

## 4 vs 4 COED VOLLEYBALL RULES

U.S.V.B.A. rules, with modifications will be used.

1. **TEAMS** will be made up of 2 male and 2 female players. 2 subs are allowed which can be both female, both male and one of each.  
Teams will play with 4 players at all times - 2 male and 2 female.
2. A **MATCH** consists of the best 2 of 3 games. Games will be rally score, to 15 points – win by 2 with no cap. If a third game is necessary it will be played to 11 points.
3. **TO START THE GAME** a coin will be tossed and the winner will choose serve or court. At the beginning of the second game the other team will serve. If a third game is needed the winner of the original coin will choose serve or court again.
4. **SUBSTITUTIONS** will be limited to 2 per game unless a team **BEGINS** the game by free substitution at the server's position. Free substitution is male for male and female for female, at the time of gained service, replacing the next server. If a team deviates from this substitution pattern, only the remaining number of their 2 substitutions will be allowed.
5. The serving order will alternate male - female - male - female or vice versa.
6. The server or player who has just lost the serve from the right back position will be considered the only back row player. All rules pertaining to back row players will apply to this player only.
7. Each team will be allowed 1 time-out per game.
8. **SERVICE:** The server must be in the serving area and all players must be in their proper positions before the serve. No assist is allowed on the serve. All ball touching the net and dropping over **is legal**. Serving out of turn will result in loss of points and side-out when it is discovered. There will be no screening of the service.

### **Blocking or Attacking a served ball is prohibited**

After the ball has been served players may change positions. A back line player may move to the front to set but may not block or spike.

9. **VOLLEY:** One volley or contact with the ball is allowed per person in succession (for exception see Blocking). Three volleys are allowed per team.  
  
The ball may be hit with any part of the body on or above the waist. The ball must clearly rebound from the hands arms or body. Pushing, lifting and holding are illegal and will be called. It is recommended that hard serves be received with a forearm pass. Illegal contact occurs more often with an overhead pass. Double hits are illegal.
10. **BLOCKING:** In blocking the ball the team which has effected an actual block shall have the right to 3 more contacts. Any player participating in the block in which the ball is contacted shall have the right to make the next contact and it will be the first of the teams 3 hits.
11. **OUT OF BOUNDS:** The entire ball must always pass over the net at a point between the antennas. All ball that hits any boundary line is considered in bounds. A player must not catch or touch the ball and call it out of bounds. If touched it will be assumed that it was in bounds.
12. **CENTER LINE:** Any part of a player's body may touch the centerline. A player's foot may touch the centerline as long as it does not cross completely over. A player may reach under the net to play a ball as long as they do not touch the net or the opponent's side of the court.
13. Former varsity players are eligible as well as current varsity players and club players, however, only any combination of two are allowed per team.
14. **PROTESTS:** and If the team captain wishes to protest the interpretation or application of a rule a time-out must be called and an IM Supervisor consulted prior to the next play. Judgement calls cannot be protested.