

*The captains from each team shall decide together prior to the first game of that evening by what rules the games shall be played. The following are an attempt at a middle of the road approach. They shall be the rules for the match unless the two captains agree beforehand to amend any item. The 2 captains may elect to use strict USA Volleyball Rules (Levels 1 & 2 use the Indoor version) or may relax rules 12 to 15 below. The other rules are mandatory.*

1. A team shall consist of a maximum of six (6) players on the field at one time and a minimum of three (3). A minimum of one (1) of the fielded players must be a woman. Maximum number of men is 4 at any one time. You must comply with all the above to have a “legal” team. There is no “Woman must hit the ball” rule.
2. Court Dimensions: Width shall be 30 ft. x 60 feet (or metric equivalent). The entire boundary shall be clearly marked by a continuous rope or tape. The net shall be 8 ft. high in the center of the court. Use Wilson AVP Official Game ball or the captains can use RSP to decide between available balls or choose to switch balls at the half-way point (when the two teams switch sides after the first team reaches 13 points in their one game match).
3. All individual games shall be to 25 points, win by 2, except first team to 27 points wins, using rally scoring (Under this system a team can score a point on a volley they win even if they didn’t serve). A match shall consist of 1 game (set) against 4-5 different teams (round robin style), each game counts as one point in the standings. Spin the ball or use rock, scissors, paper to determine first serve against each opponent. Change sides when the first team reaches 13 points in each game. The server shall call out the score prior to each serve.
4. All teams shall provide and set up the net, poles, and lines on the weeks they are assigned net duties. A team that does not have this equipment, may check a league system out or arrange in advance to borrow a system from another team but to be fair to your opponent, do not ask them to provide and set up a net on their ‘night-off.’ (When assigned, nets shall be set up no later than 30 minutes prior to stated start time even if your team is not playing.)
5. With round robin format, it is critical for the match should start at stated time. The forfeit time for the first game of a match is 5 minutes later. You must have a “legal” team by the forfeit time (see rule #3). Subsequent games shall be forfeited at 15-minute intervals. (Nets shall be set up no later than 30 minutes prior to stated start time).
6. Player positions shall rotate clockwise on service (including on the first side out). The exact position that a player rotates into is at the individual team’s option. However, the system shall not be changed during the game. A team may also use open substitution, but it must be for the same players each time in a game. A team can use a player as Libero (Back row only, cannot hit or block within 10 feet of the net. Can rotate in or out for anyone.)
7. The service must be from anywhere behind the back-court line on your side. This rule can be modified by the two captains to accommodate an obstruction such as a tree branch. Contact with an obstruction such as a branch by the ball shall be a “play-off of” unless it hits the object on the way over (in which case the opponent is awarded a point). In our outdoor leagues, you may have unlimited tosses during the serve if you let the ball drop to ground untouched on any bad tosses.
8. A/E Volleyball follows the current US Volleyball rule regarding net fouls (in 2016, USAV adopted the “old net rule”) -- you cannot touch any part of the net while in the process of playing the ball (hitting, setting or blocking) even if you did not actually succeed in touching the ball. Please call your own net fouls.
9. Since there are no refs, it is important for each player to call their own their own faults, touches and net violations. If there is any dispute, only the captains shall discuss it. If they cannot agree, the point shall be “played over”.
10. All players (inc. subs) must complete the online Waiver Form prior to playing. Failure to do so may result in forfeiture.
11. Do not wear smooth soled court shoes in A/E Volleyball grass leagues. Shoes with traction devices (trail running shoes with waffle soles or turf shoes with mini soft rubber spikes) are highly recommended but shoes with hard spikes such as soccer cleats are strictly prohibited.
12. The ball hit out of bounds is a turnover (side out) to the opposing team. Whether blocking or hitting, it is the last person that touches the ball before it goes out of bounds who is charged with the turnover. It is legal to hit the ball from outside the court as long as it goes between the lines at the poles before it crosses to the opponent’s side. If the ball touches you before it hits the ground, even though you are standing out of bounds it counts as a contact. A ball touching any part of a boundary line is “in”.
13. Each team is allowed 3 contacts (hits) on their side. Blocks (contacts at and above the net) do not count as one of your 3 hits. The ball can be played with any part of the body, but never twice in a row by the same person except during a block. In Levels 3 or 4, only the very obvious “carries” and “throws” where the ball comes to complete stop are to be turnovers.
14. It is legal for you to break the plane of the net on the follow through of your hit if a portion of the ball was on your side when you initially contacted it and you do not touch the net in the process. It is also legal to go over the net to block an opponent’s “hit” as long as you don’t touch the net and you don’t interfere with an opponent’s “set”. IE: the ball you are blocking must be heading over the net not parallel to the net. Blocking/Spiking the serve at the net is not legal.
15. Above all, remember this league is not the Olympics. Do not get too serious and have some fun!