



Grass Volleyball Rules & Guidelines

Listed rules are based on a combination of standard USAV outdoor/sand volleyball, AVP outdoor/sand volleyball, USAV indoor volleyball & Stratman Sports regulations. Rules not listed follow general USAV outdoor guidelines.

General Rules—All Divisions

Bring your own volleyball. Only a regulation-sized, properly inflated, outdoor volleyball will be allowed for play.	Poor conduct, such as repeated arguing of calls, foul language, verbal abuse, or physical abuse will not be tolerated and will result in forfeiture of set or match or ejection from tournament.
Tournament director has final word on all rules, regulations, and disputes. Director also may move teams into different divisions, if deemed necessary.	Shoes with spikes are not allowed.

Format—All Divisions

Rally scoring (point-per-serve) will be used. Points per set (game) will vary depending on pool size.	Teams will be placed randomly in pools, except for Open divisions (seeded based on strength).
Pool play followed by playoffs. Teams will be pre-seeded into playoff brackets.	Minimum top 2 teams in pool advance to playoffs. In some cases, all teams will advance.
No tie-breaker sets played. Ties will be broken using the following: 1. Set % of tied team 2. Then, point differential between tied team 3. Then, total points.	Teams will play and officiate as designated on the pool and bracket schedules. Occasionally, teams may be scheduled to officiate their own matches.
All playoffs will be single elimination with best 2 of 3 sets per match.	

Game Play—All Divisions

The winner of a coin flip will choose the right to serve or receive, or the side of the court. Loser of toss selects the remaining choice.	After hitting a ball, player may touch posts, rope, or any object outside the total length of net, provided action does not interfere with play.
During each set (game), each team is allowed 1 timeout of 30 seconds in duration.	There is no center line. A violation occurs only if a player impedes the playing ability of opponent through contact beneath the net.
A served ball may contact the net.	Hair touching the net is not a fault.
A serve may not be blocked. A serve may not be attacked with downward trajectory.	When no antennae are used, the ball must cross between the two poles of the net system.

2s Format / Game Play / Ball Handling

Minimum of 3 sets guaranteed.	Pool play is single-set matches.
The teams switch after every 7 points (Set 1 and 2) and 5 points (Set 3) played.	A "touch" on a block counts as one hit, and the team must play the ball over the net in the next two contacts after such block.
Players cannot receive a serve with open hands that involves finger action.	Players do not have to "rotate" positions on the court, but they must rotate the server.
In Open 2s only, a set ball may not spin more than 1.5 rotations.	In all levels of 2s except Open, indoor setting rules apply relative to the level of play.
A hand set intended for a teammate that travels over the net is legal if the ball is set perpendicular to the setter's shoulders.	Players' shoulders must be "square" with ball when "pushing" the ball over with open hands/fingers (forward or backward motion). Ball cannot be a double hit.
A hard-driven attack (downward trajectory) may be defensively played in any manner, as long as the action is not a lift (i.e., double hits allowed, including actions with open hands/fingers).	An off-speed hit or bump (with upward or downward trajectory) may be played defensively in any manner; however, if open hands/fingers are used, the action must be clean (i.e., no spin, no double hits).
No player substitutions are allowed	Open-hand "tips" are not allowed.

4s Format / Game Play / Ball Handling

Minimum of 6 sets guaranteed.	Pool play is 2 sets per match.
A "touch" on a block does not count as a hit.	Open-hand "tips" are not allowed.
Players cannot receive a serve with open hands that involves finger action.	Players do not have to "rotate" positions on the court, but they must rotate the server.
Indoor setting rules apply relative to the level of play.	In 4s, a hand set intended for a teammate that travels over the net is not legal.
Players' shoulders must be "square" with ball when "pushing" the ball over with open hands/fingers (forward or backward motion). Ball cannot be a double hit.	Player substitutions are allowed. Subs must be registered players on the team's official roster submitted prior to the team's first set. No roster changes are allowed after a team has played its first set. In extreme circumstances, waivers may be granted by the tournament director.
A hard-driven attack (downward trajectory) may be defensively played in any manner, as long as the action is not a lift (i.e. double hits allowed, including actions with open hands/fingers).	Players may be subbed in game in two ways: either using regular substitution rules (per USAV) or the "rotational method" where players will continually rotate in from the middle back position. Coed: Men may sub only for men; women only for women. Both forms of substitution could be used in one set (game), for example, if the female players were using USAV rules, and the male players were "rotating in"; howeverm once
An off-speed hit or bump (with upward or downward trajectory) may be played defensively in any manner; however, if open hands/fingers are used, the action must be clean (i.e., no spin, double hits).	

6s Format / Game Play / Ball Handling

Minimum of 6 sets guaranteed.	Pool play is 2 sets per match.
A "touch" on a block does not count as a hit.	Players must rotate positions and servers.
It is legal to receive a serve in a setting action, provided the action is not considered a lift or held ball.	Indoor setting rules apply relative to the level of play.
In 6s, open-hand tips, dinks, etc. are allowed.	"Back row attacks" will not be allowed as court markings will not be demarcated with 3-meter (10-foot) lines.
A hard-driven attack (downward trajectory) may be defensively played in any manner, as long as the action is not a lift (i.e., double hits allowed, including actions with open hands/fingers).	Player substitutions are allowed. Subs must be registered players on team's official roster submitted prior to the team's first set. No roster changes are allowed after a team has played its first set. In extreme circumstances, waivers may be granted by the tournament director.
The receiving team will rotate one position before its first term of service of each set (game).	
Players may be subbed in game in two ways: either using regular substitution rules (per USAV) or the "rotational method" where players will continually rotate in from the middle back position. Coed: Men may sub only for men; women only for women. Both forms of substitution could be used in one set (game), for example, if the female players were using USAV rules, and the male players were "rotating in"; howeverm once chosen for a set, teams are not allowed to change form of substitution being used.	

Coed Rules Only

Female players must make up at least half of the number of players on the court at all times.	Coed 6s: Teams must line up with male and female players alternating positions.
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Reverse Coed Rules Only

Net Height is 7'4".	No male player may participate in a block.
Player Lineups: You can play with 2 guys & 2 girls. Or you can play with 3 girls & 1 guy, however, you must designate 1 girl that the male rules will apply.	 
Male players may attack the ball from above the height of the net and direct it to enter the opponent's court so long as the ball has an upward trajectory immediately after contact.	

