

Adult Co-Ed Volleyball Rules

1. Net will be at 2.43 meters – 7 feet 11.875 inches
2. Every match will consist of three (3) games rally scoring to 21 points. Must win by 2 points. Cap of 23 points.
3. Maximum of 6 players on court, minimum of 3. No subs from outside the league or other league players.
4. Teams change sides after each game.
5. Home team can choose to serve first. After the first game, losing team serves.
6. Team must rotate clockwise on every change of serve.
7. Serve can be overhand, underhand, side arm, or jump. Server can be anywhere behind end line so long as it is between the sidelines. Server may have one re-serve (ball incorrectly tossed and let dropped or caught), second will result in side out. A let serve is good (ball hits the net and drops over). No time outs before re-serve.
8. Team receiving serve cannot attack or block serve. Ball can not be hit above plane of net on serve reception. Serve can be set.
9. Anytime the ball lands on the line it is considered in bounds. Antennas are out of bounds.
10. Any first ball over can hit multiple times; exception: not when setting the ball (finger-tip action).
11. The following are considered faults:
 - a. Any part of the body or clothes touching net – exception: hair
 - b. Foot or hand entirely across center line
 - c. Ball coming to rest during contact
 - d. Contacting ball over net before opponents third hit (if impetus of ball is coming over net then ball can be blocked)
 - e. Catching a ball that has not contacted an out of bounds object
 - f. More than three contacts
 - g. Ball contacting ceiling and landing on opponent's side (ball can be played on your side of the net)
 - h. Purposely obstructing opponents view of serving (screening)
 - i. Anytime two hands are apart contacting ball except for first ball over
 - j. When ball is served, anyone not inside court boundaries
 - k. Any back-row attacker leaving their feet across the 10 feet attack line and contacting the net above height of the net
 - l. Any interference with opponents while they are trying to play the ball

Common Courtesy Rules:

1. Always roll the volleyball
2. Always shake the opponent's hands after a game
3. Never argue with the referee