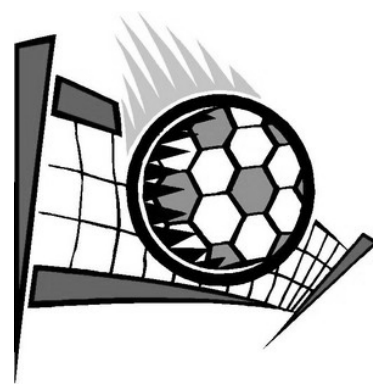


Co-ed Volleyball



Teams

- A full team consists of 6 players.
- Each team must have 4 people start the game.
- Must have 2 males and 2 females on the court at all times.

Eligible Players

- Only 2 ex (sport specific) athletes on a team.
- All Aquinas College students and staff are eligible to play.
- A team member may only play for one team.
- A player must participate in 1 regular season game to be eligible for post season playoffs.

Forfeit Policy

- Forfeit time is 10 minutes after the scheduled game time.
- 2 Forfeits eliminates the team from any further competition.

Uniforms and Equipment

- Shoes must be worn at all time during competition.

Game Rules

- 1 time out per game
- Rally scoring to 25
 - Best of 3
 - Must win by 2 with no limit as to how high
- Serving
 - No net serves
 - No foot faults
- Players must rotate positions
 - Can switch after the serve
- Substitution can occur in between points only
 - Must notify referee
 - Must substitute gender
- Blocking is not considered a hit
- Violations
 - Lift
 - Double hits
- Ceiling is considered in play if the volleyball comes back to your side of the net
- Follow all other High School Volleyball Rules