



## AOSL Adult Volleyball Rules

The visiting team will serve first to begin.

Each team will play 1 game (3 sets) each week.

In COED 4's, a team typically consists of 2 women and 2 men. NO more than 2 men are allowed to play on the court at any time. 3 or more men are not allowed to play. A minimum of 3 coed players are required to avoid a forfeit, of which 2 must be women and 1 man. 3 or 4 women are allowed to play. In COED 5's, a team typically consists of 2 women and 3 men or 3 women and 2 men. Same female rule applies where a minimum of 2 women must be on the court at all times or forfeit. NO more than 3 men are allowed to play on the court at any time. 4 or 5 men are not allowed to play. A minimum of 4 coed players are required to avoid a forfeit, of which 2 must be women and 2 men. 4 or 5 women are allowed. In COED 6's, a team typically consists of 3 women and 3 men or 2 women and 3 men maximum. NO more than 3 men are allowed to play on the court at any time. 4 or more men are not allowed to play. A minimum of 4 coed players are required to avoid a forfeit, of which 2 must be women and 2 men. 4, 5, or 6 women are allowed to play.

The first two sets shall be to 25 points. No need to win by 2. First to 25 is the winner.

The third set shall be to 15 points, no need to win by 2. First to 15 is the winner.

60 minutes will be placed on the game clock and when the buzzer sounds, the game is finished where it stands, whether the game has reached point completion or not.

If the last set is a tie when time expires, we will play till the next point is scored to determine the winner.

Teams can play 4 v 4, 5 v 5 or 6 v 6 (Max) depending on how many players are available.

Players rotate one position clockwise every time their team wins the serve back (a side-out)

Teams are allowed 1 time out per set. We use Rally scoring: The opponent shall score a point each time a fault is committed.

There will be a 15-minute time limit for practice prior to each game.