

# Rules & Regulations

## VOLLEYBALL COED LEAGUE

- Only 6 players on the floor at any given time
  - **Adult league: 2 must be women on floor. No exception**
  - High School league: if there are boys on team, only 3 on floor at a time. No exception
- If you are playing with only 1 woman, team will play 5 on the floor (4 men, 1 woman)
- If you have NO woman, team will play with 3 men.
- There is a maximum of 3 hits per side.
- Points are made on every serve for the winning team of rally (rally-point scoring).
- Players may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball hitting the ceiling above the court is out.
- A ball is out if it is completely outside the court.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.
- 3-set matches are two sets to 25 points and a third set to 15. Each set must be won by two points. Each set won earns 1 point.
- Playoffs: | Championship game

If your team can not make a game, please text Laura 914-490-6807