

Archdale Parks and Recreation

Co-ed Volleyball Rules

1. Game times will begin at 6pm. The gym will not open until 5:45pm due to summer camp/after school program.
2. Each match will be 2 out of 3 games to 21 using rally scoring ~ win by 2 with a 25 point cap. One (1) time out per game.
3. The server may serve from anywhere behind the end line.
4. No attacks on the serve. This includes a block or one hand attack. Front row players may not break the plane of the net on serve reception.
5. A player may not touch the net at any time during play.
6. If there is more than one contact by a male on a side, a female must contact the ball before it crosses the plane of the net.
7. If a team hits the ball into the ceiling on their side of the court, it is still in play and can be played. If a team hits the ball and it crosses into the ceiling on the opposite of the court, it is dead, and a point for the other team awarded.
8. Minimum of 4 players. There cannot be more men than women.
9. Substitutions are done at the server's position.
10. All other rules follow North Carolina High School volleyball rulebook.
11. Each team must submit a roster midway through the season. To be eligible for the tournament players must play in at least half the regular season games.