

2026 Adult Coed Volleyball Rules & Information



1. Time Frame & Scoring:

- The rally score method will be used. First 2 games: 25 points (27 cap), 3rd game (if): 15 points (17 cap). During the third game, sides will switch as soon as one team reaches 8 points.

2. Teams:

- The last day to add players to your roster is the second night of regular play.
- The serving order and positions on the court at service must be male and female, alternated or vice versa. You can have more females than males on the court. Teams must have at least 3 women on the court. If only 2 women are available on your team, you must play down a player. (i.e., 3 men and 2 women.)

3. League Rules:

USA Volleyball Rules will be observed, emphasizing the following:

- No attacking or blocking the serve.
- Serve can be received with open hands or by a bump. If received with open hands, you must be quick with no holding. A ball can spin, but it must come off the hands quickly. A double hit on a hard-driven serve is legal.
- One foot may go over the line on the side closest to the wall when playing on courts that are limited in space.
- A serve that touches the net and goes over is legal. If a basket is hit on serve, re-serve. Any other basket hit will be the judgment of the official as to whether it is in or out.
- If a ball comes down on your court from another court, the point interrupted will be replayed.
- Substitutions can be made after the serve or coming to the front row, but they must be consistent throughout the match.
- If there is more than one touch (hit) on your side of the net, one touch (hit) must be by a woman.
- Net height will be approximately 7'8" (between men's and women's height).
- Contact with the net by a player between the antennae during the action of playing the ball is a fault. The action of playing the ball includes, among others, take-off, hit (or attempt), and landing. Check with officials for full clarification.
- No swearing or inappropriate language will be tolerated. Any player who uses such language will be ejected from the game.

4. Nebo School District Rules:

- No food or drink will be allowed in the gym at any time.
- Do not hang on volleyball nets, adjust the height of the nets, or misuse equipment.
- No unsupervised children are allowed! Players cannot play volleyball and tend to their children at the same time.