

Power 2 Play Sports Volleyball Rule Code for Adults

NFHS Rule Code will be used for all events hosted by Power 2 Play with the following modifications/clarifications.

- **COED Reverse 4s (R4s):**

- **Acceptable Men-to-Women Ratios:**
 - 2 men, 2 women
 - 3 women, 1 man
 - 1 man, 2 women
 - 2 men, 1 woman
 - 1 man, 1 woman
 - No “all girls” or “all boys” teams allowed
 - No 3 man, 1 women teams allowed
- **Net height net:**
 - Women’s - 7 feet, 4 ½ inches
- **Minimum player requirements:**
 - Minimum 2 players to begin a set. If the team falls below 2 players, the set is considered a forfeit
- **Specialized match play specific to R4s:**
 - Men attack from backrow and set out of the backrow – no jumping and attacking inside 10 foot line
 - Men can block men – the only time men can jump at the net
 - Women can block anyone and attack from anywhere
- **Contact rules:**
 - No open hand tipping
 - The serve may be received with hands
 - Shoulders must be parallel when setting over the net – no “flip dump” allowed
- **Serving order/Rotations**
 - Teams do not have to physically rotate on the court during R4s
 - Teams must determine a serving order and maintain throughout the match
 - Teams DO NOT need to alternate female and male servers

- **COED 6s:**

- **Acceptable Men-to-Women Ratios:**
 - 3 men, 3 women
 - 2 men, 4 women
 - 1 man, 5 women
 - 1 man, 4 women
 - 1 man, 3 women
 - 4 women
 - 5 women
 - No teams of 6 women nor 6 men allowed
- **Net height net:**
 - Men’s height net - 7 feet, 11 ½ inches
- **Minimum player requirements:**
 - Minimum 4 players to begin a set. If the team falls below 4 players, the set is considered a forfeit
- **Serving order/Rotations**
 - Teams must physically rotate on the court during 6s
 - Teams must alternate female and male servers when an even number of each gender are playing
 - Teams may rotate in a new player into the serving position on each rotation in lieu of regular substitution procedures

- **Format**

- 55 minute matches
- Teams will choose a side when they enter the gym and will remain on that side of the court for the entire match
- Best 2 out of 3 sets to 25 cap at 27 or a maximum of 55 minutes
- Teams may play a 3rd set even if 1 team wins in 2 to enjoy the full 55 minutes of play
 - In this instance, the set will not count toward any records, it’s just for fun

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- **Pre-match conference**
 - o 1 Team Captain per team will meet the R1 for the pre-match conference
 - Winner chooses serve or receive to begin the match
- **NO “Girl Rule”**
 - o A female **DOES NOT** need to make contact with the ball before it crosses the net.
 - o In the event this rule is creating an unfair advantage for any teams, the League Director may add the “Girl Rule” mid-session.
- **Late teams or No Show Policy**
 - o Teams will lose 1 point per minute not to exceed 5 minutes if they have not met the minimum player requirement by the end of the match warm-up
 - o Teams who do not have the minimum player requirements after 10 minutes into the scheduled match time will earn a forfeit
- **Warm-up/Timeouts**
 - o 5 minutes total – net will be shared between teams for attacking and serving warm-up
 - o Each team is allowed 1 30 second timeout per set – Timeouts will **NOT** be granted under 5 minutes left in play
- **Rosters/Substitutes**
 - o Rosters must be submitted electronically to P2P prior to playing in any event.
 - o Substitutes are permitted for league play only
 - Substitutes must be identified by re-submitting the electronic roster form and complete the consent form
 - In the event an “End of Session Tournament” is played, only players identified on the roster after the 4th week of league play may participate
 - o Roster protests will be handled by P2P League Director not the referee on the match. If found in violation P2P will determine the penalty.
- **Game ball**
 - o Before play begins, Team Captains will decide on the acceptable game ball
 - o If the game ball must be replaced, Team Captains decide on replacement ball
- **Masks/Jewelry**
 - o Masks must always be worn by all participants, no medical exemptions.
 - o Jewelry may be worn provided its nature does not present a concern for safety, such as extremely long necklaces, necklaces with large medallions, or large hoop earrings.
- **Bench decorum**
 - o Only rostered players may be on the bench, no spectators
- **Net (player safety)**
 - o Players may **NOT** touch the net at anytime during live ball including support cables up to the standard & antennas
 - o Players may **NOT** cross the center line between the sidelines except with a hand or foot as long as it stays above the centerline
- **Protests**
 - o There are no protests, all decisions will be made by the R1 during the match.
 - o If there is a question on a rule interpretation, the team may take a time out to have it reviewed by the R1.
 - If successful will not be charged the time out
 - If unsuccessful, team will be charged a time out
 - The time out may be longer than 30 seconds to verify a ruling
- **Miscellaneous**
 - o Good luck wave to **start** the match/Good game wave to **end** a match – no handshakes to prevent Covid
 - o After the ball is released for service, it may be caught or allowed to drop to the floor to allow a re-serve.
 - Only one re-serve per player, per term of service.
 - Ball does not need to be tossed/released before contact.
 - Time allowed for service contact – 5 seconds.