

Volleyball Rules for 3D Sideouts

All players must be at least 21 years of age.

CANCELLED GAMES: WE DO NOT HAVE RAINOUTS!! LIGHTING ONLY!

Be at 3D Sideouts ready to play or your team will forfeit **NO EXCEPTIONS!! Only lightning during GAME TIME** will stop playing. Games in progress that are cancelled due to will start over unless one team has 15 points and is leading by at least points. ****Make up** will be scheduled by league director either with an extended season, on your league night during open court times, or on your league night. The captain will be notified before the make-up match.

No Outside Food/Beverages/Liquid Containers/Water Bottles allowed.

If You Bring One In You Will Be Asked To Bring It Back To Your Car. Not back In Your Bag!

If any team member is caught bringing in any food or beverage/container the whole team forfeits that night. On second offense the entire team will be asked to leave from the league with zero refund.

Anyone under 21 years of age must abide by curfew and be off the premises by 9pm (Any and all nights). If you have an 8:30pm match, anyone at your watch party under 21 years of age must be off the premises no more than 15 minutes after that 8:30pm match. This is a bar atmosphere.

ROSTERS

1. Each player must sign a roster and waiver BEFORE the first night of play.
2. Rosters for each team may not be changed after the fourth week of play.
3. Rosters are limited to the following amounts: Doubles – 4: Triples – 6: Quads – 8: Sixes – 12
4. Forfeits due to lack of players will cost a team \$5 a game (\$15/match).
5. Games will start at the scheduled time: forfeits will be called for the games at the following increments: five (5) minutes for the first game: fifteen (15) for the second game: twenty-five (25) minutes for the third game. THIS RULE IS STRICTLY ENFORCED.
6. The minimum number of players needed to avoid forfeits are as follows: Doubles – 2: Triples – 2: Quads – 2(equal gender): Sixes – 4 (at least 2 females at all times).
7. Rotations and positions must be followed at all times.
8. Co-ed 6's – 2 females and 3 males are allowed; number of males cannot be more than one over the number of females.

9. Co-ed 4's – 1 female and 2 males are allowed; number of males cannot be more than one over the number of females.
10. No player can be on 2 rosters in the same league. No subbing within your own league.
11. Team captains are responsible for handing in completed rosters. Any rosters not handed in will be considered invalid.
12. Any teams disputing rosters must do so before the match starts. No exceptions!
13. Game time is GAME TIME. Games will start promptly at scheduled time, unless game prior is in overtime. Practice is allowed only if the game before is done ahead of time.

PLAYING RULES

1. No protests: all referee decisions are final.
2. Three games are played every match every week until the playoffs.
3. Rally scoring for all matches with games to 21. There is a 25 point cap on all games. Rally scoring 1st and 2nd games to 21 (cap of 25). 3rd game to 15 (cap of 21)
4. Each team is allowed two (2) twenty (20) second timeouts per game.
5. Service is anywhere behind the back line, within court sidelines.
6. THERE IS NO ATTACKING, BLOCKING, OR SETTING A SERVE.
7. SERVES MUST BE BUMPED!!
8. FIRST BALL OVER MAY BE SET AS LONG AS IT IS NOT LIFTED, CARRIED, THROWN, HELD, OR ROLLING OFF THE HANDS WITH SPIN.
9. First ball double hit rules apply. A HARD driven first ball may be double contacted, BUT NOT LIFTED.
10. All contacts must be clean: at no time will a ball be allowed to be held, lifted, pushed, carried, or thrown. The ball may not roll on or come to a rest on any part of the body.
11. Sets and ball handling calls will be adjusted with league level of play.
12. Players DO have to be square to destination in all 4's Leagues.
13. At no time is any player interference with the net allowed during play, all net violation will be called.
14. Players may cross under the net as long as contact is not made with either an opposing player, the net, or interfere with the play.
15. The ball must cross the plain of the net before it is contacted by an opposing player.

16. Each team is entitled and allowed up to three (3) contacts.
17. Open hand tip attacks are not allowed in any leagues except 6's.
18. All block touches do not count a regular touch (the ball may be contacted 3 times after a block touch: and the same player that blocked the ball may contact it again).
19. After a ball is contacted by an opposing player, the team is allowed an additional three (3) contacts.
20. Back row attack rules apply on all Sixes (6's) leagues (any back row player must be behind the 10-foot line to attack or block the ball).
21. If at any time the ball or any part of a player's body touches the perimeter fencing while trying to make a play on the ball, the play is immediately over, and the ball is ruled out.
22. Referees discretion on all plays not involving or having a perimeter fence.
23. The ball must pass over the net in between the antennas: if there are no antennas, then the ball must go over between the poles.
24. In Sixes (6's) play, if the ball is contacted on your side more than once, a female must contact the ball before is sent over the net. ("Two player rule").
25. Jump serving is not allowed in any recreational leagues.
26. No Outside food/Beverages/Liquid Containers/Water Bottle will be allowed.
27. **Anyone under 21 years of age must abide by curfew and be off the premises by 9pm (Any and all nights).** If you have an 8:30pm match, anyone at your watch party under 21 years of age must be off the premises no more than 15 minutes after that 8:30pm match. This is a bar atmosphere.

Most playing rules are in conjunction with the USAV Rules Handbook; any rules not covered in the house rules will follow the USAV rulebook.

UPDATED:4/29/2026