



2026 Spring, Summer, Fall League - The Block Rogers

Please ensure each player reads all the rules before the first season game. By including your name, phone number, and email at the bottom of the page, you agree to The Block - Roger's volleyball leagues' rules and regulations.

1. Team Composition

Team Size:

Teams are a minimum of 4 players and a max of 6 on the court.

Gender Ratio:

4-player team: 2 men and 2 women.

5-player team: Either 2 women and 3 men or 2 men and 3 women.

6-player team: 3 men and 3 women.

Roster:

Every person playing should be on your Roster. You can add people to your Roster up to the beginning of the last game. **Roster page to submit is the final page of this.**

Subs:

Substitutions from another team must be approved by the referee and the other team.

Captains: Each team should have a Captain who represents their team when communicating to referees and the sports director.

2. Court Size and Setup

Court Dimensions: The court is 60x30 feet.

Net Height: The net height is set at 7 feet 4 inches.

Sand Depth: The sand is around 12 inches deep.

3. Scoring System

Rally Scoring: We use rally scoring, meaning a point is scored on every rally, regardless of who served.

Set System and Scoring: Regular season matches consist ALWAYS of 3 games to 21 points.

Teams must win by at least 2 points. Cap at 27 points.

4. General Rules

Serve Determination: The game will start with a rock, paper, scissors. The winner determines if they want to serve/receive or side of the court.

Minimum Players: A team must have a minimum of 4 players to start following the gender rule to avoid forfeiting. If all players are not ready within 5 minutes of scheduled game time, it will result in a forfeit.

Rotating Sides/ Serves: Teams will flip sides and serve after each game.

Rotation:

- You must stick to the same rotation the entire set. It must be every other gender as much as possible. If you rotate in people, you cannot exceed the number of men in the rotation listed above in section 1. Meaning if you have 4 men and 3 women, the men can only rotate in for another man.
- Rotation must start at serve, rotating all the way through the setter position, rotating out before serving again.

5. Serving Rules

Serve Rotation: The team serving must rotate every time they win a point after the other team has served.

Serving Order: Players must serve in the order decided before the game begins, and each player serves until their team loses the serve.

Underhand/Overhand Serve: Players are allowed to serve underhand or overhand, but the serve must go over the net within the bounds of the court.

- Only one hand/arm may meet the ball after the ball is tossed or released to serve the ball.
- If the server releases the ball and does not attempt to contact and complete the serving motion, the ref can cancel the rally and allow only 1 replay per serve.
- The serve cannot start before the referee blows the whistle and hand gestures to serve.
- The ball can touch the net on a serve.

6. Play Rules

Hits per Side: A team is allowed up to 3 hits (bump, set, and spike) to get the ball over the net.

Contact Rules:

- A player can't hit the ball twice in succession (except for a block).
- A player must not carry or hold the ball (such as lifting it or pushing it over).
- **Girl Rule: If the ball is touched more than once before going over the net, one of the hits must be from a woman.**

Blocking:

- A player can block the ball, and it does not count against their 3 hits as long as both hands are up for the block. It will be considered a hit, if only 1 hand is up above the net for the block.
- Important Note: A block cannot be performed on the serve. If the ball is served and a player attempts to block, it is considered a violation.
- **A block is not counted as a hit, so if a player blocks the ball, they can still hit it afterward.**

7. Timeouts

Timeouts: Teams are allowed one timeout per set, and it typically lasts 30 seconds to one minute.

Injury Timeouts: If a player is injured, they may request an injury timeout, but the referee may limit this based on league-specific policies.

8. Conduct and Sportsmanship

Code of Conduct: Players are expected to show respect for each other, the referees, and the game. Unsportsmanlike conduct, such as arguing with referees or being overly aggressive, may result in being ejected from the game.

9. Player's Attire

Clothing: Players are encouraged to wear comfortable clothing, typically tank tops, shorts, or sportswear.

Footwear: Players must play barefoot or in socks. No shoes or cleats are allowed.

Players may wear sunglasses, hats, or visors at their own risk.

Jewelry that may cause injury should be removed before play (examples: rings that aren't flat band, dangling earrings)

10. Referee

Referees: Each game is officiated by one referee who is responsible for calling the game's violations, including serving errors, net violations, and scoring.

If the referee is unsure about the call of the play, the play is replayed, and no point will be granted.

11. Playoffs

Playoffs: At the end of the season, teams will play in a single-elimination bracket, with the winner being crowned as the league champion.

Games will consist of the best 2 out of 3 games. First two sets end at 21 points, win by 2 cap at 27. The third game to be played of 15 if necessary, win by 2, cap at 19.

12. New Missed Game Policy

If your team is going to miss a game, it is the absent team's Captain's responsibility to contact the opposing team to notify them. Captain of the absent team must also inform Volleyball Rogers of this change either through [Playpass](#) messaging or [email](#). The contact information for each team's captain will be provided at the beginning of the season. If you'd like to make a "make-up" game instead of the automatic forfeit, Mondays are available. Please let Volleyball Rogers know if both teams agree to a make-up game.

If there are any questions about the rules of the game or policies listed, feel free to contact Volleyball Rogers through [email](#) or [Playpass](#).

Please ensure each player reads all rules before the first season game. By including your name, phone number, and email at the bottom of the page, you agree to The Block - Rogers's volleyball leagues' rules and regulations. Include your subs too, if any.

Email this to volleyball@craftncrew.com once completed, only one player per team is required to submit a roster.

Team Name: _____

MAX 12 ON ROSTER	FULL NAME	PHONE	EMAIL	CAPTAIN/ COCAPTAIN?
1				
2				
3				
4				
5				
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7				
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12				

