

A/E VOLLEYBALL INDOOR & OUTDOOR LEAGUE RULES

Last updated March 12th, 2026. Rules with changes are highlighted.

Rules shall be the latest version of the USA Volleyball Official Rules, including the Special Rules Section for Indoor Co-Ed 6's play, except where specifically stated below. **Note, double contacts are now legal on second contacts in USA Volleyball Official Rules, as long as another member of that player's team contacts the ball before it goes over the net. Non-first-contact double-contacted balls that go over the net or are legally contacted by a player on the other team first are still faults.**

1. All players, including substitutes, must complete the online waiver before playing.
2. Each team must field a minimum of 3 players, including at least one female. There is no service or position requirement for women, no maximum number of women on a team, with no women's hit/contact rule in this league. A maximum of 4 men may be fielded at one time.
3. Court boundaries are the green or blue sidelines. The back wall or bleachers are considered the end line. On the back, the floor is in; contact with the wall or bleachers is out. If the ball hits only the floor, it is in. **If it hits the wall and floor simultaneously, or only the wall, it is out.** A player may not use a wall, chair, table, or another person for support while playing a ball unless one foot is on the floor. (Outdoors: boundaries are defined by a rope or webbing marking a 30×60-foot court or metric equivalent.)
4. **No player may step onto or across adjacent courts or touch it with any part of their body — if this occurs, play is dead and the offending team loses the point. This is a critical safety rule. If there are no players or spectators on adjacent courts, team captains can agree to utilize the adjacent courts to the halfway line. Agreement to utilize the adjacent courts to the halfway line must be vocally confirmed before doing so. If the captains do not agree on the utilization of the adjacent court, default to no stepping on adjacent courts. If people begin to use the middle court, revert to no stepping on adjacent courts.**
5. Call "ball on" if a foreign ball enters your court; stop play immediately and replay the point.
6. **Although USA Volleyball permits a player to pass under the net without interfering with an opponent, in A/E leagues, fully stepping over the middle line is prohibited regardless of proximity to opponents. This is a critical safety rule.**

7. All games are played to 25 points, win by 2, with a cap at 27 (first team to reach 27 wins), using rally scoring (a point is scored on every play regardless of who served). Captains shall designate someone each night to circle the winner on the posted scoresheet in the lobby. Either team may circle the winner. Verify the scoresheet before leaving. Results not recorded within 2 weeks of the match may not receive a point; email missed results to aevolleyball@gmail.com. (Outdoors: enter results online; the scorekeeper must do so within 24 hours.)
8. Per current USAV rules, the server is allowed only one toss per serve — a bad toss may no longer be let drop and re-tossed. A serve that touches the net is legal. A missed serve results in loss of point and loss of serve (side out). At Ingraham (indoors), the serve must be initiated within 1 foot of the back line (wall or bleachers). The server **must not take steps before contacting the ball**. If you choose to jump serve, you must jump vertically without forward motion, contact the ball before landing, and momentum must not carry you closer to the net. You may not take any steps toward the net or gather steps before your jump. (Outdoors: one additional toss is allowed to compensate for wind, provided the ball is not caught and drops to the ground before the re-toss. Jump serves must be completed without touching the back line.)
9. The first game begins at the official start time for the division. A five-minute grace period is allowed before forfeiture. A legal team (see Rule 1) must be on the court by the end of the grace period.
10. The last serve of the night is at the stated end time. Win by 2 is not required at time expiration. One additional serve is allowed to break a tie. (Outdoors: there is no time limit. **After August 1**, both captains may agree to stop play when it becomes too dark to continue safely.)
11. A ball spin, coin toss, or rock/paper/scissors (RPS) determines first choices. The winner may choose to serve, receive, or select their starting side; the loser chooses from the remaining option. Teams switch sides when the first team reaches 13 points. Each team should be prepared to provide a game ball. If captains cannot agree on which ball to use, decide by ball spin, coin toss, or RPS. Disagreeing teams may also switch balls when the first team reaches 13 points.
12. Teams may use standard USA Volleyball substitution rules or "rotating in" during a dead ball, at the team's option. The position used for rotating in (e.g., middle back, server) must remain constant throughout the game. A libero may be used as described in USA Volleyball rules: they cannot set in front of the ten foot line, they cannot make attacks from anywhere on the court if the ball is higher than the net, and they can only serve for one player. If utilizing a female libero, they may sub for male players, but the total number of men on the court cannot exceed 4. **You may not play with a libero with 6 or less players.**

13. There are no referees. All fouls — including carries, double hits (miss-sets), and net fouls — must be self-called. Touching any part of the net while in position to block, set, or hit is a foul. Any hard-driven ball, including serves, may be received overhead with open hands, provided the ball is not “caught”. In Levels 1 and 2, carries and double hits are expected to be minimal. If a captain believes the opposing team is not calling fouls, they may call a non-charged time-out to discuss it with the other captain. **The two captains — and only the two captains — shall resolve all disputes on their court. If they cannot agree, the point shall be replayed.**
14. When returning a ball to the other side, roll it under the net toward the serving position — **DO NOT THROW IT OVER THE NET.**
15. Each team is allowed a maximum of two 30-second time-outs per game.
16. The server must call out the score before each serve. When serving, at least one foot must be within one foot of the back wall or bleachers. No steps may be taken before contacting the ball. Jump serves must be executed without steps.
17. A ball may be played off the ceiling, ropes, backboards, or other ceiling-mounted items on your side of the net. However, if the ball contacts any of these items and then crosses the net, it is a loss of point and serve.
18. The bleachers, side wall, and back walls are dead balls. Projecting items such as backboards are a replay if contacted on the serve. If the ball hits the ceiling on the serve, it is a dead ball and a point for the receiving team. For other projecting items, if the ball would have been playable had the item not been there, replay the point; if the ball was clearly sailing out of bounds when it struck the item, it is a dead ball. **If captains disagree on the call, the point is replayed.**
19. All players, including substitutes, must complete the online Waiver Form before playing in any match. Failure to do so may result in forfeiture. In Levels 1 and 2, players may be added to the roster at any time up to 2 weeks before the tournament. One emergency roster addition is permitted after the 2-week cutoff. ID is required at the tournament for roster verification. Each team is encouraged to obtain a copy of the Official USA Volleyball Rules at www.usavolleyball.org.