



Last Updated: September 2026

Outsiders Volleyball leagues are designed to provide a fun, competitive, and organized playing experience for all teams. The following rules and format guidelines apply to all Outsiders Volleyball events unless otherwise specified by Outsiders staff.

1. League Format

League formats may vary depending on the number of registered teams, court availability, and time constraints. In most events, our leagues will be 11 weeks, 10 weeks regular season, 1 week playoffs.

Outsiders Volleyball reserves the right to modify the League structure if necessary to maintain schedule flow or address unforeseen circumstances.

2. Match Format and Player Requirements

- Matches will be timed **games**
- A **transition period** is provided between matches
- The first set is played to **25 points** (win by 2, **cap at 27**).
- Sets start at 4-4
- The remaining time after the first set is complete, is considered your second set (see **4-Time limits**)
- Score recording is done by the winning team after every SET
- The score recording sheet will be located on the CREW table.

*Please remember to **record the final score for every game** on the score sheet. If no score is recorded, we will have to consider the game a **forfeit for both teams**.*

League staff may adjust match lengths or scoring if required due to time constraints.

3. Start Times & Forfeits

Teams are expected to be ready to play at their scheduled match time.

- A **5-minute grace period** may be allowed at the discretion of League staff.



- If a team cannot field the minimum number of players after the grace period, they will forfeit their first set - **4-25**. After 10 minutes, the team will forfeit the entire match.
 - Minimum number of players is 4 (1 female required)
 - **Maximum of four (4) male players on the court at any given time.**
 - No females = immediate forfeit
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4. Time Limits

To ensure the leagues runs on schedule, matches may be subject to **time limits**.

- If time expires during a set, the team with the higher score wins the set (do not need to win by 2 points during time limit sets)
- If a set is **tied** when time expires, the next point will determine the winner.
- When the buzzer sounds, play out the point - do not stop the rally

League staff will communicate any time restrictions before play begins.

5. Ceiling Rule

If the ball makes contact with the ceiling or overhead objects **above your team's side of the court**, the ball may remain in play as long as it does **not cross the net onto the opponent's side**. Yes, it can bounce around up there...

Overhead objects may include items such as:

- Ceiling structures
- Fans
- Basketball hoops or supports
- Light fixtures

If the ball contacts the ceiling or any overhead obstruction **above the opponent's side of the court**, the play is considered a **fault and the rally ends**.

6. Refereeing

ALL Leagues are self-officated:



- Teams are expected to make fair and honest calls.
 - If disputes arise, reserve or a captain from each team can come to league crew table for staff final decision/ rule clarification
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7. Standings & Tie Breakers

Teams will compete within tiers throughout the league, with movement between tiers based on league results and overall play.

Standings will be available to view on the Outsiders Volleyball website, so you will be able to keep track of your team's progress throughout the season.

POINT SYSTEM

TIER 1

- **3 points** for each set won
- **1 point** for each set lost

TIER 2

- **2 points** for each set won
- **0 points** for each set lost

SWEEP BONUS

Teams that **win both sets** of their match will receive an additional:

+1 Sweep Bonus Point

So, for example:

Tier 1: Win 2–0 = 6 set points + 1 sweep bonus = 7 points

Tier 2: Win 2–0 = 4 set points + 1 sweep bonus = 5 points

SPLIT SETS

If teams split the match **1–1**, the result will simply be recorded as a **tier split**.

The goal of this point system is to keep every set meaningful and give teams an opportunity to continue earning points throughout the night, regardless of the final match result.



8. Weather Policy

As our league is held indoors, regular rain, light snow, or cold temperatures will not automatically result in cancellation. However, Outsiders Volleyball reserves the right to cancel or modify programming when weather or travel conditions create an unreasonable safety risk.

Cancellations may occur due to significant snowfall, freezing rain or ice, dangerous road conditions, severe storms, facility closures, or other circumstances affecting safe travel.

Official cancellations or schedule changes will be communicated through **Instagram (@outsidersvb)** and **Facebook**. If no official cancellation notice is issued, programming will proceed as scheduled.

The safety of players, and all individuals travelling to and from the facility remains our priority.

9. League Staff Authority

Outsiders Volleyball staff have the authority to:

- Interpret and enforce league rules
- Resolve disputes
- Modify schedules or match formats if required
- Remove participants who violate league policies

All staff decisions are **final**.

Questions

If you have questions about league rules or format, please speak with a staff member during the event or contact Outsiders Volleyball via Email.