

2025 Coed Volleyball Rules & Information



1. Time Frame & Scoring:

- The **home team serves first** in the first set.
- **Warm-ups:** 3 minutes per team on the net, followed by 1 minute of shared serving.
- **Scoring:** Rally scoring is used (a point is awarded on every serve)
- **Set Play:**
 - Sets 1 & 2 are played to **25 points**.
 - A team must win by **2 points**, or the first to reach **27 points** wins.
- **Match Play:** Best **two out of three sets**.
 - If a third set is needed, play to **15 points**, with a 2-point advantage, or the first to **17 points** wins.
- **Timeouts:** Each team receives **one 1-minute timeout per set**. Timeouts do **not** carry over.

2. Teams:

- Teams will play with six players on the court at a time, but may begin with as few as four players if needed. As additional players arrive, they may enter the set once their team regains service.

3. Serving:

- A player may drop their toss **once** on an overhand serve. If they catch it, it is a side out. Dropping the toss twice in a row is also a side out.
- Players are allowed **one reserve** if their first serve does not go over. This applies only to the first attempt, not to subsequent serves.
- The server may take **one step into the court**. In the 3rd/4th and 5th/6th grade leagues, players may serve from a reasonable distance to help ensure the serve goes over, with the goal of allowing for rallies.
A serve that **touches the net and goes over** is legal. If the serve hits the basket, the server is granted a reserve.
- Players may **substitute in on the serve** (see back for substitution and rotation diagram).
- The **net height** will be set at **7 feet**.

3. Violations:

- Net violations are called at the referee's discretion.
- Players may not lift the ball.
- Any violation results in a side out, with the opposing team gaining service and earning a point in rally scoring.
- Each side has a maximum of **three nonconsecutive hits** to return the ball over the net.

4. Court Boundaries:

- A ball is considered **in bounds** if it crosses the net and lands inside or on the boundary lines.
- If the ball hits the ceiling or basket **on your team's side** after a pass, it remains playable.
- If the ball hits the ceiling or basket **on the opponent's side**, it is a side out and the opponent earns the point.

5. Volleyball Attire:

- Jewelry and hats are not permitted while playing for safety reasons.
- Athletic shoes must be worn at all times; no bare feet or sandals are allowed.
- Knee pads are recommended for players who plan to dive for the ball.

ROTATIONS

