

AIA/YAF 2026 Volleyball League Official Rules and Guidelines

General Information:

- Captains are to contact each other prior to their scheduled match to verify if and when teams will be there.
- If the captain or co-captain will not be present at a match, the team is to appoint one Team Representative.
- Games to start @ 6:00 P.M. unless captains agree otherwise.
- Captains (or Team Representative) are the only people who are to dispute a call.
- Wait until play is over until a dispute is made. Do not stop play. If you cannot come to an agreement, play the point over.
- Fields are only available on Tuesday nights. Captains are responsible for contacting other team for make up games. Nets are available by contacting Michael Schmidt - mschmidt@jainc.com or 865-405-1546.
- Team Captains or Team Representatives are responsible for knowing the league rules.
- Captains are responsible for keeping track of wins and losses. Turn scores in by noon on Friday of each week to Michael Schmidt at mschmidt@jainc.com
- Captains (and team members) are responsible for setting up own nets.
- This is a fun social league; the competitive juices do get flowing, but try to remember we're out there to enjoy ourselves.
- All disputes are to go through the captains.
- Teams are to self-discipline. Captains can remind the other team that they are in violation of a rule, but they cannot call a side out on the opponent.
- No violations or instructions may be made from players not on the field of play, I.E. players on the sidelines. That means you, Clyde McSly.
- Captains are reminded to police the language of all team members. Please keep in mind that there are usually children and those having impressionable minds present and it is important for our league to provide a family-friendly atmosphere.
- If a game is to be postponed or rescheduled for any reason, it is the responsibility of the team requesting the change to accommodate their opponent's schedule availability. If the match cannot be rescheduled within the course of the regular season schedule, BOTH teams will be required to forfeit the match.

Teams:

- Each team is to consist of minimum 4 people. A maximum of 4, if all males or 5 or 6 people if you have a female on the court. If a team plays with 5 or 6 players, there must be a female on the court at all teams. Players may be required to 'skip' in the typical rotation in order to meet this requirement.
- Teams are to consist of members of a firm/business the team is representing, significant others and consultants of the firm/business. Additional 'wild card' players may be allowed at the discretion of the captains' committee.
- Players must have signed the roster in order to play. Members can be added at any time, but they must sign their name to the roster before playing.
- Team members may not play on more than one team.
- Team members must be present for 50% of the games to be eligible for tournament play.
- All players less than 18 years old must have their parents sign the release form.
- All matches to be played utilizing Rally Scoring.
 - Rally scoring: Play to 21 or 30 scoring a point for every volley (a side out is scored as a point)
- Play all three games and record wins and losses only.
- If teams have not contacted each other before hand and one team does not show, then the team that showed has the option to make the other team forfeit all three games or to reschedule.
- Captains to flip a coin to decide serve or side. Winner of toss selects serve or side; opponent gets what was not selected. Switch sides and serve for second game and re-flip for final game.
- Volleyballs will be provided. You can use another ball if both captains agree.

Serving:

- Server can serve anywhere beyond the back boundary line.
- Server to call score before every serve. Make sure it's loud enough for other team to hear. Disputes on score to take place after ball is dead, do not stop the play.
- The following constitutes as a service fault:
 - Ball touches pole. Serves that touch the net are in play, as long as they cross to the opponent's court.
 - Ball goes under the net
 - Ball touches a player on the serving team before crossing the net
 - Ball lands outside the boundary on the opponent's side. If the line moves the Ball is in.
 - The server's foot touches the playing field or boundary line before the service is made.
- Serve changes side if a service fault is made or a side out occurs

- A serve can be received by any means that is not an open-handed hit. Spiking and blocking are not allowed on the serve. Setting the serve is allowed as long as the hit is a legal hit – i.e. not a carry, etc.

Rotation:

- Before the start of every game each team needs to set a rotation. This rotation has to stay the same until that game is complete. Teams are allowed to change rotations between games.
- After each side out the serving team rotates one spot in a clockwise rotation.
- Players can rotate in at the serve or at the front left net position or both
- If a player has to leave for an emergency (restroom, unruly child or significant other, child has to use the restroom...) That person can be replaced by somebody else on the team until the emergency is over, then both players are to return to original positions. The same player cannot substitute for more than one player during the game.
- If a player is injured, another player may replace them. If the person wants to come back and play later in that game, then both players go back to original positions
- If somebody shows up late, then they can rotate into the rotation at any time starting at the serve or front left net position.
- The only people that can attack the ball (Spike or Block) are the 3 positions at the net to start the point. You can move wherever you want during a point, but must return to original position before the next service. Players that start a rotation in the back row are not allowed to block or spike.
- The 3 positions in the back row can spike the ball if their feet do not leave the ground.

- The server is always considered to be a back row player and may not block or spike the ball. If playing with 4 players, the other three players may be considered front row and are allowed to block or spike.

Volleying:

- Each side is allowed three hits to pass the ball back over the net.
- The ball may contact the person's body any where above the waist.
- The following are considered an illegal volley and the ball is awarded to the other team or a Side Out:
 - Ball is touched by one player two consecutive times (See Net Play for exception)
 - Ball is hit four times before crossing net (See Net Play for exception)
 - Ball is caught or held momentarily before leaving hands
 - Ball is hit in a scooping fashion with open hands
 - Ball hits the pole before crossing net
 - Ball crosses to other side on the outside of the poles

- Ball lands outside the boundaries on the opponent's side
- If a ball from another court rolls onto the field of play, say "Ball on" to stop play and restart the point

Net Play:

- Blocking and Spiking may only be done by the 3 members that start the play at the net positions
- Touching or crossing under the net is an automatic side out.
- If the ball hitting the net causes the net to hit you then that is not considered a net violation.
- A block is an open-handed attack that does not incorporate swinging at the ball.
- A net position player may block a ball at any time as long as the following rules are met
 - The ball has broken the plane of the net or is in the plane of the net.
 - If the opponent has touched the ball for the 3rd time, the person blocking may reach over the net to block the ball from coming over.
- A block is not considered a hit and the person making an attempt at a block may hit the ball two consecutive times as long as the first attempt was considered a block.
- A block does not count towards the three hits to return the ball over the net.
- A ball that goes out of bounds on a block is considered to be out of bounds on the person blocking the ball.
- Spiking is an open-handed attack with a swinging motion at the ball.
- The ball must have clean contact and release from the hand. If the ball rests on the palm, then it is a side out. (No dunking or changing of direction of the ball flight while it is in your hand)
- Hitting the net on the follow-thru of a spike is a net violation and an automatic side out.
- A player may not interfere with a ball on the opponent's side of the net. However, a ball in the plane of the net is eligible to be hit by either team.
- If two players of opposing teams attack the ball at the same time the hit count goes back to 0 count and whatever side the ball falls on that team has 3 hits to return the ball back to the other side.