

VOLLEYBALL LEAGUE RULES

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Rule Change for 2024

GOVERNING RULES

1. The rules of the leagues, tournament, and other activities will be governed by the rules of USA Volleyball. Listed below is a very basic guide to some of the rules of play and changes that are specific to our leagues. These rules of play are not all-inclusive and generally cover only the basic and/or exceptions to USA Volleyball rules. For further explanation or interpretations, refer to the USA Volleyball Official Rules or talk to the coordinator of the league.
2. Games will be self-refereed, unless there is an official designated by the coordinator. The coordinator will monitor each game and help settle disputes if needed. The coordinator may also choose to ref some or all games if he/she feels it is necessary.
3. Players must wear a shirt and non-marking rubber-soled shoes. No dark soled shoes. Jewelry is not permitted with the exception of a flat wedding band.
4. We require all children to be supervised by an adult while in the facility. Parents are responsible for any damage their children may cause within the facility and will be billed for damages.
5. All games must be played with balls provided by SportsLink.

GAME DURATION

1. 6v6 and 4v4 matches will be played best of three games (25-25-15).
2. The match will end at the designated time.
3. Ten minutes after the scheduled game time, the teams that are not ready to play (not enough players or other reason) will forfeit the first game. The second game is forfeited twenty minutes after the scheduled game time. If a forfeit does occur the two teams scheduled to play will be allowed to use the court for the allotted time.
4. Matches should NEVER go beyond their scheduled time. When three minutes are left to play, the coordinator will alert the teams. If the game is tied at the end of the allotted time, one rally (speed) point will be played with the first fault deciding the game. The third game will be played to 11 if there is less than five minutes left in the allotted match time.
5. For games that are canceled during play: if the SECOND game a team gets to 15, the match is final. Anything before that, the game will be rescheduled.

CAPTAINS & PLAYERS

1. Team captains will report to the coordinator before the match. The referee/coordinator will ask if either team has any questions on ground rules or

other information relative to the match. The winner of paper, rock, scissors may choose either side or serve.

2. Coed Rules:

- A complete 4v4 coed team includes two men and two women.
- A complete 6v6 coed team includes three men and three women.
- Coed 4v4 teams may not have more than two males on the court at one time. A team can play with more than two women on the court if desired.
- Coed 6v6 teams may not have more than three males on the court at one time. A team can play with more than three women on the court if desired.
- If a team has less than four players, they are not required to side out each time it is the “missing persons” turn to serve.
- There are no male/female hitting rules.

HOW THE GAME IS PLAYED

INS & OUTS

1. Court lines are considered “IN”.
2. A ball that contacts the ceiling, the lights or other overhead objects may be played only on the same side of the net and inside the “playing area”.
3. Once the ball crosses the plane of the net or crosses the “playing area” it is considered “OUT,” when contacting the ceiling, lights or other overhead objects.
4. The “playing area” is defined as the area between the end lines, sidelines, and the free zone surrounding the court.
5. The free zone on each court ends at the wall or divider net and/or the sideline of the adjacent court(s).
6. Players are never permitted to play a ball, or follow through, on to another court.
7. The walls, court divider nets, referee stands, column and wall pads, net antennae, and adjacent courts are all out of play.
8. Players can contact the side and back divider nets as long as they are not moving the net to keep the ball from contacting it.
9. A ball passing over or outside the antennae is out of play.
10. Foot faults are not allowed.

SCORING

1. Games are played to 25 points by rally scoring. (Rally scoring means there is a point for every serve).
2. 6v6 and 4v4 matches will be played best of three games (25-25-15).
3. Doubles matches will be played best of three games (21-21-15).

4. All regular season games are Win-By-1.
5. PLAYOFFS: 21/21/15 and must win by 2 (no cap)

SUBSTITUTIONS

1. Substitutions are unlimited as long as the same two people substitute for each other during the game.
2. All divisions can choose to rotate a male for a male and/or female for a female at the service position instead of substituting one person for another.
3. If a team chooses to “rotate people” rather than “substitute people,” everyone must come in and out in order (i.e. no skipping a person).
4. Additional rules and policies may be added or amended by SportsLink before or during the season.

GENERAL RULES

1. Players are not permitted to touch the net. Incidental contact of the net by a player’s hair or insignificant contact with the net by a player not involved in the action is not considered a fault. A player may touch the posts, ropes, or other object outside the total length of the net, provided this does not interfere with play.
2. You may only break the plane of the when pursuing a set or blocking the ball. If you break the plane while blocking the ball, you must allow the attacker to hit the ball first.
3. Each team is permitted two 30-second timeouts per game.
4. If you cannot handset legally, do not do so during a game. This will make it easier to self officiate for all levels.

SPECIFIC RULES FOR 6V6 LEAGUES

1. INDOOR ONLY – Players must rotate clockwise and stay in the same service order. There are no rotation rules in outdoor.
2. The only ball that can be double contacted is a hard driven ball and serve.
3. 6 players: 3 males max, 1 female minimum.
4. You cannot touch the net with any part of your body other than your hair.

SPECIFIC RULES FOR 4V4 LEAGUES

1. You can go under the net as long as you do not contact another player or interfere with play.

2. You can open-hand receive a serve. (Rule Change 2024)
3. No open-handed tips.
4. You cannot redirect a block.
5. In coed, you cannot have more than 2 men on the court at a time. You also must have at least one female.
6. If you set over the net, you must be square to your target, and it can not be a double contact.
7. You do not need to rotate, but you must rotate in the order in which you serve.
8. Outdoors - the only ball that can be double contacted is a hard driven ball.
9. Indoors - you can double any first contact.

SPECIFIC RULES FOR 2V2 LEAGUES

1. You can not open-hand receive a serve.
2. You can go under the net as long as you do not contact another player or interfere with play.
3. No open-handed tips.
4. You can not redirect a block.
5. A block counts as one of your 3 touches.
6. You do not have to rotate, but you must switch servers back and forth.
7. The only ball that can be double contacted is a hard-driven ball.
8. If you set over the net, you must be square to your target and it can not be a double contact.

All players must have a valid SportsLink Player's Card to play in our leagues unless otherwise noted.