



Gameday Sports Leagues © 2019

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Gameday Grass Volleyball Rules

These rules are meant as a supplement to the standard rules of volleyball – three hits on a side, a block is NOT a hit (as this is a 4 player format), you cannot lift or carry a ball, etc. The rules mentioned below are to add emphasis, clarify any areas where GSL rules differ from USAV/ FIVB outdoor rules, or are unique in regards to facility use and safety. Rulebooks (and many other resources and explanations) are available for free download from USA Volleyball. Follow the “Resources” menu tab:

www.usavolleyball.org.



I. Facilities, Equipment, and Player Attire

A. Net Height

Gameday uses a coed net height of 7' 9 7/8" for league play, which is at the midpoint between men's and women's standard competition net heights.

B. Court size

Gameday volleyball uses a standard outdoor court, measuring 16 x 8 m (52'6" x 26'3").

C. Volleyballs

Competition quality outdoor volleyballs will be provided by Gameday Sports Leagues. If both sides agree, teams may use a game ball belonging to one of the teams, as long as it is an outdoor (not indoor) volleyball in good condition.

D. Footwear

Players are encouraged to play in appropriate athletic shoes or barefoot. Sandals, or other casual shoes that could injure other players are not permitted.

E. Jewelry and Hats

Please remove all jewelry out of respect for the safety of other players. Brimmed baseball style caps are permitted.

II. League Format

Gameday Grass Volleyball has several unique rules regarding the coed format and match scoring.

A. Team Gender Ratios

The primary gender rule is that there are to be no more than 2 men on the court for a team at one time, and no fewer than 1 woman.

Acceptable gender combinations for play are as listed below.

- ▶ 2 women and 2 men
- ▶ 2 women and 1 man
- ▶ 1 woman and 2 men

B. Officiating

Gameday Grass Volleyball is self-officiated by the teams playing in an honor system with good sportsmanship.

Teams are encouraged to call their own violations in the run of play. This includes net violations, lifts, etc. Teams also call the ball in or out on their side of the court (while on defense). If an opposing team is making a recurring violation (in the net, for example), a team may call the violation in a sportsmanlike manner, explaining their call or ask the supervisor for assistance. For judgment calls that are disputed, teams are encouraged to replay the point at stake. The GSL supervisor is always available to respond to questions that arise over rules interpretations/ clarifications – but he or she is NOT there to referee.

C. 3 Sets Count

ALL 3 sets will count toward a team's standings – it is not best 2 out of 3. Thus, the third game will always be played even if one team takes the first two games.

D. Scoring

Rally Scoring to 21 points per set, win by 2. There is NO cap on scoring.

E. Match Duration

In order to start the next round of matches on time, matches must be completed in the allotted hour. Generally, teams have no problem completing all three sets in 60 minutes. However, if a 3rd and deciding game is still in progress at the end of the hour, the team ahead at the hour mark is the winner of the match providing that a total of 8 points have been scored between them. The supervisor will have the final word on when the hour is up. Stalling or poor sportsmanship in a long match situation will not be tolerated. *Teams who finish 3 sets within the hour and have even a few minutes to spare are strongly encouraged to start a "for fun" fourth game.* The goal is to play as much volleyball as possible each league night!

III. Rules

Example: You go up to block a ball and touch the net... just barely, and nobody else notices. Please call your own violation.

Example: A player on the other team is new to organized volleyball and constantly lifting the ball with poor technique. Between games, the Captain should ask the Supervisor to observe the match and violations. The Supervisor will correct the player privately (vs calling them out during the match, etc).

As mentioned above, Gameday Grass Volleyball rules are identical to the USAV/FIVB outdoor volleyball rules in most instances. A downloadable version of the rulebook can be found online at www.usavolleyball.org. The following rules are highlighted for emphasis, or because they differ in some respect from the standard rulebook.

A. Gender Rules

This league does NOT use reverse coed rules – play is ‘standard’ as it would be played in either a men’s or women’s match, with the following exceptions.

- ▶ There is **no gender blocking rule**. A male player CAN block a hit attempt in the front row by a female player, and vice versa.
- ▶ **Gender Encroachment:** A male team member should not go out of his way to take a play away from a female teammate. An obvious example is a male intentionally stepping in front of a female during serve receive or while attempting to dig a hard-driven ball. This is a subjective, self-enforced rule, the goal of which is to promote fair play.

B. Serves Touching the Net

Serves striking the net and continuing over ARE in play.

C. Service Attacks/Blocks

A serve may not be attacked or blocked when it is above the height of the net and in the front zone of the court (the area between the two 3m lines).

D. Setting the Serve

A player MAY set an incoming serve during serve receive – if the ball is set cleanly (no double hit or carry).

E. Setting/Double Hit of an Attack

A player MAY set/double hit a hard-driven attack in his or her attempt to dig that attack. An overhand set with a slight double hit is acceptable if the ball is not controlled with any sort of carry – an unintended double hit while digging, either occurring on the arms or body, is also legal.

F. Feet

Players are allowed to use foot saves in Gameday Grass Volleyball. A foot save counts as a hit.

G. Playing a Ball on the Other Side of the Net

For safety, a player MAY NOT follow the ball past the plane of the net (unlike FIVB rules). Once the ball crosses the plane of the net and is ‘out’ a team may no longer attempt to return it to their side of the court.

IV. Sportsmanship & Conduct

The on-site supervisor has FINAL authority to resolve any disputes, make any rulings, interpret any rules as she/he sees fit. She/he can even be wrong, if necessary. Any philosophical issues or rules interpretations can be directed to the office after the matches.

No unsportsmanlike conduct will be tolerated at any time. This is recreational volleyball – fun is the goal. If a player becomes abusive of teammates or opponents, or of the on-site supervisor – they will be asked to leave immediately. Incidents of this type will be reported to the league office, and further suspension may result, where necessary. The on-site supervisor has final authority in all player conduct decisions during league play.

**REMEMBER EVERYONE: THIS IS FOR FUN.
PLAY SAFE!!!**

