



**Pride Sports USA - Volleyball Official Rules [PrideSportsUSA.com](http://PrideSportsUSA.com)**

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## **Table of Contents**

|  |   |
|--|---|
| 1. Team Layout & Rosters.....          | 2 |
| 2. Subs.....                           | 3 |
| 3. Uniforms .....                      | 3 |
| 4. Court Setup .....                   | 4 |
| 5. Match Play & Scoring .....          | 4 |
| 6. Serving.....                        | 5 |
| 7. Rotation .....                      | 6 |
| 8. Returning the Ball/ Receiving ..... | 6 |
| 9. Blocking.....                       | 8 |
| 10. Net Play/ Contact .....            | 8 |
| 11. Officiating.....                   | 9 |

# 1. Team Layout & Rosters

## A. For 6v6

- teams must have a minimum of four (4) rostered players on the court.
- Less than four (4) will be considered a forfeit. (0-3 Loss)
- Teams may have a maximum of six (6) rostered players on the court.
- Teams must have a minimum of eight (8) players on the roster to be considered a full team.
- If you have 7 or more rostered players show, no subs are allowed. If your team has 6 players show, you are allowed 1 sub. If your team has 5 players show you are allowed two subs, etc.

## B. For 5v5

- teams must have a minimum of four (4) rostered players on the court.
- Less than four (4) will be considered a forfeit. (0-3 Loss)
- Teams may have a maximum of five (5) rostered players on the court.
- Teams must have a minimum of seven (7) players on the roster to be considered a full team.
- If you have 6 or more rostered players show, no subs are allowed. If your team has 5 players show, you are allowed 1 sub. If your team has 4 players show you are allowed two subs, etc.

## C. 4v4

- Teams must have a minimum of three (3) rostered players on the court.
- Less than three (3) players will result in a forfeit. (0-3 Loss)
- Teams may have a maximum of four (4) rostered players on the court.
- Teams must have a minimum of six (6) players on the roster to be considered a full team.
- If you have 5 or more rostered players show, no subs are allowed. If your team has 4 players show, you are allowed 1 sub. If your team has 3 players show you are allowed two subs, etc.

#### **D. 2v2**

- Teams must have a minimum of two (2) rostered players on the court.
  - Less than two (2) players will result in a forfeit. (0-3 Loss)
  - Teams may have a maximum of two (2) rostered players on the court.
  - Teams must have a minimum of four (4) players on the roster to be considered a full team.
  - If you have 3 or more rostered players show, no subs will be allowed. If your team has 2 players show, you are allowed 1 sub. If your team has 1 player show you are allowed two subs, etc.
- E. players listed on your roster or registered as a sub are allowed to play in any regular season game.
- F. Players must be a minimum of 20 years of age by the date of the first regular season game.

## **2. Subs**

- A. Non-rostered players are allowed to play so long as they register as a sub at [PrideSportsSubs.com](http://PrideSportsSubs.com), and follow all sub guidelines.
- B. Registered subs must wear a black solid shirt with no logos shown.
- C. Subs must register for each week they have been requested to play.
- D. Subs may not be a registered player from any other team.
- E. Subs are not allowed during the playoffs.

## **3. Uniforms**

- A. All players must have Pride Sports USA uniforms as their official team uniform in order to participate in the games. If a player does not have on their uniform the player can not play and no refunds for the games missed will be given.
- B. Uniform modifications - The only alterations that can be made to the uniform is cutting the sleeves and belly of the shirt. The Pride Sports USA Logo, and sponsors/ anything printed on the back must not be touched or cut into. Players can NOT print on, draw on, or alter anything else on the uniform. If a player prints or

draws on their jersey they will have to pay \$29 to replace it and can not play until it is replaced.

- C. Captains must ensure that all registered subs follow the uniform requirements stated above.

## 4. Court Setup

- A. Court dimensions for 2v2 play will be the standard size of 26.3ft x 52.6ft when possible, but may vary based on availability of courts.
- B. Court Dimensions for 4v4, 5v5, and 6v6 play will be the standard size of 30ft x 60ft when possible, but may vary based on the availability of courts.
- C. Inclusive volleyball will be set at the reverse co-ed height when available which is 7 feet 4 1/8 inches. Men's volleyball will be set at the standard men's height when available of 7 feet 11 5/8 inches.
- D. Volleyballs are a standard size 5 ball, training balls are not allowed for match play.

## 5. Match Play & Scoring

- A. Teams earn the right to choose to side **OR** serve for the start of the first set by winning *rock, paper, scissors*. The team losing the contest will get to choose from whichever option remains between side **OR** serve.
- B. At the start of the second set teams will switch sides and the team that received the serve in the first set will serve to start the second set (regardless of the first sets result.)
- C. If a third set is necessary, captains will again *rock, paper, scissors* for the right to choose side **OR** serve.
- D. Matches are scored best 2 out of 3 sets. If a team wins the first two sets, a third set may be played if time permits but will not count towards the matches results.
- E. Rally scoring will be used (meaning a point for either team is earned on each serve/ rally as opposed to only the serving team being able to score a point).

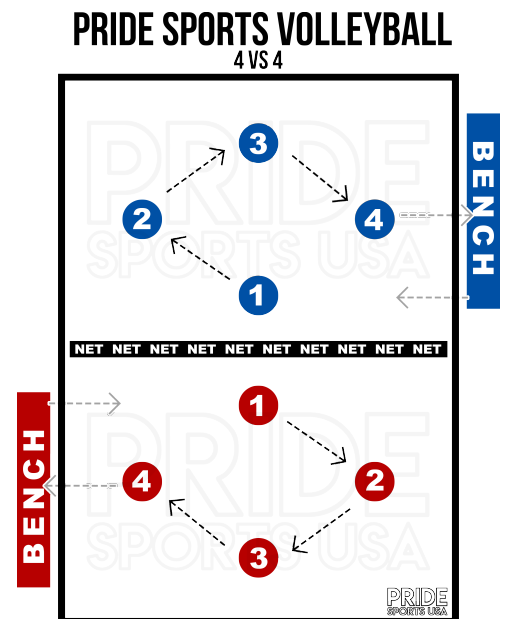
- F. Teams will play the first two sets to a score of 21 with a cap at 25. If a third game is necessary, these will be played to a score of 15 with a cap at 17. If the third set is not concluded before time expires the team with the most points at that time will be awarded the set. If the score is tied when time expires the next point will be played 'sudden death'.
- G. A ball which lands on the boundary line shall be considered in.

## **6. Serving**

- A. The serve is the act of putting the ball into play by a player who hits the ball with one hand or arm from behind the back line. Serves may be underhand, overhand, float, or jump. Players must serve from behind the back line. Serving players may serve from anywhere along and behind the back line.
- B. The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is limited by the sand.
- C. Serves hitting the net and falling over into the opponent's side (inbounds) are considered legal.
- D. A service fault (point awarded to the opposing team) occurs when the server steps onto or over the back line while the ball is in hand, the ball touches the net and drops onto the serving teams side, is served under the net, hits out of bounds before touching an opposing player, or touches a teammate on the serving team before clearing the net.
- E. A players service is completed when they either commit a service fault or the opposing team successfully returns the ball and it touches the ground on the serving teams side of the net.
- F. A server may drop a bad toss so long as they did not enter into the court on the toss.
- G. There will be no "re-serves" due to a service fault.

## 7. Rotation

- A. Although rotating positions on the court is not required, the player who serves must change in a consistent order after every service completion.
- B. Serving rotation must remain the same for the entirety of the set, but may be changed at that start of each new set.
- C. If a team has more players than what is allowed on the court, those players should be rotated in and out to maintain the correct service order. An example rotation is provided to the right.



## 8. Returning the Ball/ Receiving

- A. Teams are allowed a maximum of three hits (touches) to return the ball over the net with the exception of the addition of a blocked ball as detailed below.
- B. A player may not make more than two (2) consecutive contacts with the ball, unless engaging in a block as detailed below. This includes the ball rolling across any part of the body, or inadvertently making multiple contacts in the act of returning the ball. This results in a double touch and the point is awarded to the opposing team.
- C. Legally returnable hits are considered bumps, spikes/hits, sets, and digs. You may use **ANY** part of your body for these actions (hands, feet, chest, knees, foot, head, etc.) provided that the contact is simultaneous and immediately and cleanly leaves the body after contact.
- D. The serve may not be blocked or spiked. Spiking the ball is the act of directing the ball at an opponent. Blocking the serve is the act of having both hands overhead and directing the ball back to the other side before the ball has dropped below the top of the net. This will result in a dead ball and a point for the opposing team.

- E. When “setting” the ball must come in contact with the fingers or hands simultaneously and leave both fingers or hands simultaneously or the ball will be considered a double hit and the point will be awarded to the opposing team.
- F. Balls that are caught, thrown, lifted, or “carried” (a ball maintaining contact with the body for an “extended” period of time before release) are considered an illegal hit and the point will be awarded to the opposing team.
- G. There is no visible center line and players may partially or completely cross the center line (with their feet) below the net or outside the poles either before, during, or after a legal play of the ball. Players may not make contact with an opposing player or the play is dead, resulting in a point for the opposing team.
- H. During the return, a player may run anywhere on/off the court to hit the ball provided the ball crosses over the net and into the opposing teams field of play. A players body may contact a pole or any other stationary object on their side of the court to retrieve the ball.
- I. Players may not enter into another courts field of play to return a ball. This will result in a dead ball and the point is awarded to the opposing team.
- J. Players may not touch the net while making a play on the ball, this is considered “netting”, is a net violation, and the point is awarded to the other team.
- K. Balls may make contact with the net during the return, and are considered live, provided the ball is recovered and passed over the net into the opposing teams court by any legal contact, and does not exceed the three touch rule. Blocks are an exception as detailed below.
- L. **(SAND RULE)** Serves and non hard-driven/ “free” balls may not be received with an open hand (you hands must clearly be in contact with each other when receiving the ball.)
- M. **(SAND RULE)** Open hand “dinks” (use of fingers or not complete contact with the ball) are not allowed. When contacting the ball with one hand it must be cleanly hit with the heel or palm of the hand, with straight or locked fingertips, or knuckled fingers. One handed placement or redirection of the ball with the fingers (a “dink” or open hand tip) is a fault and the point will be awarded to the opposing team.

- N. **SAND RULE)** A player may set the ball over the net in front or behind them provided their shoulders are squarely facing the direction of the set.

## 9. Blocking

- A. Players may block a ball being returned over their side of the net utilizing one or two hands. Players may also reach over the top of the net to block a returning ball provided they do not interfere with the hitter or come into contact with the net.
- B. Players may not block a ball that the opposing team is passing to their own player. This is considered a reach and will result in a dead ball and a point for the opposing team.
- C. During the act of “blocking” contact resulting from the block attempt does not constitute one of a teams three hits. The team will still have three additional touches to return the ball over the net to the opponent.
- D. During the act of “blocking” the player making contact with the ball may make the next subsequent contact with the ball resulting in one of the teams three allowed hits.
- E. During the act of “blocking” contact with the blocking players hands separately and consecutively will be considered one touch and will not result in a fault. Additionally if two players are actively blocking and both make contact with the ball this will be considered one block.
- F. Players may not utilize a “block” as the first contact when returning a serve.

## 10. Net Play/ Contact

- A. No part of a players body, clothing, or accessories may come in contact with the net at any time during active play. This is considered a net violation and will result in a point for the opposing team.
- B. Should a ball be driven into the net, forcing the net to make contact with the opposing player, this will not be considered a net violation and play may continue.



- C. If opposing players contact the net simultaneously this will constitute a double fault and will result in the point being re-played.

## **11. Officiating**

- A. PRIDE Sports may utilize volunteer or paid head refs/line judges when necessary. Only a captain may protest a referees call and are allowed one protest per match. Players must be respectful of a referees call and behave courteously and professionally.
- B. Matches are generally self-officiated using the guidance of the rules laid out in this rule book and rely heavily on player integrity and honesty. Players are expected to call their double hits, nets, holds, carries, lifts, or faults.