Co-Rec. Volleyball Rules

1. A team consists of 6 players, 3 men and 3 women. However, teams are permitted to compete with as few as four players as long as the minimum number of women is 2 and the minimum number of men is 2.

2. Each member of the team shall serve in turn and may have 1 trial to get the ball over the net.

3. The server shall be in the right back position, but may serve from anywhere behind the back boundary line, as long as their feet do not stop on or over that line until after the ball is contacted.

4. “Side Out” is declared when a served ball hits the net, ceiling or any objects hanging from the ceiling. There are no let serves.

5. If a player touches the ball or the ball touches a player, he/she is considered as having played the ball.

6. It is legal to contact the ball with any part of the body as long as the ball rebounds immediately and does not “lay” against the body.

7. Players are not permitted to scoop, carry, hold or lift the ball. The ball must be clearly hit, not thrown.

8. It is permissible to run out of bounds and play a ball before it contacts an object out of bounds. Once a ball contacts any object other than a player out of bounds it is considered a dead ball.

9. When a ball touches a court boundary line, it is considered good.

10. A ball touching the body more than once in succession is considered as a double hit and is illegal, except when blocking.

11. A ball hit into the net by a team may still be kept in play provided that the players do not touch the net.

12. A ball is kept in play if it hits the net and goes over into the opponent’s court during the volley and also on a serve.

13. One may play the ball twice during a volley, but not twice in a succession.

14. If two players contact the ball simultaneously it counts as one hit and neither may play the next shot. (Must be sure both parties contact ball.)
15. The ball must be returned over the net in three hits or less.

16. Players may not touch the net or step over the centerline. If both sides touch the net simultaneously, the ball is declared dead and is served again.

17. A spiker must contact the ball on his own side of the net, but may in the course of his follow through cross over (but not touch) the net.

18. Rally Scoring- 25 points wins the game provided there is a two-point lead. If a third game is required to decide the match, it will go to 25 points, with a two-point lead necessary also. A team must win by 2 points even if the game goes beyond 25.

19. A ball is kept in play if it hits the net and goes over into the opponent’s court during the volley, (but not on the serve).

20. Each player shall remain in his position on the court until the serve is made.

21. A player may block the ball before some part of the ball breaks plane of the net if it has been hit three times or if no player on the offensive team is in position to hit the ball.

22. A player starting in the back row may not come up to the net to spike the ball. However they may bump, set, or hit a downball as long as the player’s feet DO NOT leave the ground.

ALL RULES NOT COVERED IN THIS SUPPLEMENT WILL BE GOVERNED BY THE OFFICIAL USA VOLLEYBALL RULES