



Adult 6's Volleyball Rules & Information

This league is governed by [USAV Rules](#) except for the following:

Match Format

- Teams shall have approximately 10 minutes before scheduled match start time to warm up.
- Matches will consist of best two out of three sets in a rally scoring win by two format with the first and second sets going to 25 (cap at 27). The third game, if necessary, will go to 15 (cap at 17).

Volleyball Game/Court Set-Up

- Net height will be set at 7' 11 5/8" for Men's/Coed divisions and 7' 4 1/8" for Women's divisions.
- Each team is allowed one, 1 minute time out per set.
- The serving team for the first game of the match is decided by rock/paper/scissors or a coin flip from the official. The winner taking choice of serve, receive, or playing area.

Check-In/Identification

- **ALL** players who enter the game must check-in with the Scorekeeper before the game.
- Scorekeepers will check-in players according to the roster. Players are required to show an official valid ID such as: Driver's license, ID card, student ID, or work ID. These are all acceptable as long as the ID has the player's name and picture on it. Social media profiles will not be accepted.
- After an ID has been reviewed by the Scorekeeper, the player is required to sign the roster/waiver. A player must only sign in for the first game they play in that season, but an ID is still required for every game to check-in before playing. Players who fail to show proper ID **WILL NOT** be allowed to play.
- Players who arrive late will be allowed to play, however, they must enter the game on a dead ball. Late players must still check-in with the scorekeeper before playing.

Rosters

- Official rosters must be turned in prior to the first game of the first match of the new season.
- Each team is limited to a maximum of 20 players on their roster. If a team has already reached this limit but needs to add another player, they must first remove a player from the roster before adding a new one.
- All roster additions or removals must be made in writing on the roster sheet. Changes may only be made by the team captain or acting captain at the scorer's table.

- Roster additions will **NOT** be allowed after your 5th game played. To be eligible for playoffs, players must play in at least 1 regular season match. If you need to add players after the lock date, you must contact the League Coordinator by 2PM on gameday.
- Player Eligibility: Each team is responsible for the eligibility of their team members. In all divisions, the players must be 18 years of age.

Team Content

- 5 players are needed to play an official game and teams will need at least 4 from their own roster to avoid a forfeit.
- Teams may pull up to two players from the same or lower divisions within the league to help field a team of 6 but cannot pull in order to field a team of 7. If a team has fewer than 5 players, they will forfeit the game.
 - If you need to pull from a team within your same division, they will **NOT** sign your roster. This prevents confusion for playoff roster eligibility as players cannot be listed on multiple rosters.
- We encourage captains that know they will need to pick up players, to check out the free agent list [here](#). You can contact your League Coordinator to assist with this.
- If you know you will be unable to make a game, we also encourage you to contact us as soon as possible so we can inform your opponent and make arrangements with the refs and Scorekeepers.
- Co-ed Leagues:
 - If you participate in a co-ed league, you will use the traditional co-ed 4/2 rules. No more than 4 male players may be on the court at any one time.
 - When playing with 5 players, there must be at least 1 female on the court.
- Liberos are able to be used, but you must bring 7 players as an “iron middle” is not allowed. 2 females must still be on the court at all times. If your libero is a female and you only have 2 total females on the court, your libero has to serve twice. Male liberos are only allowed to serve for one middle blocker.

Forfeits

- Teams will have 5 minutes after start time to field an eligible team of the minimum needed (5). If the minimum number is not met after the first 5 minutes, the 1st set will be forfeited.
- Teams will have an additional 10 minutes to field a team for the 2nd set. If unable to field a team after 15 total minutes, the match will be forfeited as officials cannot hold up a match waiting for a player.
- Any team forfeiting 2 scheduled matches may not be eligible for playoffs. After forfeiting 2 scheduled matches, the League Coordinator/Athletics Office will have the right to drop the team from the league. Being dropped from the league will endanger your opportunity to participate in any future leagues.

Playoffs

- League championships will be decided by a playoff format at the end of the season. All teams will make the playoffs unless you forfeited 2 or more matches during the season.
 - The amount of teams that will make playoffs can change and will be up to the League Coordinator. This can be decided at any time during the season and will mostly occur when there are scheduling conflicts.
- Your playoff team will consist of only players on your roster. You will **NOT** be able to pick up players that aren't on your current roster to field a team for playoffs.
- Winner of the playoffs will receive a championship award.

Protest

- In all questions about rules and disagreements, only the captain or acting captain can approach the official to inquire about the rules interpretation.
- Disagreements with the interpretation of the rules must be brought to the attention of the referee prior to the first service following the play in which the disagreement occurred. If the explanation of the captain (or acting captain) is satisfactory, the referee shall record all data relative to the protest on the score sheet.
- If needed, a decision can be made by the League Coordinator.
- There will be no protest on judgment calls.

Facility Rules and Information

- Basketball Goal: When the ball hits the basketball goal, it will be replayed in the referee's opinion based on:
 - The ball would have landed in.
 - A player could have made a play on the ball had it not hit the goal.
- A serve hitting the basketball backboard is a side out.
- The ceiling is live if the ball stays on the side of the court of which it hit the ceiling.
- When the ball hits the divider curtain, the ball will be declared dead. A player may hit the divider curtain, but not the ball. Players may not intentionally move the curtain before hitting the ball.
- In the event of severe weather, game cancellation decisions will be made at least 1 hour prior to the scheduled start time.
- There are no beverages allowed in the gym area that are not in a sealable container.
- Excessive use of profanity will not be tolerated. Teams who ignore this rule may be asked to leave by the League Coordinator, officials, or ARC staff, which may result in a forfeiture of their game and may result in further action by the League Coordinator.