

CO-ED Volley Ball Rules

We do not have Refs so please make calls as best/unbiased as you can.

All penalties should be brought to attention in a helping/loving manner.

ALL PENALTIES WILL RESULT IN A "DO OVER"

The Do's:

- 1) All matches, between opponents, should begin with Prayer.
- 2) There should be 2 Girls on the court at all Times.
- 3) All Player should rotate to all Positions on the court.
- 4) All Players must serve.
- 5) All Serves should be behind the line.
- 6) The Ball can be played off the ceiling on your team's side.
- 7) If any part of the ball touches the Out of Bounds Line, it is IN.

The Do Not's:

- 1) Please stay of the net (even incidentals).
- 2) Please do not come from the back line to Spike on the net.
- 3) Please do not reach over the plane of the Net.
- 4) Please do not "open hand" carry the ball.
- 5) Please do not kick the volley ball.
- 6) The Ball is dead off the other teams ceiling or off the backboard.

