



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)



Reverse Coed Volleyball Rules

- Player requirements: Minimum one woman and minimum one man needed to play, otherwise it is a forfeit.
- Net height: Net height is standard women's net height.
- No Rotation: Players do not need to follow any rotation; teams only need to keep a consistent serving order.
- No Guy or Girl Rule: Any combination of players may contact the ball.
- Only female players may block in reverse coed volleyball.
- Restrictions on Male Players
 - 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 contact 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.
- To avoid a carry/push/throw, sets must travel in an upwards direction.
- If a team only has females available to play, one female will be designated to play as a male and follow male rules.
- All other rules for the league will adhere to the basic rules of volleyball as defined on USA Volleyball's website.

[Rules of Volleyball - USA Volleyball](#)