out is ready, whichever is sooner.