

Spa City VB Reverse Co-Ed Rules

Player requirements: Minimum one female and minimum one male needed to play, otherwise it is a forfeit.

Net height: Net height is standard women's net height.

Jump Serves for Male Players are allowed

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 without going above the height of the net. Male players behind this line are permitted to attack a ball (hit the ball down as a hard-driven ball).

Blocking Rules for Female Players

Only female players may block in reverse coed volleyball. A max of 2 blockers at a time is allowed

Setting

If you intend on setting over the net, your shoulders must be square to where you intend to place the ball.

Subs

As long as there is one male and one female on the court at a time, you can sub however you would like. **There is no sub fee if you need to bring an extra player. Each roster has a have a max of 5 players they can bring that night.**