



SIX PERSON CO-ED

VOLLEYBALL RULES

The following rules have been derived from USA, LOVA, AVP and FIVB official volleyball rules and modified by Bruce White, Jeff Wilson, Derek Zimmerman, Scott Theriot, and Cory Seeger of the Louisiana Outdoor Volleyball Association.

1. UNIFORMS & EQUIPMENT

- a. No uniforms are required and all equipment necessary to play is provided at White Sands Volleyball Courts.

2. VOLLEYBALL ETIQUETTE

- a. Players and their guests must practice courtesy and good sportsmanship while at the White Sands Volleyball Courts.
- b. A player must call his or her own net, tips, and touches.
- c. Profanity is not tolerated. Referees distribute yellow cards on the 1 offense, followed by red cards for subsequent offenses.
- d. A player may not obstruct the view (intentionally or unintentionally) of players receiving a serve.
 - At the request of the player or the referee, an obstructing player must move to grant a clear view.
- e. Referee calls are final.
 - If a discrepancy occurs regarding a referee call, captains "MUST" first approach the ref stand once the play has ended to discuss the call. If there is still no resolution; captains may then choose to approach the Complex Director or "Net 1" Referee with questions/concerns.
 - Neither captains nor players may argue a judgment call, but instead may ask their referee for clarification.

3. ELIGIBILITY

- a. Anyone may play, but only on one team per league night.
- b. All players' names must be on the team roster (10 players per team).
- c. A player must participate in 3 full matches for eligibility to play in the playoffs and/or receive prizes.
- d. High school players may **NOT** play on a 6-person team in the **Fall League** - only doubles.
- e. Collegiate players may play during the summer league only. (NCAA rules)

4. PLAYERS & POSITIONS

- a. A "Team" consists of 6 players: 3 front-row players and 3 backrow players.
- b. A team may begin and end a game with 2 players.
- c. Two women must be on the court to play with a full 6-person team. The number of women on the court may exceed 2 at any time.
 - A team may start a game with 2 players minimum: one woman and one man.
 - Teams may sub players into a game as additional team members arrive.
- d. Individuals are limited to substituting male for male and female for female.
 - If a team begins a game with 3 women, one male player may substitute for one of the female players
 - For more information on substitutions see section 11.

5. PLAYING THE GAME

- a. A coin toss will determine a team captain's choice of serve, receive, or court side for 1st and 3rd game. The loser of the coin toss will have the same choices for the 2 game only.
- b. During the 1st and 2nd games, all scoring is rally scoring to 25 points. Third game is to 15 points.
- c. At the time a ball is contacted during service, all players must be in correct serving order and within the boundaries of the court.
 - A non-serving player's foot may touch the line but may not touch outside the line.
- d. After service, players may exchange positions.
- e. Teams change courtsides every 10 points during games to 25 and every 5 points in games to 15.

- f. A *ball*:
- Is considered in-bounds if it touches the line or makes the court line move
 - Is considered out-of-bounds if it lands completely outside the court lines or touches any object outside the court (net posts, ref stands, trees, fencing, etc.). *Net cables and stretcher poles are part of the court.*
 - May be played with any part of the body.
 - May be hit simultaneously by two teammates, counting as one contact. Either player may make the next contact.
 - May be double hit on blocks and attacks only, as long as the attacking player contacts the ball with one hand above their head.
 - Does not have to be contacted by a woman. However, if the referee determines that male domination is occurring, a yellow card is issued. If domination continues, a red card is issued.
- g. A side-out occurs when a team that served a ball fails to earn a point before the ball is dead, causing a ball possession turnover to the other team for service.
- h. Common play violations include: *lifting, double touching, foot faults, out of bounds, and net.*
- i. The referee will determine when a ball is dead and/or a play has ended.
- j. If a violation occurs after the ball is dead, but during the normal course or continuation of the play, the referee will determine the fault.
- k. Cards are given at the referee's discretion when players violate *Seeger's Sand Bar* rules.

6. SERVING

- a. A serve occurs when a player serves a ball into play by tossing then contacting the ball with their hand or arm, using either overhand or underhand techniques.
- A serving player may serve a ball from any point behind the backline and within the corners of sidelines.
 - The serving player may neither step on or under the backline nor touch the court until the ball is contacted.
 1. The serving player may not move the backlines during service, thereby reducing the size of the court. However, the server may break the imaginary plane of the end lines and or sideline if contact with the ball is made while the player is in the air.
 2. The serving player must wait for the referee's signal and whistle before serving. Only one warning is given before the referee calls a side-out.
 3. After the referee's signal for service, the serving player has 5 seconds to put the ball into play.

4. Players on the receiving team may not block or attack a serve
5. All points received during a service out-of-turn are kept. Lineup should then be reestablished, and a side out called.
6. Each team is responsible for service order, as is the referee.
7. A serve may not be received with finger action. (The hands can be apart, not in a setting action).
8. A serve may not be blocked or attacked upon receiving.
9. A ball may contact the net and go over during a serve.

7. ATTACKING

- a. a. A spike/attack is an over-handed contact with a ball (sometimes while jumping), and usually the third contact a team makes before attempting to score a kill.
- b. Players are not allowed to spike/attack or dink a ball when it is completely on the opposite side of the net.
- c. A spike/attack must be clearly contacted; the player may not palm, throw, or double the ball.
- d. Power dinks are not allowed.
- e. Back-row players may spike or block a ball in the front row (in front of the 3 meter line) ONLY if their attacking hand remains below the height of the net when contacting the ball, *UNLESS* that player's last contact with the ground was behind the 3 meter line (10 ft line).
- f. A back-row setter may neither set nor hit the ball over if the entire ball is above the net when contacted.
 - The back-row setter may set a ball above the net as long, as the set does not entirely cross the net.

8. BLOCKING

- a. A block is the attempt by a player(s) to interrupt the ball before; as; or just after it crosses the net.
- b. A player is determined to be blocking when he or she is positioned within an arm's distance of the net with hand(s) above their head.
- c. A blocker may block a ball that has penetrated the vertical plane of the net.
- d. A blocker may block a ball on the opponent's side of the court only when:
 - The attacking team has made its final contact.
 - Anytime the attacking player has, in the referee's opinion, directed the ball into the blocker's court.
 - Any time the attacking team has made an unsuccessful attempt to attack the ball (i.e., a swing and miss).
- e. A ball may be directed by the blocker but may not come to rest on or be carried by the blocker.

- f. When a ball is blocked back into the attacking player, the attacker is not subsequently considered a blocker, and may contact the ball only once.
- g. Any sustained simultaneous contact of the ball by opposing players over the net is permissible.

9. NET

- a. All net heights are set at “men’s” height 8’
- b. A player may cross under the net as long as contact or interference with play does not occur.
- c. An opposing player may not interfere, or attempt to interfere, with a player trying to play a ball under the net.
- d. A player may not place his or her hand(s) or body in front of the net with intent to prevent the ball from rebounding out of the net on the opposing teams’ side of the court.
- e. Hair and clothing are not considered net violations, provided the referee is able to determine that the player’s body did not come in contact as well.
- f. The White Sands Director or Assistant Director will determine playing areas.
- g. Players may never intentionally grab, shake, or hang on court nets. If the referee determines a player intentionally did so, a red card will immediately be issued to that player.

10. REPLAYS

- a. A replay may occur when:
 - An object enters the court and there is interference with play.
 - A warning is issued for serving before the referee’s signal (only one warning).
 - A player is injured while the ball is in play.
 - An inadvertent whistle occurs

11. SUBSTITUTES

- a. A substitute may enter the game any time the ball is dead, with permission from the referee.
- b. A substitute **MUST** check in with the referee prior to entering the game.
- c. When a player re-enters during a game, he or she must re-enter for the same player, or in the same position, which they were replaced.
 - Referee should be informed which the team chooses to do before beginning the game.
- d. A team has unlimited substitutions per game.

12. TIME PERIOD, SCORE, & TIE GAMES

- a. A game consists of 25 rally points.
- b. The 3rd game consists of 15 rally points.
- c. A match consists of the best 2 of 3 games.

- d. A team must win by 2 points, with no point cap during any game.
- e. There is no time limit per game or match.
- f. Each team is allotted (2) 60-second timeouts, and (2) 20-second timeouts per game.
- g. No more than (2) timeouts may be used consecutively, regardless of type.
- h. Teams may take 60-second side changes on score multiples of 20 (games to 25) and 10 (games to 15).

13. CARDS

- a. a. Any player may be issued a card(s) at the referee's discretion for profanity, pulling on nets, kicking, or throwing balls, harassing opposing team members, arguing with referees, or any poor-sportsmanship behavior deemed inappropriate by a referee.
- b. b. A yellow card is issued to a player as a one-time warning to refrain from a certain violation.
- c. c. A red card is issued to a player after verbal warning has not ceased a player from violating LOVA rules. A red card may be issued on any major violation.
 - A referee may dismiss/disqualify a player from a game after two or more red cards are given to that player for any single or multiple violation(s). Contact the Complex Director for any additional action.

14. FORFEITURE

- a. Any team not ready to begin play at the scheduled time will forfeit one point per minute.
 - The first game will end after 15 minutes.
 - The second game will end after 10 minutes, and match called.
- b. Forfeited games will be scored 25-0.
- c. Timeouts may not be used unless a legal team, one man and one woman or two women are on the court.