

Co-Ed Volleyball Rules

- 6 – 8 players per team
- Competing teams must have the same number of players
- Must have equal number of boys to girls (more girls are allowed)
- Play rally points (each serve equals a point)
- Smaller children can move up to serve
- Only 3 hits per side
- Rotation required – boy/girl
- Cannot hit the ball twice in a row by the same person
- 2 out of 3 games to 15 points

Co-Ed Kickball Rules

- All teams field 10 players
- Each team must have equal number of girls to boys (more girls okay)
- No stealing bases and No leadoffs until the ball is kicked
- Alternate boy/girl in kicking line (line up kickers along the backstop)
- Each team will bat the entire line once
- Sponsor pitches to own team (1 pitch to kicker)
- Foul ball is automatic out
- Outs are fly-balls caught, tagging a runner, or tagging a base with a forced out, and any foul balls
- No Pegging
- No Bunting
- No sliding
- Play is dead once the ball reaches the pitcher
- If you tag a player with the ball and it drops, the player is still out
- Each team must have a catcher and a defensive pitcher
- The inning is over when the last kicker kicks the ball and any defensive player catches the ball in the air, foul ball, or has the ball on home plate