

Co-ed Volleyball Rules 2009-2010

The Net:

- Co-ed Recreational net height will be set at women's height.

Server and Positions:

- The server is the right-back player of the serving team.
- His/her position must be in rotation order before the ball is contacted for service.
- Other players must be in rotation order before the ball is contacted for service.
- After the ball is contacted for serve, players may interchange positions anywhere on the court.

Player Rules:

- Matches are best 2 of 3 sets
- Games are played to 25 rally-point for sets 1 and 2. The third set will be to 15 points. A team must win by two points. A team shall consist of six players. The on-court team must be comprised of a maximum of 4 men and a minimum of 2 women or a maximum of 4 women and 2 men.
- A team may not start or finish with less than 5 players.

During Play:

- A player may not touch the net while the ball is in play
- A player may not play the ball twice in succession, unless there is simultaneous contact by two players (a player may hit the ball on the first and third hits)
- The ball may be played a maximum of 3 times by each team (excluding a block), before it is returned over the net
- A ball contacting the boundary line is considered in the court of play
- A player may run outside of his/her own court to play a ball
- The ball must pass inside the net antennas as it crosses the net to be legal
- Players may step on, but not completely over the centre line during play

Serving:

The service results in a side-out when the server;

- Does not take the proper position before serving, or is the wrong server
- Commits a foot fault
- Hits the ball into the net
- Hits the ball so it crosses outside of the net antennas as it passes over the net
- Hits the ball into any post or overhead structure
- Does not serve within 5 seconds
- Serves before the official whistles play to begin

Scoring:

A game is won by either team when;

- One team scores 25 points first with a 2-point advantage. A tie at 24-24 calls for additional play until one team succeeds in gaining a 2-point advantage
- If a team is reduced to less than 6 players after the games has begun, play shall continue
- The team that wins 2 sets of 3 wins the match

Time:

The following time factors are in effect:

- Time-outs shall not exceed 1 minute
- 1 time-out is allowed per team in each set
- Time-out for injury is at the discretion of the referee
- Teams have the full time limit allowed to play (50 minutes). If the game is not completed within 50 minutes, the team leading wins the match

Contacting the Ball:

- The following rules apply when playing the ball;
 - The ball must be contacted cleanly (not caught or held)
 - Simultaneous contact by team-mates is considered one contact
 - A player cannot make successive contact of the ball
 - A player may go outside of the court to play the ball if he/she does not cross the centre line or contact any walls or obstructions
 - If two opposing players contact the ball simultaneously directly above the net, either player may play the ball again on the next hit
 - The ball is dead if it crosses the net outside the net antennas, touches the ceiling, posts holding the net or lands out of bounds
 - A return may be played in any direction and the player may use any part of his/her body
- 8/24/2007

Player Conduct:

Any player ejected from a contest is automatically suspended for at least the next scheduled game and must see the Intramural Supervisor responsible for the intramural volleyball program before he/she shall be allowed to participate in any intramural activities. Additional disciplinary action may be taken.

Personal Injury:

Any player who is bleeding shall be removed from the game immediately. The game will be stopped and will resume once the player that is bleeding has been removed from the contest. If the bleeding has stopped or been completely covered and cleaned from all surfaces, the player may return to the game and the contest shall resume. The sport Supervisor will have the authority to decide if the player shall return to the game.

Intramural sports are a volunteer activity in which players participate at their own risk. Participants should understand that they are responsible for any and all costs arising from injury or property damage as a result of participation.