



**PRIDE SPORTS USA**

# **VOLLEYBALL**

**OFFICIAL RULEBOOK**

## **NATIONAL TOURNAMENT RULES**

### **TABLE OF CONTENTS - Updated Feb 22, 2026**

#### **TABLE OF CONTENTS**

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

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

For the enjoyment of the game, proper respect and sportsmanship is required of all participants. Fighting is not tolerated. There is zero tolerance for discrimination toward race, gender, sexual orientation, or any other protected characteristic. There is also zero tolerance for unsportsmanlike behavior.

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

## 1. Team Layout & Rosters

- Teams may have 4–8 players per team.

## 2. Subs

- No subs are allowed in a tournament.
- All players must be registered and listed on your official roster.
- Teams may not pull players from other teams or use individuals who are not registered for the tournament.

## 3. Uniforms

- Pride Sports USA will provide all players with a tournament uniform.
- This t-shirt must be worn for all games on both tournament days.
- Pride Sports USA will send out an email a few weeks before the tournament so you can purchase an additional shirt if you'd like.

## 4. Court Setup

- Court dimensions will be the standard size of 30 ft x 60 ft when possible, but may vary based on the sports venue.

## 5. Match Play & Scoring

- Games will be 50 minutes of play, best 2 out of 3 sets. No new sets will begin after 42 minutes.
- Teams earn the right to choose side OR serve for the first set by winning rock, paper, scissors. The team losing the contest selects the remaining option.
- At the start of the second set, teams will switch sides. The team that received serve in the first set will serve to start the second set (regardless of the first set result).

- If a third set is necessary, captains will again use rock, paper, scissors to determine side OR serve.
- Matches are scored best 2 out of 3 sets.
- Scores are reported by sets won (2-0 or 2-1).
- Rally scoring will be used (a point is awarded on every serve/rally).
- The first two sets are played to 21 points. You do not need to win by 2.
- If a third set is necessary, it will be played to 15 points. You do not need to win by 2.
- 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 as sudden death.
- A ball that lands on the boundary line is considered in.

## 6. Serving

- The serve is the act of putting the ball into play by hitting it 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 and may serve from anywhere along and behind the back line.
- The server may not step on or over the end line until after 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.
- Serves that hit the net and land inbounds on the opponent's side are legal.
- A service fault (point awarded to the opposing team) occurs if the server steps on or over the back line while the ball is in hand, the ball touches the net and drops on the serving team's side, is served under the net, goes out of bounds before touching an opposing player, or touches a teammate before clearing the net.
- A player's service is completed when they commit a service fault or the opposing team returns the ball and it touches the ground on the serving team's side.
- A server may drop a bad toss as long as they do not enter the court during the toss.
- There are no re-serves due to a service fault.

## 7. Rotation

- Rotating positions on the court is not required; however, the player who serves must rotate in a consistent order after each service completion.
- Serving rotation must remain the same throughout the set but may be changed at the start of a new set.
- If a team has more players than allowed on the court, players must rotate in and out while maintaining the correct service order.

## 8. Returning the Ball / Receiving

- Teams are allowed a maximum of three touches to return the ball over the net, except when a block occurs (see Blocking section).
- A player may not make more than two consecutive contacts with the ball unless engaging in a block.
- Double touches include the ball rolling across the body or inadvertent multiple contacts during a return. This results in a point for the opposing team.
- Legal returns include bumps, spikes/hits, sets, and digs. Any body part may be used, provided contact is simultaneous and the ball leaves the body immediately and cleanly.
- The serve may not be blocked or spiked.
- Blocking the serve results in a dead ball and a point for the opposing team.
- When setting, the ball must contact both hands/fingers simultaneously and leave simultaneously, or it is considered a double hit.
- Balls that are caught, thrown, lifted, or carried are illegal hits and result in a point for the opposing team.
- There is no visible center line. Players may cross under the net but may not make contact with an opposing player.
- Players may run on or off the court to retrieve a ball, provided it crosses into the opponent's field of play.
- Players may not enter another court to return a ball.
- Players may not touch the net during play.
- Balls contacting the net during a return remain live if legally recovered and returned within three touches.
- (SAND RULE) Serves and non-hard-driven balls may not be received with an open hand.

- (SAND RULE) Open-hand dinks are not allowed. One-handed contact must be made cleanly with the heel/palm, straight or locked fingertips, or knuckles.
- (SAND RULE) A player may set the ball over the net in front or behind them if their shoulders are square to the direction of the set.

## 9. Blocking

- Players may block using one or two hands.
- Players may reach over the net to block provided they do not interfere with the hitter or touch the net.
- Players may not block a ball being passed between opposing teammates.
- A block does not count as one of the team's three touches.
- The blocker may make the next contact as one of the team's three touches.
- Separate and consecutive hand contacts during a block count as one touch.
- Two players blocking simultaneously count as one block.
- A block may not be used as the first contact when returning a serve.

## 10. Net Play / Contact

- No part of a player's body, clothing, or accessories may contact the net during active play.
- If a ball drives the net into an opposing player, it is not considered a net violation.
- Simultaneous net contact by opposing players results in a double fault and replay of the point.

## 11. Officiating

- Matches are generally self-officiated.
- Players are expected to call their own double hits, nets, holds, carries, lifts, and faults.
- Play relies on integrity and honesty from all participants.

# 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.