Co-Ed Volleyball
National Intramural and Recreation Sport Association (NIRSA) rules are in effect with a few modifications.

Roster:
1. A maximum of six players may be on the court at any given time.
2. Four players (at least two females) are needed at minimum to start the game.
3. Two females must be on the court at all times during play.
4. The use of a Libero is permitted.
5. Two rostered intercollegiate volleyball players from the 2013 – 2014 academic year are allowed on one roster.

Game Format:
1. Three sets to 25 will be played. All three games will be used to determine leagues standings.
2. Play-off matches will not be best two of three sets to 25 points each.
3. Pending time, any non-play-off games may play to 15 points.
4. There is not a score cap on any games.
5. Teams must win a game by two points.
6. After each game, the team will switch sides of the court.
7. In the third game, teams are to switch sides of the court after 13 points.
8. Each match has a 1-hour time limit. The team who is ahead during the current game as time expires will win that game.

Court Size:
1. If a ball lands on or is touching a sideline or endline, that ball is considered good.
2. Posts are out of play

Game Flow:
1. A coin toss will determine starting logistics: The winner chooses serve, serve receive, or side. The team not serving first in the match will serve first in the second game. A new coin toss is performed before the third game, if necessary.
2. Player Position:
   a. Switching positions in the front-row and back-row respectively is allowed after the serve is contacted.
   b. Teams must rotate clockwise after receiving a side-out.
3. Service:
   a. Must take place behind the end line and between the extensions of the sideline.
   b. A player’s foot is not allowed to touch or cross the end line until he or she contacts the ball.
   c. Serves that hit the net are allowed.
   d. Overhand and/or underhand serves are legal.
   e. Blocking or attacking a serve ball is a fault and results in an opponent’s point.
4. Contacts:
   a. A maximum of three total contacts are allowed on each side, a block does not count as a contact; any more contacts results in an opponent’s point. Contacts must be non-consecutive by 1 individual.
   b. When a ball is contacted by three players, one person of each gender must contact the ball. (i.e. 2 females +1 male contact; 2 males + 1 female contact)
   c. A back row player is not allowed to jump and attack or block the ball unless the player jumps from behind the 10’ line.
   d. The libero may not jump to attack a ball in front of the 10’ line.
   e. All contacts must be clearly contacted, not thrown or lifted.
   f. The ball may be hit with any part of the body.
   g. Intentional kicking is not allowed.
5. Net Play:
   a. Play off the net is legal, including serves.
   b. A player may cross under the net, but may not impede with any opponents or actions of the other team while doing so. The player must make an attempt to return to his/her side as soon as possible.
   c. A player may not be in the net. Any contact with the net results in a side out and point for the opponent.
6. Substitutions:
   a. May occur at any stoppage of play.
   b. There is an unlimited number of substitutions.
7. Timeouts:
   a. Each team may use one 60-second timeout per game.

Scoring:
1. All scoring is rally scoring.

Additions/adaptation credited to: The UC San Diego and Cornell University Recreational Sports Department