

Atomic Adult Coed Volleyball League Rules

1. Match Format

- Matches are best 2 out of 3 sets.
- Sets 1 and 2 are played to 25 points.
- Set 3 (if necessary) is played to 15 points.
- Teams must win by 2 points, unless time limit is reached (refer below).
- There is no point cap under normal play.

2. Time Limit

- Five minutes are allowed for warmups with matches limited to 55-minutes.
- If the time limit is reached during a set, the team leading the match by points (total points for minus total points against) wins the match.
- No new serves allowed after time limit, unless the match ends in tied points.

3. Roster & Waivers

- All players and substitutes must have a signed waiver on file before participating.
- Players listed on a team's roster may only play for that team.
- Individuals not listed on any team roster may substitute for any team, provided they have a signed waiver.

4. Coed Requirements

- A minimum of two (2) female players must be on the court at all times.
- Teams unable to meet this requirement may continue playing but will forfeit the match unless otherwise approved by league management.

5. Serving & Rotation

- Players must rotate positions and serve in proper rotational order.
- No player may serve consecutively out of rotation.
- No player may continuously play in the front row.
- Teams may play with a Libro (standard Libro rules apply).

6. Front-Row Blocking Exception

- When two or more female players are in the front row, a male player may, but is not required to, switch into a front-row position after the server contacts the ball.
- This switch is permitted solely for blocking purposes.
- The male player may not attack the ball while participating under this exception.

7. Sportsmanship

- Good sportsmanship is expected at all times.
- Unsportsmanlike conduct, abusive language, or dangerous play may result in loss of points, removal from the match, or league suspension at the discretion of league management.

8. League Authority

- League management reserves the right to interpret, modify, or enforce rules as necessary to ensure fair and enjoyable competition.