



Department of Recreation and Parks

SIX PLAYER Indoor CO-REC SIMPLIFIED VOLLEYBALL RULE

REVISED May 1, 2025

1. GENERAL

A. Scores

The winning team must report scores to the site supervisor when each game is complete.

Teams shall check with the site supervisor prior to leaving to assure the correct score were annotated on the score sheet. Teams will be sent updated standings and shall review it. Any mistakes found in the standings must be reported to the Sports Division prior to the next scheduled match; otherwise, the standings will stand as noted.

B. Inclement Weather

In case of inclement weather, call the Sports Information Line at **(240) 314-5055** after 3pm. In case of weekend makeup games, cancellation decisions will be made as soon as enough information is collected to make the decision.

C. Each team should have a copy of the rules and general information at each game.

D. Sportsmanship

In volleyball, as in all sports, one of the great values received is the fun one has played the game. Games that result in poor sportsmanship, uncontrolled emotions, and ill feelings do not foster fun. The volleyball player has numerous opportunities for sportsmanlike play. He/she can call the fouls correctly. When uncertain, call the play in favor of the opponents; and always return the ball to the opponent.

E. Protests

Any protests must be submitted to the Sports Office by close of the next business day. Name(s) of the alleged offenders must be included in the written protest.

****Those in violation are subject to punitive measures by the Sports Office.***

F. Nets

The nets shall be set up by the City of Rockville staff before games played. Any team members found adjusting the equipment after they have been set up will forfeit the first game of the match. The second offense shall result in forfeiture of all three (3) games.

2. ROSTER AND PLAYER ELIGIBILITY

A. Final Rosters

Final roster is due to the Sports Office by the 3rd scheduled game. If rosters are not received by teams will not be able to participate in the playoffs. All players' challenges must be done before the start of the first match when new players introduced into the game. This action must take place with both managers and the site supervisor. **Players may only be register on one roster per league night.**

B. Player Photo Identification

At all times, players must be prepared to show positive proof of identification (Driver's License) upon request/challenge.

C. Player Eligibility

All players must be 18 years old and out of High School.

D. Teams

Teams will consist of no more than six (6) players, three (3) men and three (3) women. A team must have four (4) players to start and continue a game, two (2) men and two (2) women. If teams have only five (5) players they may use the following combinations: two (2) men, three (3) women or two (2) women, three (3) men. A team may not field more than three (3) players of any gender.

E. Forfeits

If a team does not field of four (4) players consisting of two (2) men and two (2) women at ten (10) past the hour, it will forfeit the first game of the match. If a team is still short of players by twenty (20) minutes past the hour they will forfeit the remaining two (2) games of the match.

3. PLAYING RULES

A. Unless modified by this set of rules, all games of the league shall be played in accordance with the rules of the U.S. Volleyball Association (USVBA).

B. Net Height: **The net height shall be 7'11 5/8" at the center of the net.**

C. Games

Teams will play three (3) games an evening. Some teams may be scheduled to play a double header in which they will play six (6) game

D. Warm-ups

From the hour to five past, teams can warm-up. Games will begin at five past the hour. On the hour, teams will leave the court so that the next group can get started.

E. Starting the game

Before the game begins, the two (2) team captains will conduct a coin toss. The winner of the coin toss chooses:

1. Right to serve or to receive the serve or
2. Side of court
3. The loser of the coin toss takes the remaining alternative.

- ***The loser of each game will begin serve in the next game.***

F. Serving

The server will be allowed to release and toss, and as long as the server does not make any attempt to strike the ball, then the server can attempt to reserve the ball. In this rule the ball may be caught or touched by the server. The server will announce the score before serving the ball, announcing his/her score first.

G. Let Serve

If the server hits the net, as long as it lands in bounds it is good. If the ball hits the antenna it is out.

H. Scoring

Rally scoring will be used. Teams will play three (3) games in a match. Games will be scored 4-25 points. Teams must win by two (2) points. In case of 25-25 tie play must continue until a two (2) point is achieved or the first team to score twenty-seven (27) points.

Rally scoring is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. If the serving team wins a rally, they will score a point and continue to serve. If the receiving team wins a rally, they score a point and they must serve next.

When a team uses three (3) hits to return the ball, one (1) of the three (3) hits must be made by a woman.

I. Time outs

Each team will be allowed one (1) thirty second (30) time out per game.

J. Five Player Rule

Open position must be rotated as a ghost position. Side-out shall be declared each time the ghost position rotates in the service position.

K. Four Player Rule

No penalty imposed.

L. Substitutions

Substitutions will be made on a rotation basis, gender for gender. Once the server loses his/her serve and teams rotate, the serve steps out and the substitute enter the back middle position and play continues.

4. POSITIONING

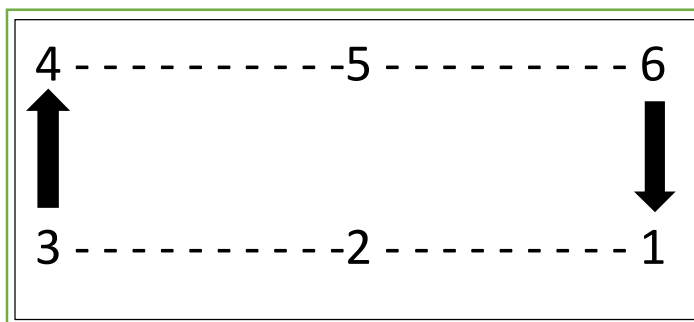
- A.** A team consists of six (6) players. Three (3) in the front and three (3) in the back.

Gender-Based Positioning

1. Alternating Genders: -co-ed teams must alternate male and female players in their rotational order. This ensures that each row (front and back) has at least one player of each gender.
2. Equal Representation: The leagues require that there is a minimum number of players of each gender on the court at all times. For example, requirement is at least 2 female players and 2 male players on the court.

If a team is missing a player, then a “ghost” position is declared and will result in two players of the same gender next to each other. A side out is declared for the “ghost” position’s chance to serve, and all other co-ed volleyball rules apply.

- B. The far-right back row position, when facing the net, is the server position.
- C. After each side out, the team who has won the serve shall rotate one position clockwise. This includes the first side out of the game.



If a team is playing short, they would have less than 6 players. If the team is playing with less than 6 players, then, when a player arrives, that player should enter the game in the middle back position. If the team is playing with 4 players and 2 players arrive and want to enter the game at the same time, then they should enter the game in the middle back and far-left back row positions.

- D. The serving order and positions on the court at service shall be male and female alternated or vice-versa.

5. **VIOLATIONS**

- A. A team may not hit the ball more than three (3) times in an attempt to return it to the opponent's side of the court.
- B. A team may not cause a ball to hit outside the playing area. The boundary lines are considered part of the playing area.
- C. It is a violation to lift or carry the ball. A prolonged contact of the ball in a player's hands constitutes a lift or carry. The ball may be received with open hands as long as it is not caught, held or thrown.
- D. A ball contacting the floor, stage, curtain, wall, bleachers, or center divider is a "dead ball". This results in a point or side out. A ball contacting the ceiling, or any fixture suspended above the court may be played only by the team contacting the ball and only if the ball contacted the ceiling on that team's side of the net.

EX: The second hit by Team A contacts the ceiling above their side of the court, then comes down on Team A's side. Then Team A may use its third hit. If the ball falls on Team B's side of the court it is a point or side-out to Team B.

For safety reasons, the ball may not be played from within the boundaries of the adjacent court.

- E. A player may not go under the net or across the center court area in an attempt to play a ball.

- F. A server will be allowed to take 1 (one) step inbound to serve the ball. The opposing team may not make contact with the served ball until it has fallen below the top of the net.
- G. Back line players are not allowed to block or hit the ball across the net if they are on or in front of the 10 (ten) foot line and the ball is completely above the height of the net.

H. Net Violations

A player may not, at ANY time come in contact with the net whether playing the ball offensively or defensively. The ONLY exception to this rule is when a ball spiked by an opponent drives the net into a player.

I. Legal Contact in Regards to Sides

A player's hand may follow through passed the "vertical plane of the net" to the opponents' side after legally contacting the ball. A defensive player may NOT contact a ball on the offensive side of the court until the ball has reached the "vertical plane of the net".

NOTE: "vertical plane of the net" is that area of the net should the net be extended to the ceiling from antenna to antenna.

Violations result in a point for the non-violating team.

Violations by the non-serving team result in points being gained by the serving team.

Violations by the serving team result in loss of serve, and point given to the non-serving opponent.

6. PLAYOFFS

- A. Unless modified by this set of rules, all games of the league shall be played in accordance with the rules of the U.S. Volleyball Association (USVBA).
- B. Positive proof of identification must be furnished and take placed prior to the scheduled tournament game. A valid driver's license or other photo I.D. are the only accepted means of providing positive proof of identification.
- C. **PLAYOFFS: Any player that participates in a game that is not on that team's submitted roster will disqualify the team from the tournament and the opposing team will advance in the tournament.**
Player Challenges: All player Challenges must take place prior to the player stepping onto the court to play. This action must take place with the Site Supervisor.
- D. The number of teams that advance to the post season tournament, will be dependent on the number of teams in the league
- E. All matches are played as best of 3.
- F. Higher seed will serve first with the lower seed choosing the court side. Except for the championship game which the serve will be determined by a coin flip.
- G. **Seeding**

The seeding of teams is determined as follows.

1. Team record (if teams are tied) then
2. Head-to-Head (if teams are still tied) then
3. Head-to-Head game point differential (if teams are still tied) then
4. Coin flip

7. TEAM FORFEITS

If any teams forfeit 3 regular season matches a team will be suspended from playing the remaining of the league. The team will not be invited to participate in the post season tournament as well as forfeiting any league team fees.

If a player is found ineligible, any game they played in that day will be forfeited. That player must be removed from the game innediately.