



Colorado Springs Sport and Social - Volleyball Rules



Minimum Requirements:

- **Two Player Teams:** Must have two players on the court at all times, with at least one female.
- **Four Player Teams:** Require at least two players on the court at all times, including a minimum of one female. Maximum of two males allowed.
- **Six Player Teams:** Need at least four players on the court at all times, including a minimum of two females. Maximum of three men allowed.
- Teams with fewer than six players may need to follow the Ghost Rule (see below).
- In 4's , teams cannot have more than 2 men on the court at any time, while in the 6's, the maximum is 3 men.
- In 6's, the opposing captain may opt for the Ghost Rule, where a team with fewer players forfeits their serve after every 5th rotation.

Service Possession & Lineups:

- Service possession for the first game is determined by a coin toss or Rock/Paper/Scissors, with teams alternating service every other game.
- In fours, players do not need to rotate positions but must rotate service. In sixes, players must rotate positions and remain in that position until the serve.
- Coed formats can line up in any gender order, without alternating males and females.
- In sixes, there must be 3 front row and 3 back row players. Rotation is clockwise for each side-out for service.
- In fours or twos, there is no specified lineup, and players can maintain the same court position throughout the match.

Substitutions:

- Substitutions are only permitted during a side-out, and substitutes must enter the match into the serving position.

Playing the Ball:

- Servers must announce the score before serving.

- Let serves that hit the net and go over to the opponent's side are considered live and good serves.
- Each team is allowed a maximum of 3 successive contacts to return the ball.
- Attacking the net rules vary based on the number of players on the court.
 - - 2's and 4's anyone can attack the net
 - -6's only the front three positions can attack the net
- Simultaneous contacts - In recreational and intermediate (B/BB) , simultaneous contact by non-blocking teammates counts as one contact, allowing any player to make the next contact. However, in competitive (A/AA), this counts as two team contacts, and either player may make the third contact. When blocking teammates touch the ball simultaneously, it is not counted as a contact, and any player may make the next contact. If two opponents simultaneously touch the ball over the net, the ball remains in play, and the receiving team is entitled to another three hits. If the ball lands out, it is the fault of the team on the opposite side of the net from where the ball lands.
- Players must contact the ball cleanly without holding, lifting, pushing, catching, carrying, or throwing it (Prolonged contact between a player and the ball is known as a lift. The contact should continue in one fluid motion and the ball should not come to rest at any time in that motion).
- The ball cannot roll or come to rest on any part of a player's body but can rebound in any direction.
- One handed tips (Using fingertips) is not allowed, except in the recreational divisions. Must use your knuckles, a fist, or be making a spiking motion.

Blocking:

- Blocking is defined by an action above the net to intercept the ball from crossing the net.
- In the action of blocking the ball, you may make more than one contact with the ball as long as it is in the same single attempt to block the ball.
- If you are participating in blocking the ball, you are able to make the next contact of the ball and will count at the first of three hits.
- Blocking a serve is prohibited.
- Cannot reach over the net to make a block as the ball must be partially over the net to make a block.

Play at the Net:

- You cannot make contact with the net with any body part. Contact with the net that is not a result of a play or affecting the play will not be considered a fault.

Games:

- 3 Games played to 21 using rally scoring and must win by two points.

Refs: All Games will be self refereed. If a solution cannot be agreed upon, please find the court monitor in the area.

Any rules not touch on above, please follow the rules of the USAV