

## REVERSE COED RULES OF PLAY:

### General Rules of Play

In reverse coed volleyball, the height of the net is 2.24 meters, the same height used in regulation women's volleyball. Each team consists of an equal number of male and female players on the court (when playing with a roster of 6 or more) who alternate position and serving order.

If only 5 players on the court, roster may consist 3 males and 2 females, or 3 females and 2 males. Rules regarding hitting/blocking for reverse coed must be followed. A ghost player position must be used. At no time, may three females be at the net at any time. (See note at bottom of rules indicating exception for 4 women on court). Team must have 4 players to play; team may consist of 3 males, 1 female as long as restrictions on male players is followed and ghost players are recognized on the court.

### Restrictions on Male Players

There are two important restrictions on the actions of male players during reverse coed volleyball. Male players are prohibited from blocking at any point in the game and may not attack a ball while it is above the height of the net if they are in front of the attack line. The attack line is marked 10 feet from the net. If a male player is in front of the 10ft line, or steps on the 10ft line during an approach to contact the ball, the ball must be put over the net with a bump, or a strike that gives the ball an upward trajectory, such as a roll shot, or bump with the knuckles or fist. Male players behind this line are permitted to attack a ball (hit the ball down as a hard-driven ball). Males may jump set, but if the ball goes over the net, it must have an obvious upward arc. Males are also permitted to jump serve during reverse coed volleyball.

### Blocking Rules for Female Players

Only female players may block in reverse coed volleyball. If the rotation is such that only one female is located in the front row, a second female from the back row may come forward to block, but not to hit. The remaining female player in the back row must stay behind the attack line until contact is made with the ball by one of the two blockers or the ball is hit in a way that does not allow for blocking to occur. A triple block by females is not permitted. When in a back row position, females must follow normal volleyball rules, and may attack the ball from behind the 10 ft line.

### Special Rule for Multiple Offensive Plays

When a team makes multiple offensive plays on a ball, there is a special requirement in reverse coed volleyball that a male player makes at least one contact with the ball. Contact made during blocking does not count as a play. Therefore, it is acceptable for a female player to block the ball and another female to hit it immediately over the net, as that hit is considered the first offensive play. However, if more than one hit is made by a team during an offensive action, a male player must make one of the contacts. In practice, this encourages the use of a male setter.

- If ball is put over the net in 2 contacts (not including a block or block touch): the contacts can be both men, or one man/one woman. No ball may be put over having only contacted 2 women.
- If ball is put over in 3 contacts, a person of each gender must contact the ball in one of the 3 contacts. No ball may be put over with 3 male or 3 female contacts.
- ***Per a discussion with team Managers, if there are more females available to play, all female over the maximum 3 on the court will play as men and will wear a pinnie to indicate they are playing as a male.***

All other rules for the league will adhere to the standard league rules posted on the website.