



VSL Volleyball (6v6 Coed) Rules

– Applicable to both Competitive and Recreational leagues

Court information: All games will be played on the VSL court.

Co-ed Rules: Team must have at least 2 female players on the roster and one female player on the court (Must play at all rotations)

Game Ball: Volleyballs will be provided by VSL and must be used during league play.

Scorekeeping: It is the responsibility of the VSL staff to keep score. VSL staff will assist in any discrepancies with the scores.

Game Duration: A game clock will be set at 45 minutes at the start of the game time according to the schedule. It is up to the teams to be present and prepared to begin the game at their scheduled time, at which time the clock will start. A 3-minute interval will be allowed in between sets but is included in the 45-minute overall time limitation. If a team is more than 5 minutes late without enough players to start (5) then their game will be recorded as a forfeiture.

Forfeit: Game time is forfeit time. Official time will be the VSL representative time keeping device. If a team does not have the adequate number of players (6) at the start of game time, they will have to forfeit. Games will not be rescheduled even with advance notice. A grace period of 5-minutes will be honored. Teams may start with 5 players however they will need 6 by the end of the first set. Following the 5-minute mark, the opposing team will be granted the winners with a score of 25-0 for 2 sets.

If a team concedes or has started and ceases to play during an event, all prior wins or losses will still stand, and any points earned will be awarded.

If a set is defaulted on for any reason, the defaulting team retains any points they earned. The winning team is credited 25 points or a sufficient number of points to indicate a 2-point advantage over the opponents.

Officials



Teams will be expected to call their own lines, net and boundaries.

Players may challenge a play if they deem it necessary. If teams cannot agree on the legality of the play, it will be replayed with no score rewarded for the play in question.

The VSL Representative has the final call on any disputes/calls.

Timeouts

Each team is entitled to 1 timeout per set. Each timeout lasts for 1 minute but may end earlier if both teams are ready for play. A timeout stops game play for the designated minute but does not stop the overall running clock of 45 minutes.

Game Play

Rotations: When the receiving team gains the right to serve by winning a rally, its players must rotate one position clockwise (player in position No. 2 rotates in position No. 1 to serve; player in position No. 1 rotates to position No. 6, etc.) Players must rotate to play all positions.

Scoring: Scores will be determined using rally scoring

A team scores when: The ball contacts the opponent's court, or the opposing team commits a fault.

In Game Substitutions

Substitutions are allowed before the start of a set or after a completed rally. However, substitutions must be made only when a player is entering the serving position or if a player gets injured.

No Libero or Middle Subs

Winning Score

Non deciding sets: For each non deciding set, a team that scores 25 points and has at least a 2-point advantage over the opponent wins that set. If the score is tied 24-24, play continues until one team has a lead of 2 points.

Deciding sets: A deciding set is won when a team scores 15 points and has at least a 2-point advantage over the opponent.

Point cap: For non-deciding sets the point cap is 27. For deciding sets the point cap is 17

Service



- First service will be determined by rock, paper, scissors at the start of the game.
- At the moment the server contacts the ball for service or takes off for a jump service, the server must not touch the court (end line included) or the playing area outside the lines marking the width of the service zone. The serving team continues to serve until that team commits a fault.
- The serving team loses the rally when one of the following serving faults occurs:
 - The ball fails to cross the net, is served into or under the net
 - The ball touches a player on the serving team or any object except the net before entering the opponent team court
 - The ball lands out

Contacting the ball

- Each team is allowed a maximum of three successive hits of the ball (in addition to blocking).
- A player may not contact the ball with two separate and consecutive motions.
- The ball may contact any part of the body but must be cleanly hit, not caught or thrown.
- During blocking or during the team's first hit, successive contacts with various parts of the players body are permitted in a single attempt to play the ball.
- No lifts: do not hold the ball too long or direct it with your hands instead of hitting it cleanly and quickly. Do not carry or “catch and throw” the ball or let it rest on the players hand before being redirected.

Blocking

- A block contact is not counted as a team hit. After a block contact, a team is entitled to three hits to return the ball.
- The first hit after the block may be executed by any players, including the player who blocked the ball.
- Blocking a served ball is a fault.

Back row attack:

- Jumping in front of the 10 ft line when your position is in the backrow is a fault.

Ball In / Ball Out



Ball In:

- The ball is in when it touches the floor of the playing court including the boundary lines.

Ball Out:

The ball is out when:

- It hits the floor and no part of the ball contacts either a boundary line or area within the boundary lines
- It contacts a floor/wall obstruction outside the court, a wall or a person out of play
- It contacts any object above a nonplaying area, an antenna, the net outside an antenna or the net post

Substitutions: In the event a team does not have an adequate number of players, they are allowed to use a maximum of 3 substitute players. The substitute must complete a liability waiver. **SUBSTITUTES ARE ALLOWED TO PLAY IN A PLAYOFF OR CHAMPIONSHIP GAME ONLY IF THEY HAVE PLAYED AND SIGNED INTO A REGULAR SEASON GAME. SUBS MUST CHECK IN AND SIGN WAIVER AT FRONT DESK/ WITH VSL REP TO PLAY IN PLAYOFFS.** Substitutes may only participate in a game in the event a team does not have the minimum number of players to start the game. If paid players arrive after the start of game time, they take priority to a substitute. Subs are permitted to play in 3 regular season games only. If a substitute player is eligible and needed to play in a playoff game, they are only eligible to play with one team. If a sub does not fill out a sub waiver/digital waiver during the regular season, they cannot participate in playoffs.

Code of Conduct: VSL offers recreational sports leagues and will not tolerate unsportsmanlike conduct. Players displaying unsportsmanlike conduct with an official or player will first receive a verbal warning. If said player displays inappropriate behavior again, they will be suspended from the next scheduled game of the season. Depending on the severity of the conflict, season suspension may be enforced by the VSL coordinator. All warnings will be communicated by the official and via email by the VSL coordinator. Please note that officials serve the right to eject players from the game or place suspensions.

Sportsmanship ratings:



1) Ratings are given to teams after each contest by intramural officials/supervisors. These ratings reflect behavior before, during, and after the contest.

Ratings will be:

A = 4 points. Above average conduct and sportsmanship. Players cooperate with officials and team members. The captain calmly converses with officials and has full control of the team.

B = 3 points. Average conduct and sportsmanship. Team members complain about officials and show minor dissension, which may or may not merit a warning. Teams that receive one warning may receive no higher than a "B."

C = 2 points. Below average conduct and sportsmanship. Team members complain about officials and/or the opposing team, which may or may not merit a warning. The captain exhibits minor control over the team. Teams receiving multiple warnings or one ejection may receive no higher than a "C."

D = 1 point. Poor conduct and sportsmanship. Team members continuously dispute the officials' calls or abusively speak to the officials or opposing team. The captain has little control over self or team. Teams receiving three or more warnings or two ejections may receive no higher than a "D."

F = 0 Points. Unacceptable conduct and sportsmanship. Team members are completely uncooperative. The captain has no control over self or team.

2) In order for a team to qualify for post-season playoffs, they must have a 3.0 average in sportsmanship during regular season round robin play.

3) Any team receiving an "F" rating during the regular season will be declared ineligible for post-season tournament play.

The rating information serves as a guide for team captains and participants. The staff reserves the right to modify ratings based upon individual incidents and/or situations.

Special Contest Situations:



1) A team winning by no-show will receive an “A” rating. A team losing by no-show will receive a “C” rating. If a team loses by no-show but gives at least 2 hour's notice prior to game time via email to the VSL Coordinator or phone call to the VSL Coordinator they will receive a “B” rating.

In addition to these rules, all other guidelines not explicitly stated can be found on the USAV – Indoor Rules Book 2023-2025