

Co-Ed Sand Volleyball Rules

The rules are based on standard volleyball rules, with a few changes made specifically for our league.

6-ON-6 CO-ED FORMAT

- Each team will have **6 players on the court: (No more than 4 boys, at least 2 girls on the court at a time.)**
- Teams may have up to **10 players on their roster.**
- Only players listed on the team roster may participate. Exceptions can be made with the Site Supervisor.

MINIMUM PLAYER REQUIREMENTS

1. Teams should have **4-6 players available** whenever possible.
2. A team must have at least **4 players** on the court to play, including a minimum of **2 females.**
3. A team may never have more than **4 males** on the court at one time.
4. If a team has fewer than 6 players, they may continue playing as long as they meet the minimum player and gender requirements.
5. Teams unable to meet the minimum requirements may play with the approval of the opposing captain and/or league staff.
6. **** Rosters:** Rosters may have a maximum of **10 players per team**, unless an exception is approved by league staff.

STARTING GAMES & SCORING

1. The first game will begin with a **coin toss or Rock/Paper/Scissors.** The winning team gets to choose whether to serve or receive.
2. Teams will alternate which team starts with the serve for each game.
3. The first two games will be played to **21 points**, with a cap at **25 points.**
4. The third game, if needed, will be played to **15 points**, with a cap at **17 points.**

5. Games will use **rally scoring**, meaning a point is awarded after every play regardless of which team served.
6. A team must win by **2 points**, unless the game reaches the designated point cap.
7. **** Net serves are live.** If a serve hits the net and continues over to the opponent's side, the ball remains in play.

SERVICE & ROTATION

1. All six players must rotate through the six positions on the court.
2. Players must remain in their correct rotational positions until the server contacts the ball.
3. The player in the **back-right position** is the server.
4. After winning the serve from the other team, players will rotate **clockwise**.
5. The player who rotates into the back-right position will serve.
6. **** Serves that hit the net are not faults.** If the ball goes over the net and into the opponent's court, it is live.
7. The server may not step on or over the end line until the ball has been contacted.
8. The server may serve from anywhere behind the end line between the sidelines.
9. The serve may not be blocked or attacked above the height of the net.

PLAYING THE BALL

1. Each team is allowed a maximum of **3 contacts** to return the ball to the opponent's side.
2. There are **no male/female hitting requirements**. Any player may contact the ball at any time.
3. Players may use any legal part of their body to play the ball, including their feet.
4. The ball must be contacted cleanly. Players may not catch, hold, carry, lift, or throw the ball.
5. A player may not make two consecutive contacts, unless the contacts occur during one continuous attempt to play the ball.
6. When two teammates contact the ball simultaneously, it counts as **one team contact**, and either player may make the next contact.

7. The ball may contact multiple parts of a player's body during one attempt to play the ball, if the contacts happen simultaneously or during one continuous action.