



**PRIDE SPORTS USA**

# **VOLLEYBALL**

**OFFICIAL RULEBOOK**

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## INTRODUCTION

**Pride Sports USA** is an adult sports organization consisting of all genders, sexualities, and races ranging from 21–80 years old.

Volleyball is a game consisting of two teams of that volley, spiked, dive,.. sweatbands, tube socks, and short shorts :)

For the enjoyment of the game, proper respect and sportsmanship are required of all participants toward one another.

Fighting is not tolerated.

There is zero tolerance for discrimination towards race, gender, sexual orientation, or anything for that matter.

There is also zero tolerance for unsportsmanlike behavior.

**First Rule of Pride Sports USA – Volleyball is to HAVE FUN!**

## 1. COURT SETUP

- Standard court size: 30 ft x 60 ft (when possible).
- Court size may vary based on availability.
- Inclusive volleyball height: 7 ft 4 1/8 in (reverse co-ed).
- Men's volleyball height: 7 ft 11 5/8 in.
- Standard size 5 volleyball required.
- Training balls are not allowed for match play.

## 2. TEAM LAYOUT & ROSTERS

### 6v6

- Minimum of four (4) rostered players on the court.
- Less than four (4) players = forfeit (0–3 loss).
- Maximum of six (6) rostered players on the court.
- Minimum of nine (9) players on the roster to be considered a full team.
- Maximum of eleven (11) players on the roster.
- If 7+ rostered players show – no subs allowed.
- If 6 players show – 1 sub allowed.

- If 5 players show – 2 subs allowed, etc.

#### 5v5

- Minimum of four (4) rostered players on the court.
- Less than four (4) players = forfeit (0–3 loss).
- Maximum of five (5) rostered players on the court.
- Minimum of eight (8) players on the roster to be considered a full team.
- Maximum of ten (10) players on the roster.
- If 6+ rostered players show – no subs allowed.
- If 5 players show – 1 sub allowed.
- If 4 players show – 2 subs allowed, etc.

#### 4v4

- Minimum of three (3) rostered players on the court.
- Less than three (3) players = forfeit (0–3 loss).
- Maximum of four (4) rostered players on the court.
- Minimum of six (6) players on the roster to be considered a full team.
- Maximum of eight (8) players on the roster.
- If 5+ rostered players show – no subs allowed.
- If 4 players show – 1 sub allowed.
- If 3 players show – 2 subs allowed, etc.

### 3. UNIFORMS

- All players must wear their Pride Sports USA uniform to participate.
- No uniform = cannot play. No refunds for missed games.
- Uniform alterations allowed: cutting sleeves or cropping shirt.
- Cannot cut into logo, sponsors, or printed areas.
- No drawing, printing, or altering the uniform.
- Replacement cost for altered uniform: \$29.
- Store: [PrideSportsUSA.com/store](https://PrideSportsUSA.com/store)
- Captains must ensure their subs register and follow the uniform rules. (Black t-shirt no logos)

#### 4. MATCH PLAY & SCORING

- First set: Rock, Paper, Scissors winner chooses side OR serve.
- Second set: Teams switch sides. Team that received serve in Set 1, serves first.
- Third set (if needed): Rock, Paper, Scissors again for side OR serve.
- Matches are best 2 out of 3 sets.
- If first two sets are won by same team, third set may be played (if time permits) but does not count.
- Rally scoring is used (point scored on every rally).
- First two sets played to 21 points. No win-by-2 required.
- Third set played to 15 points (if needed).
- If time expires during third set, team with most points wins.
- If tied at time expiration, next point is sudden death.
- Balls landing on boundary lines are considered IN.
- Games are 45 min, no new games can start after 37 mins has passed.

#### 5. SERVING

- Serve must be made from behind the back line.
- Serves may be underhand, overhand, float, or jump.
- Server may serve from anywhere along and behind the back line.
- Server may not step on or over the line until contact.
- Service area extends sideline to sideline.
- Net serves that land inbounds are legal.
- Service fault results in a point for the opposing team.

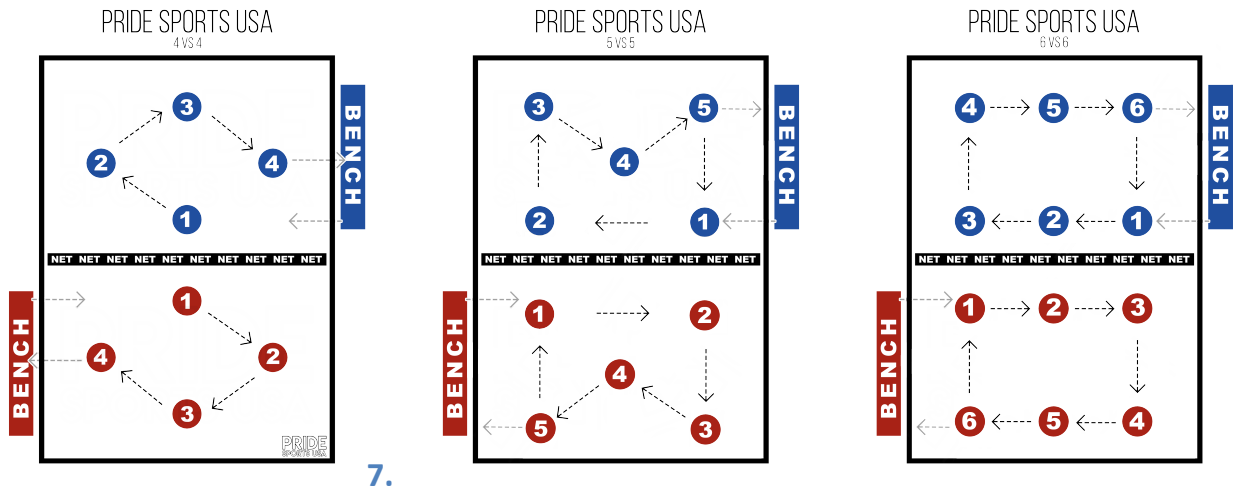
Service Faults Include:

- Stepping on/over back line before contact
- Ball hits net and drops on serving team side
- Serving under the net

- Serving out of bounds
- Ball touches teammate before clearing net
- No re-serves allowed due to service fault.

## 6. ROTATION

- Rotating court positions is not required.
- Serving order must remain consistent throughout the set.
- Serving order may change at the start of a new set.
- Extra players must rotate in/out while maintaining service order.



## RETURNING THE BALL / RECEIVING

- Maximum of three (3) touches to return the ball.
- A block does NOT count as one of the three touches.
- No player may make more than two consecutive contacts (except on a block).
- Double contact = point to opposing team.
- Legal contacts: bumps, spikes, sets, digs.
- Ball may contact any body part if contact is clean and simultaneous.
- Serve may NOT be blocked or spiked.
- Illegal hits include catches, throws, lifts, or carries.
- Players may not enter another court to retrieve a ball.

- Touching the net during play = net violation (point to opponent).

#### Sand Rules:

- Open-hand receive on serves or free balls not allowed.
- Open-hand dinks not allowed.
- One-handed contact must be heel/palm or locked fingers.
- Sets over net must have shoulders square to direction.

### 8. BLOCKING

- Players may block with one or two hands.
- Players may reach over net if no interference or net contact.
- Cannot block a pass between opponents.
- Block does not count as one of three touches.
- Blocker may make next contact (counts as first team hit).
- Multiple contacts during block count as one touch.
- Cannot block a serve.

### 9. NET PLAY / CONTACT

- No body, clothing, or accessory may touch the net during play.
- Ball driven into net causing contact is not a violation.
- Simultaneous net contact by both teams = replay.

### 10. SUBS

- 6v6 – If 7+ players are present, no subs allowed.
- 5v5 – If 6+ players are present, no subs allowed.
- 4v4 – If 5+ players are present, no subs allowed.
- Non-rostered players must register as a sub at [PrideSportsUSA.com/subs](https://pridesportsusa.com/subs)
- Subs must wear a solid black shirt with no logos.

- Subs must register each week they play.
- Subs may NOT be a registered player from another team.
- No subs allowed during playoffs.

## 11. OFFICIATING

- Pride Sports USA may use volunteer or paid referees.
- Only a captain may protest a referee call.
- One protest allowed per match.
- Players must behave respectfully and professionally.
- Matches are generally self-officiated.
- Players are expected to call their own faults (double hits, nets, holds, lifts, etc.).

## 12. TOURNAMENTS

Join the fun at one of our National Tournaments!! Visit [PrideSportsUSA.com/tournaments](https://PrideSportsUSA.com/tournaments) for more info.

## PRIDE SPORTS USA, LLC - CODE OF CONDUCT

1. **Purpose and Values.** For purposes of this Code of Conduct (the “Code”), “Pride Sports” means Pride Sports USA, LLC, and “League” means Pride Sports, together with the recreational sports leagues, divisions, programs, games, events, tournaments, practices, social events, and other activities organized, operated, sponsored, or sanctioned by Pride Sports, whether conducted on a seasonal or one-time basis.

Pride Sports is committed to fostering an athletic and social environment that is inclusive, respectful, safe, and welcoming. The League exists to bring people together through recreation and community, and to affirm the dignity and value of every participant and attendee.

All participants, volunteers, officials, spectators, and guests are expected to conduct themselves in a manner that supports these values. Conduct that undermines the inclusive purpose of the League, even if not intended to cause harm, may be inconsistent with this Code.

Participation in League activities is a privilege, not a right, and is conditioned on compliance with this Code. Participation in any League activity is at all times revocable and may be suspended, restricted, or terminated by Pride Sports at any time, with or without cause, notice, explanation, or formal process.

Pride Sports reserves the right to refuse registration, admission, or participation to any individual or team, or to remove any person from League activities, at any time and for any lawful reason, in its sole discretion.

2. **Scope of Application.** This Code applies to all League activities and to anyone participating in or attending such activities, including players, volunteers, officials, spectators, and guests. The Code may also apply to off-field or off-event conduct where such conduct has a direct or material connection to the League, including conduct that affects the safety, inclusion, or well-being of participants, interferes with League operations or activities, or undermines the League’s inclusive purpose or community environment. The determination of whether any off-field conduct falls within the scope of this Code shall be made by Pride Sports in its sole discretion.

3. **General Behavioral Expectations.** All individuals covered by this Code must, at all times:

- Treat others with respect, dignity, and courtesy.
- Act in a sportsmanlike and safe manner.
- Follow reasonable directions given by League staff or officials.
- Respect facilities, equipment, and shared spaces.
- Refrain from conduct that disrupts League activities or the experience of others.
- Comply with applicable laws, facility rules and venue policies.

Participants and attendees must comply with the directions and decisions of League staff, officials, and authorized representatives. Failure to follow such directions may result in immediate removal or other disciplinary action.

4. **Prohibited Conduct.** The following conduct is prohibited and may result in disciplinary action. This list is illustrative and not exhaustive.

- a. **Harassment and Discrimination.** Unwelcome conduct directed at an individual or group based on actual or perceived characteristics, including but not limited to race, ethnicity, national origin, religion, sexual orientation, gender identity, gender expression, disability, appearance, or any other protected or personal characteristic, that reasonably undermines another person’s ability to participate in or enjoy League activities.
- b. **Bullying and Intimidation.** Conduct that is hostile, abusive, threatening, or degrading toward another person, whether verbal, physical, or otherwise, and that reasonably interferes with a safe and inclusive League environment.
- c. **Violence and Threats.** Physical violence, attempted violence, or threats of violence toward any person.
- d. **Unsafe or Disruptive Behavior.** Any conduct that creates a safety risk, causes disruption, or interferes with League operations or the experience of others.
- e. **Alcohol and Drugs.** Being intoxicated, engaging in illegal drug use, or otherwise behaving in a manner related to alcohol or drugs that is unsafe, disruptive, or inconsistent with the League’s inclusive and community-focused environment.
- f. **Social Media and Public Conduct.** Harassing, threatening, or disruptive conduct directed at participants, staff, officials, or the League through social media or other public communications that negatively affects the League environment or operations.

5. **Participant Pledge.** As a participant in the League, each individual agrees to the following:

- a. Treat all participants, officials, staff, and spectators with respect at all times.
- b. Cooperate with other participants and officials.
- c. Refrain from profanity, obscene gestures, or abusive language.
- d. Not engage in physical violence or intentionally cause harm to any participant, official, staff member, or spectator.
- e. Follow all reasonable instructions from officials and League staff.
- f. Ask officials, in a calm and respectful manner, to explain any rules I do not understand.
- g. Respect park fields, sports equipment, and facility amenities.
- h. Participate in a sportsmanlike and safe manner at all times.
- i. Read, understand, and comply with all League rules and policies.
- j. Demonstrate good sportsmanship both on and off the field.
- k. Conduct myself in a manner consistent with the League’s values and community standards.

Violation of this Participant Pledge may result in disciplinary action in accordance with this Code, up to and including suspension or expulsion from League activities.

- 6. Enforcement and Disciplinary Authority.** Compliance with this Code is a mandatory condition of participation in any League or Activity. Pride Sports reserves the sole, absolute, and final discretion to interpret this Code, determine whether any conduct violates it, and impose any disciplinary, corrective, or preventive action it deems appropriate under the circumstances.

Pride Sports may take action at any time, with or without investigation, and based on any information it considers relevant, whether obtained firsthand or from third parties. Pride Sports' determinations may be based solely on its judgment and are not required to meet any evidentiary or procedural standard. Pride Sports may take disciplinary or participation action based on any information it considers relevant, including reports, observations, complaints, or other sources, and is not required to rely on formal complaints, witness statements, or physical evidence.

Disciplinary action may include, without limitation:

- Verbal or written warnings.
- Removal from a game, event, or facility.
- Temporary suspension from League activities.
- Expulsion from the League or Activity.
- Temporary or permanent restriction from future participation.
- Denial of registration or team placement.
- Any other action Pride Sports deems appropriate.

Certain conduct, including but not limited to violence, threats, harassment, discrimination, unsafe behavior, or conduct inconsistent with the League's values or community standards, may result in immediate removal, suspension, or expulsion at Pride Sports' sole discretion.

Pride Sports may also take disciplinary or exclusionary action for any conduct, whether or not expressly described in this Code, that Pride Sports determines is inconsistent with the League's values, operations, or community environment.

Pride Sports is not required to provide prior notice, warnings, investigations, hearings, explanations, or opportunities to appeal before taking disciplinary action. Disciplinary decisions may be communicated orally or by any other method, and Pride Sports is not required to provide written notice, documentation, or justification. All decisions made by Pride Sports under this Code are final and binding.

Participants acknowledge and agree that they have no right or entitlement to participate in any League or Activity, and that participation may be revoked at any time at Pride Sports' sole discretion.

To the fullest extent permitted by law, participants waive any claim, cause of action, or demand against Pride Sports arising out of or related to any disciplinary, eligibility, or participation decision.

Any disciplinary action, including suspension, removal, or expulsion, shall not entitle the participant or team to any refund, credit, or other compensation.

Pride Sports reserves the right to impose disciplinary action on an entire team, group, or organization where the conduct of one or more members creates disruption, safety concerns, or repeated violations of this Code. Pride Sports reserves the right to suspend or terminate any game, event, or activity, or remove any individual, when it determines that safety, order, or the League environment requires such action.

Pride Sports is not required to enforce this Code uniformly or to take action in every instance of misconduct, and the failure to discipline any individual or team shall not limit Pride Sports' authority to discipline others.

- 7. Complaints and Reports.** Pride Sports encourages participants, volunteers, officials, and attendees to report conduct that they believe may violate this Code or otherwise undermine the safety, inclusion, or operation of the League. Complaints or reports may be submitted to Pride Sports through any method designated by the League, including in person, by email, or by any other communication channel provided by Pride Sports.

Pride Sports reserves the sole discretion to determine whether and how to review, investigate, or act upon any complaint or report. Submission of a complaint does not guarantee any particular action or result. All disciplinary and participation decisions remain subject to Pride Sports' sole and final discretion in accordance with this Code.

- 8. Anti-Retaliation.** Pride Sports prohibits retaliation against any individual who, in good faith, reports a concern, submits a complaint, participates in a review, or provides information related to a potential violation of this Code. Retaliation includes any adverse action, threat, intimidation, harassment, exclusion, or other conduct that would discourage a reasonable person from reporting a concern or participating in the complaint process.

Any individual who engages in retaliation may be subject to disciplinary action, up to and including suspension, expulsion, or permanent restriction from League activities, at Pride Sports' sole discretion.

- 9. Relationship to Other Policies.** This Code is separate from, and in addition to, any release, waiver, or assumption-of-risk agreement required for participation in League activities. Pride Sports reserves the right to adopt, modify, or enforce additional rules, policies, or procedures at any time as it deems necessary for safety, operations, or the community environment.

- 10. Severability.** If any portion of this Code is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

- 11. Acknowledgement.** By participating in or attending League activities, individuals acknowledge that they have read, understood, and agree to comply with this Code.

I understand that Pride Sports may revise this Code of Conduct at any time, and it is my responsibility to stay informed of any updates. I also acknowledge that failure to comply with Code may result in suspension or termination of my participation in the League without refund.