

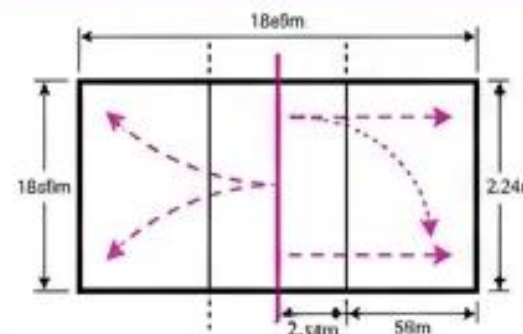


THE OFFICIAL PLAYBOOK

MamaSocial Family (Edizione 2026) –
Rulebook & Game Mechanics Summary.



THE SETUP



6v6 Court Sport

Played over a 2.24m net on a standard 18x9m court.

THE MECHANICS



"Catchball" Dynamics

Instead of striking, players catch, hold (max 1 second), and throw the ball.

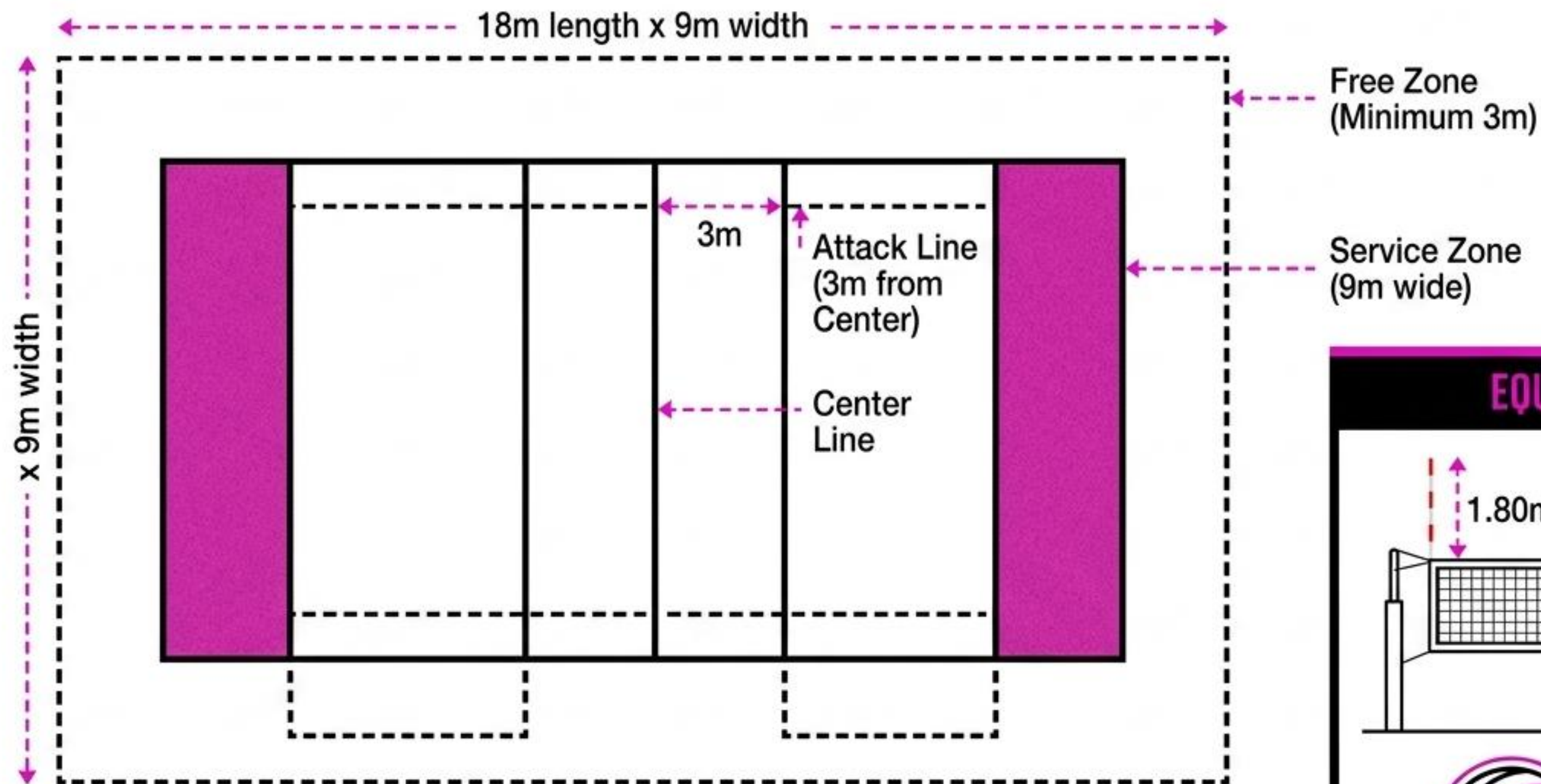
THE ETHOS



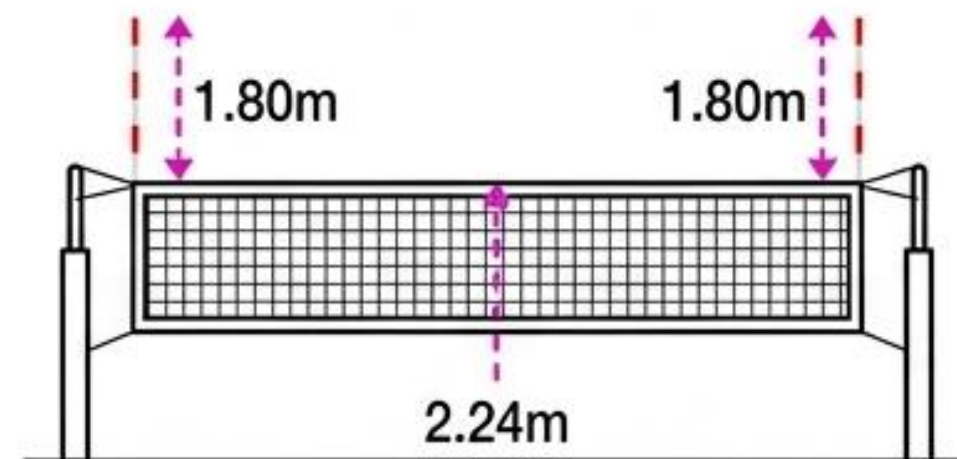
Designed for Women

Fast-paced, tactical, and built on the foundation of "Lo Sport per le Donne."

THE ARENA: COURT & EQUIPMENT BLUEPRINT

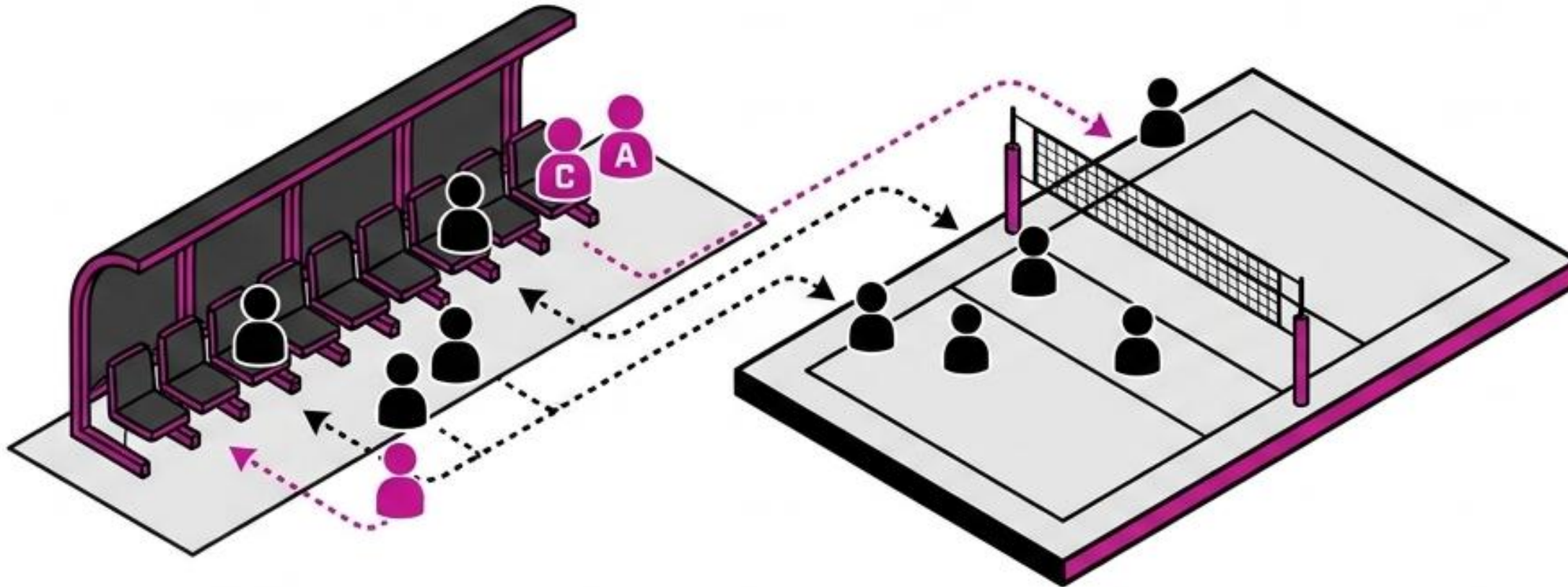


EQUIPMENT PROFILE



The Ball: Size 5,
260-280g, 65-67cm
circumference.

THE SQUAD: TEAM COMPOSITION



ROSTER MATH

TOTAL ROSTER

Max 14 Active Players +
1 Coach + 1 Assistant

ON THE COURT

Exactly 6 players required at
all times. (Fewer than 6 results
in an immediate forfeit).

LIBERO ALLOCATION RULE



THE UNIFORM & GEAR



UNIFORMITY

All players must wear identical matching shirts and matching shorts and shorts. (Exception: The Libero MUST wear a contrasting color).

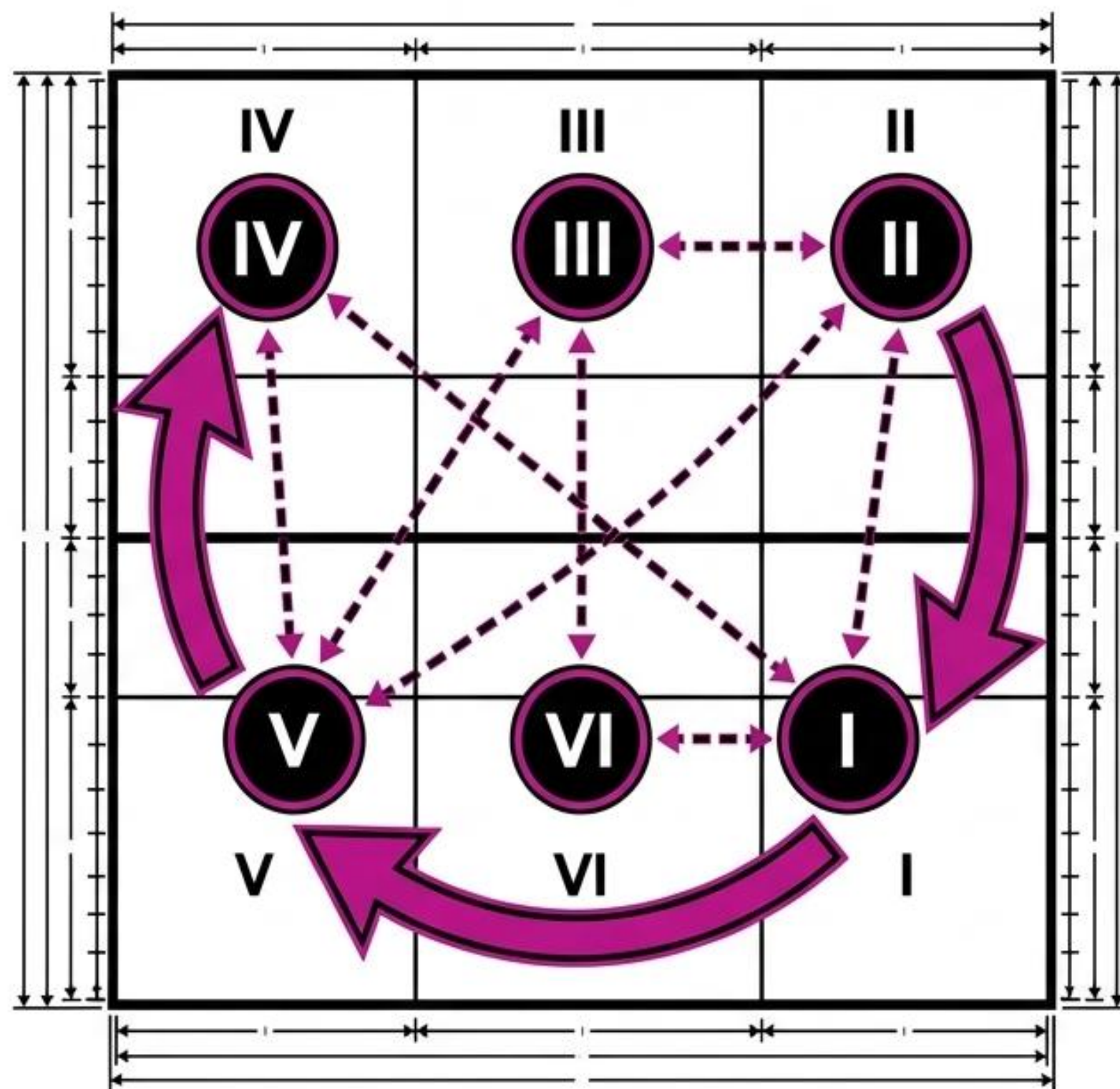
FOOTWEAR

Light, flexible, flat, non-slip shoes with no heels.

SAFETY

No potentially dangerous jewelry (watches, necklaces, earrings).
Glasses worn at own risk.

THE COURT SETUP: POSITIONS & ROTATION



THE SETUP

- Front Row: Positions IV (Left), III (Center), II (Right)
- Back Row: Positions V (Left), VI (Center), I (Right)

THE ROTATION RULE

When the receiving team wins the right to serve, all players rotate one position clockwise. Position II moves to Position I to initiate the serve.

THE POSITIONING RULE

Legal positioning is dictated strictly by feet placement at the exact moment the server tosses the ball. After the toss, players may move freely around the court.

MATCH FORMAT & SCORING



RALLY SCORING

Every serve results in a point, regardless of which team served the ball.

WINNING A SET

First team to 21 points wins the set. Crucial: You must win by a 2-point margin (e.g., 22-20, 23-21).

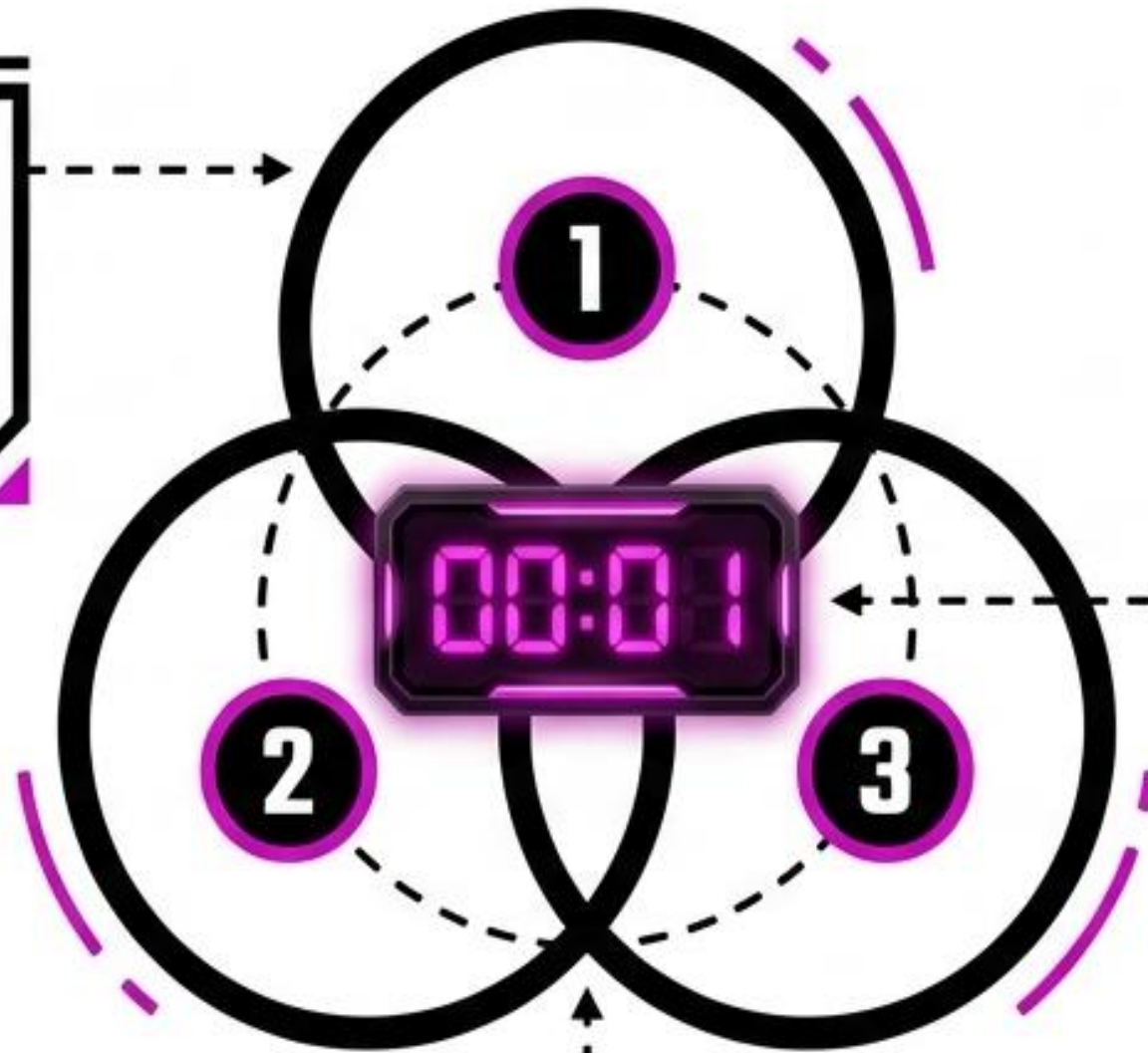
WINNING THE MATCH

Best of 3 sets. If tied 1-1, a Deciding Set is played to 15 points (must still win by a 2-point margin).

CORE MECHANICS: PLAYING THE BALL

TOUCH LIMIT

Maximum of 3 touches per team before returning the ball over the net. (Blocks do not count toward this limit).



THE HOLD RULE

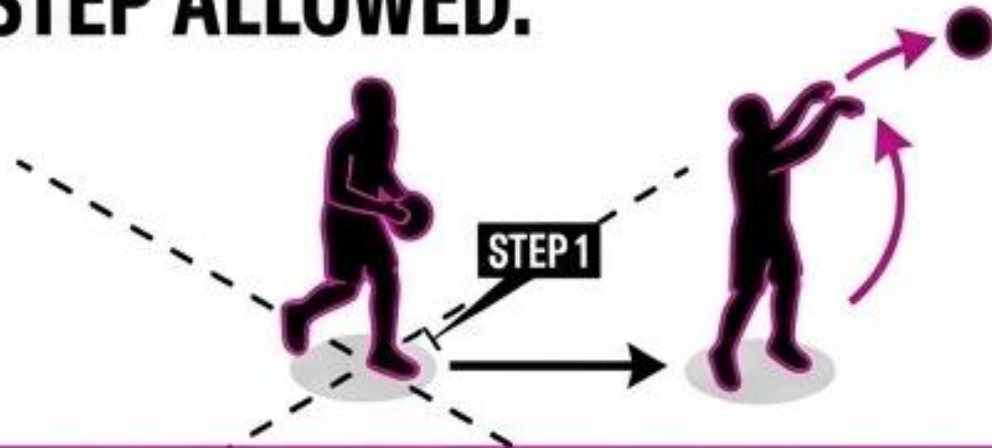
A player may catch and hold the ball for a **MAXIMUM OF 1 SECOND** before throwing or passing it.

LEGAL CONTACT

The ball may touch any part of the body. However, intentionally kicking, pushing, or punching the ball to catch it is an illegal fault.

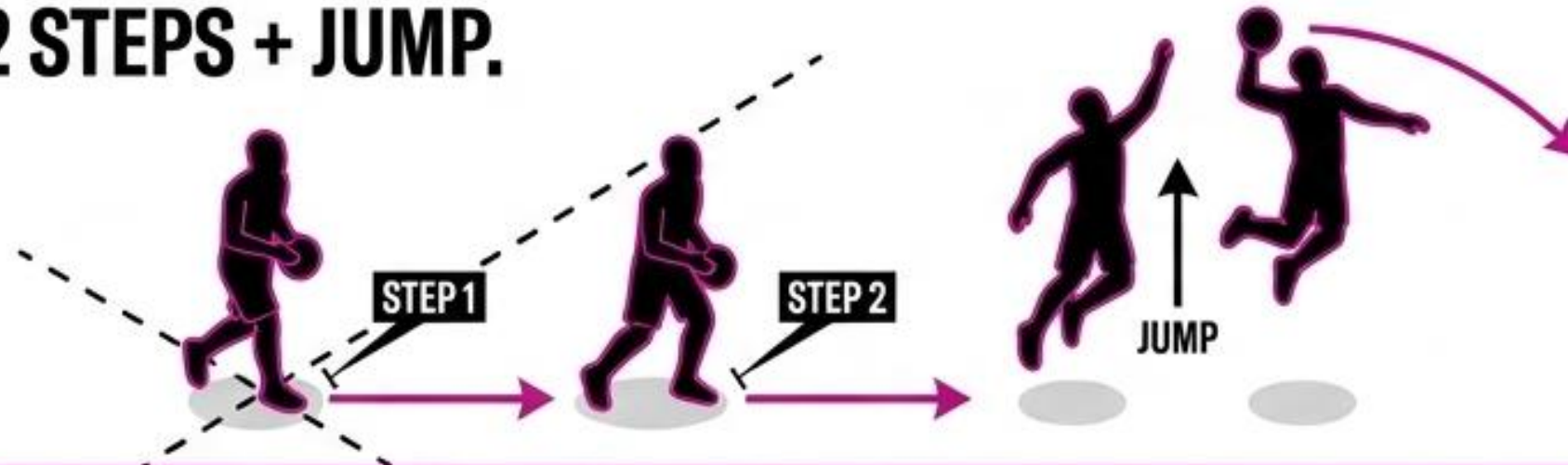
THE MOVEMENT & STEPS RULE (RULE 9.3)

PATH A: 1 STEP ALLOWED.



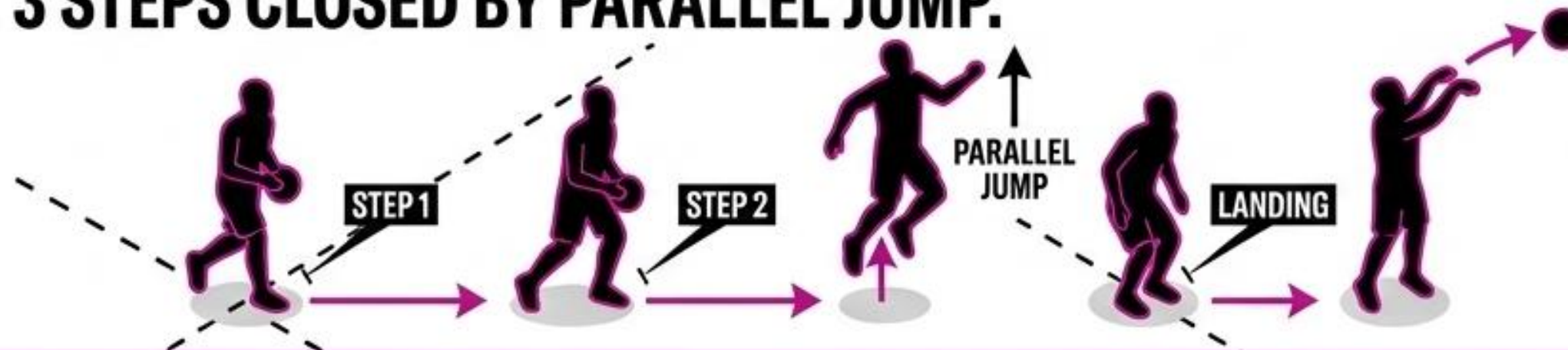
The ball must be thrown before the foot returns to the floor.

PATH B: 2 STEPS + JUMP.



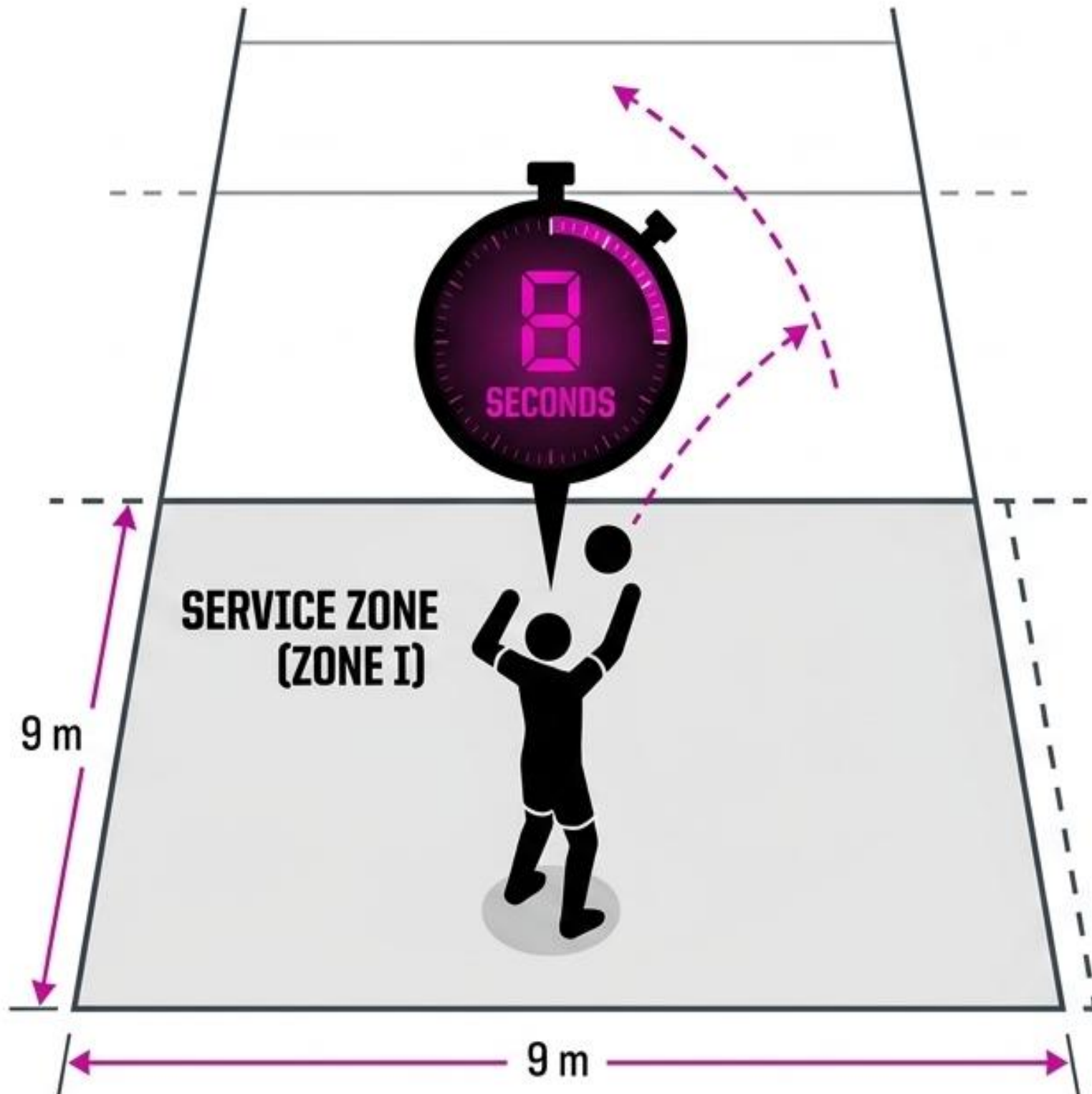
The ball must be released mid-air, before landing.

PATH C: 3 STEPS CLOSED BY PARALLEL JUMP.



The first two steps are for movement, the third is a parallel-feet jump that cannot exceed the second step. The ball must be thrown AFTER landing.

THE SERVICE



LEGAL EXECUTION CHECKLIST

1 INITIATION

Must wait for the 1st Referee's whistle to begin.

2 TIME LIMIT

Exactly 8 seconds to strike the ball after the whistle sounds.



3 THE TOSS

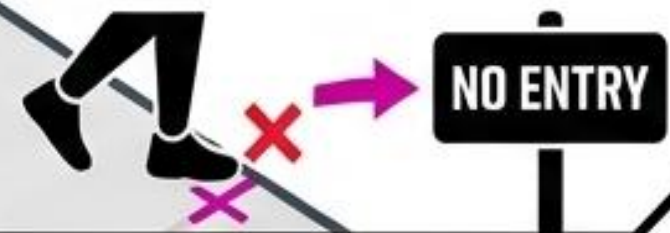
(KEY DIFFERENCE)

Must clearly toss the ball into the air with one **OR BOTH** hands before striking. Dropping the ball without a toss is a fault.



4 BOUNDARY

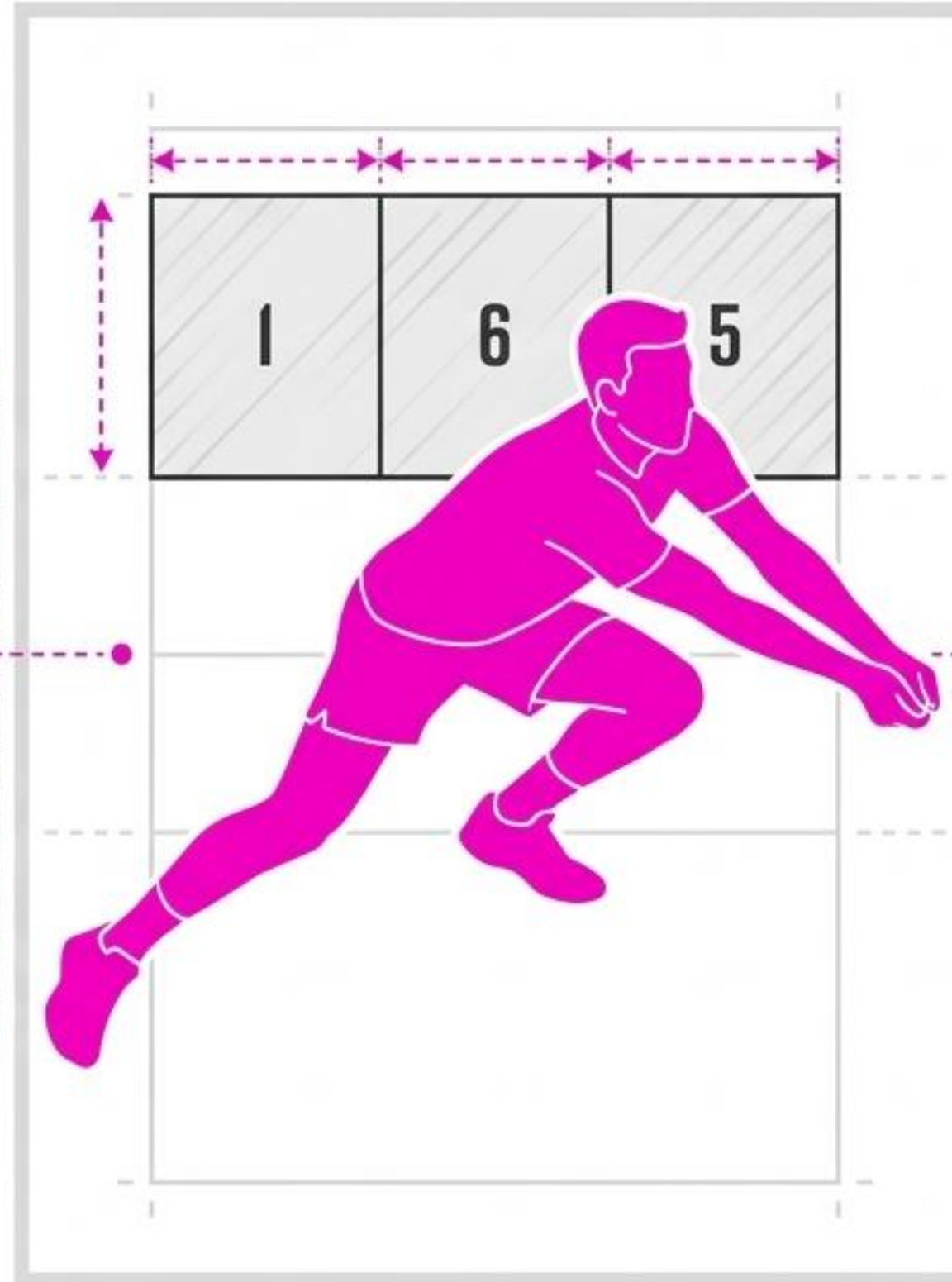
Cannot touch the end line or enter the court until after the ball is struck.



THE LIBERO: DEFENSIVE SPECIALIST

ALLOWED ✓

- Specialized back-row defender.
- Unlimited substitutions (does not count toward team's 6 subs).
- May replace any back-row player while the ball is out of play. (Must sit out 1 rally between subs).



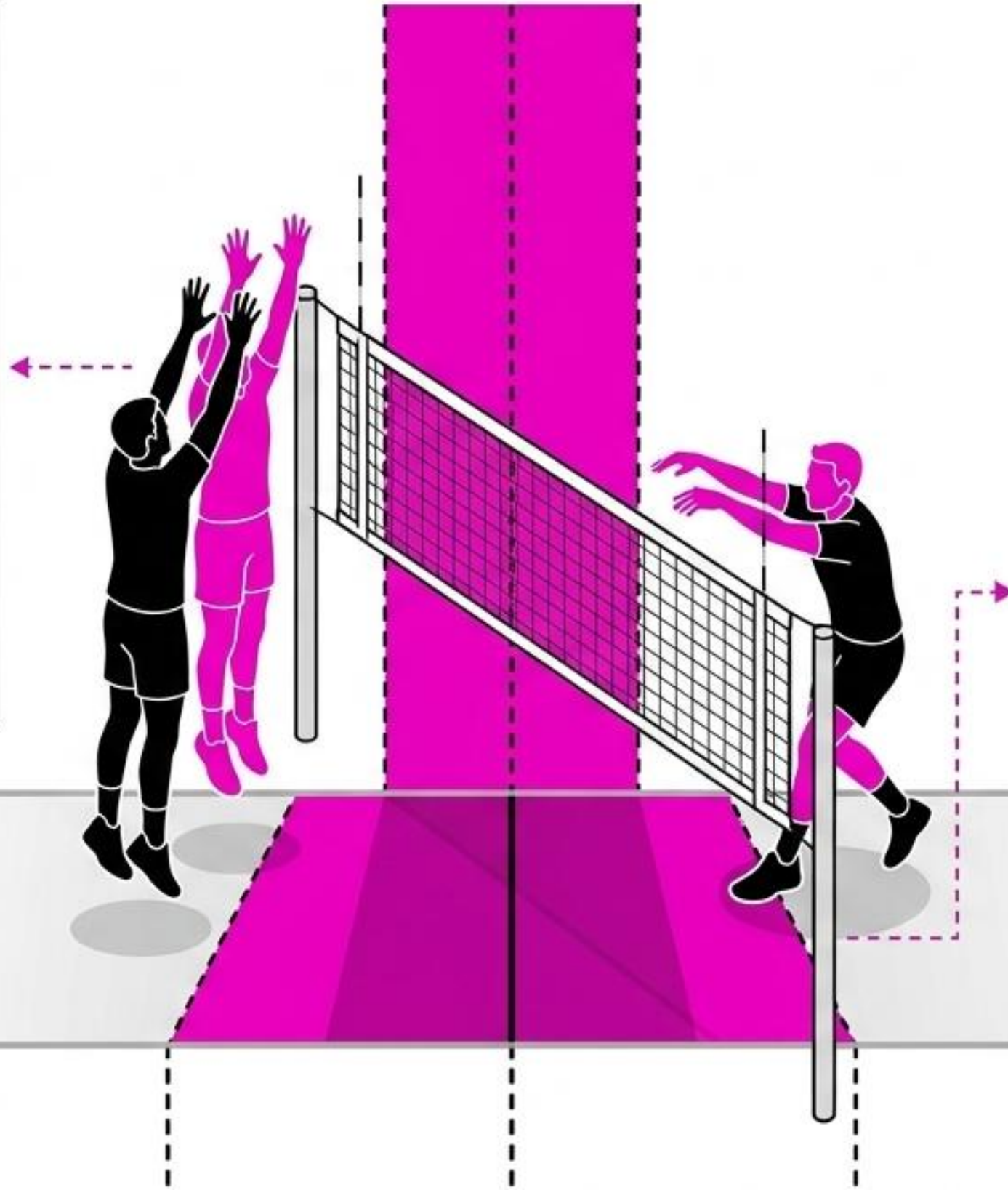
FORBIDDEN ✗

- Cannot serve.
- Cannot block or attempt to block.
- Cannot complete an attack if the ball is entirely above the top of the net.
- Cannot act as the Team Captain.

ACTION AT THE NET: BLOCKS & INVASIONS

THE BLOCK

- Executed by front-row players only.
- Multiple rapid touches by one or more blockers count as one single action.
- Block touches **DO NOT** count toward the team's 3-touch limit.



INVASIONS

- **Over the Net:** Hands may cross over only AFTER playing the ball (follow-through), provided it doesn't interfere.
- **Under the Net:** Feet or hands may cross the center line only if a portion remains touching or directly above the line.
- **Net Touch:** Touching any part of the net during play is an immediate fault.

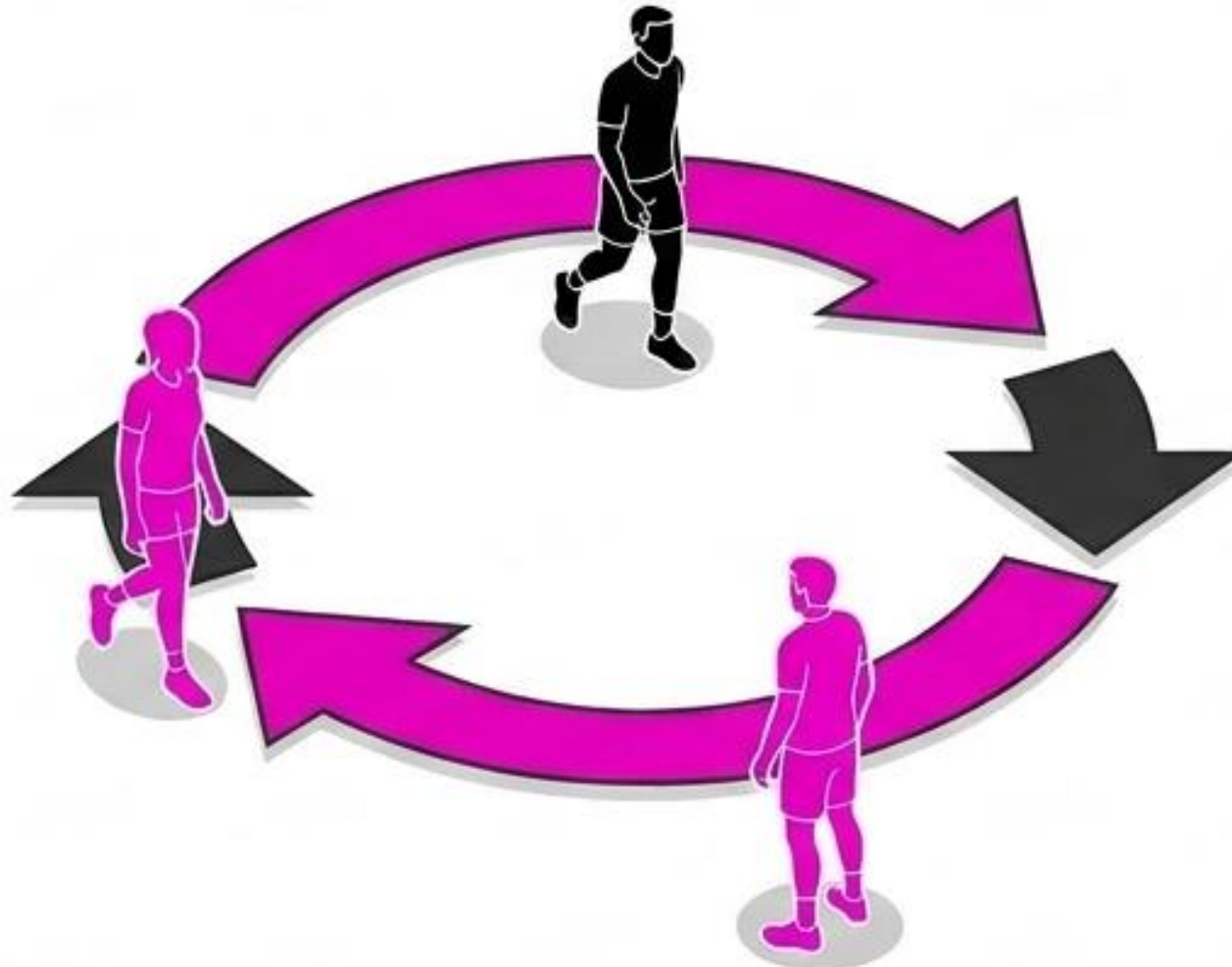
INTERVENTIONS: TIMEOUTS & SUBSTITUTIONS

TIME-OUTS



- Limit: 2 per set.
- Duration: 30 seconds each.
- Must be requested only while the ball is out of play.

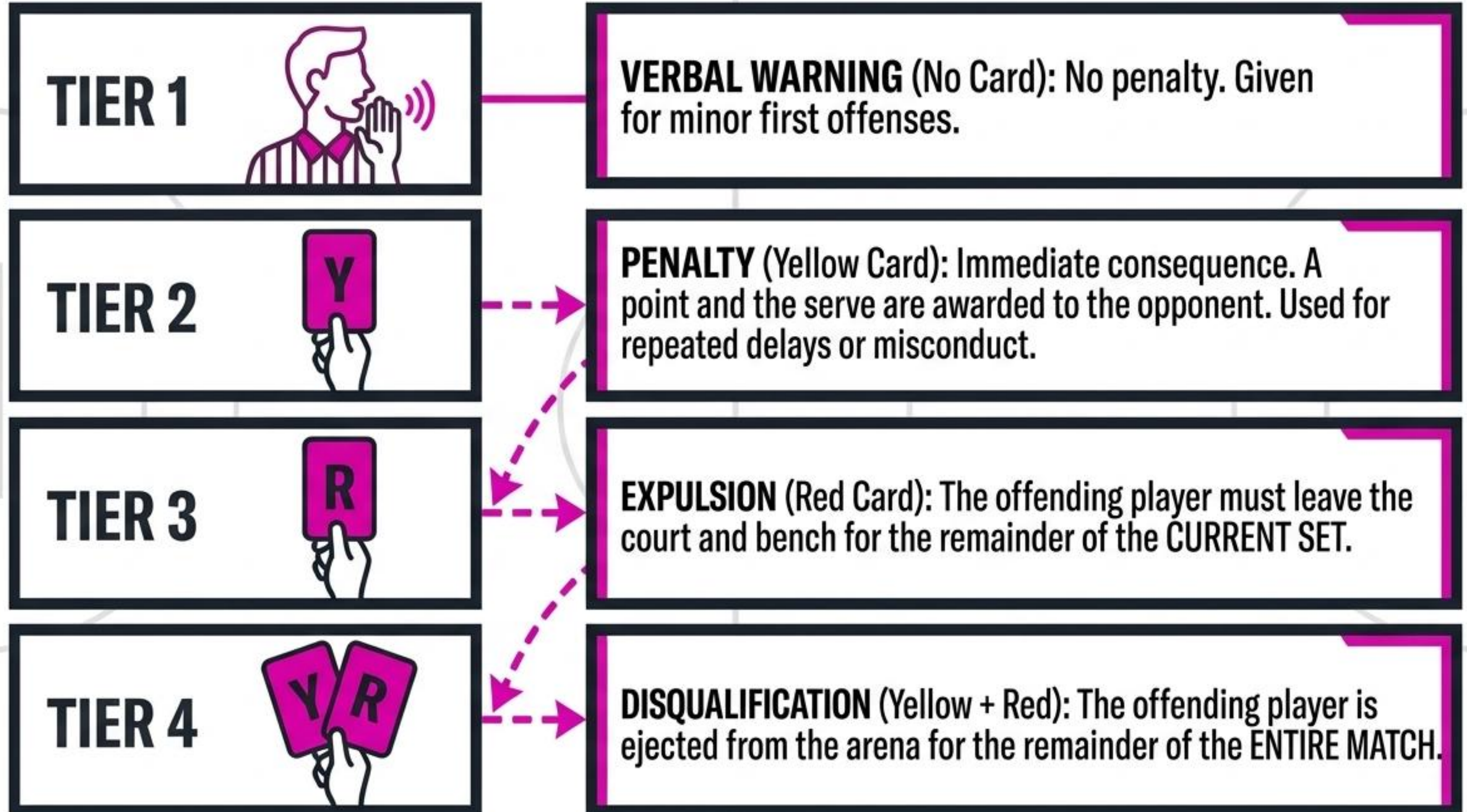
SUBSTITUTIONS



- Limit: 6 standard substitutions per set.
- **THE LOOP RULE:** A starter can leave and re-enter exactly once per set, but only to their original position.
- A bench player can enter once, and can only be replaced by the original starter they subbed in for.

(**Note:** Exceptional substitutions are allowed for severe injuries if standard subs are exhausted).

DISCIPLINARY MATRIX: CARDS & PENALTIES



THE OFFICIATING CREW

1ST REFEREE (THE STAND)

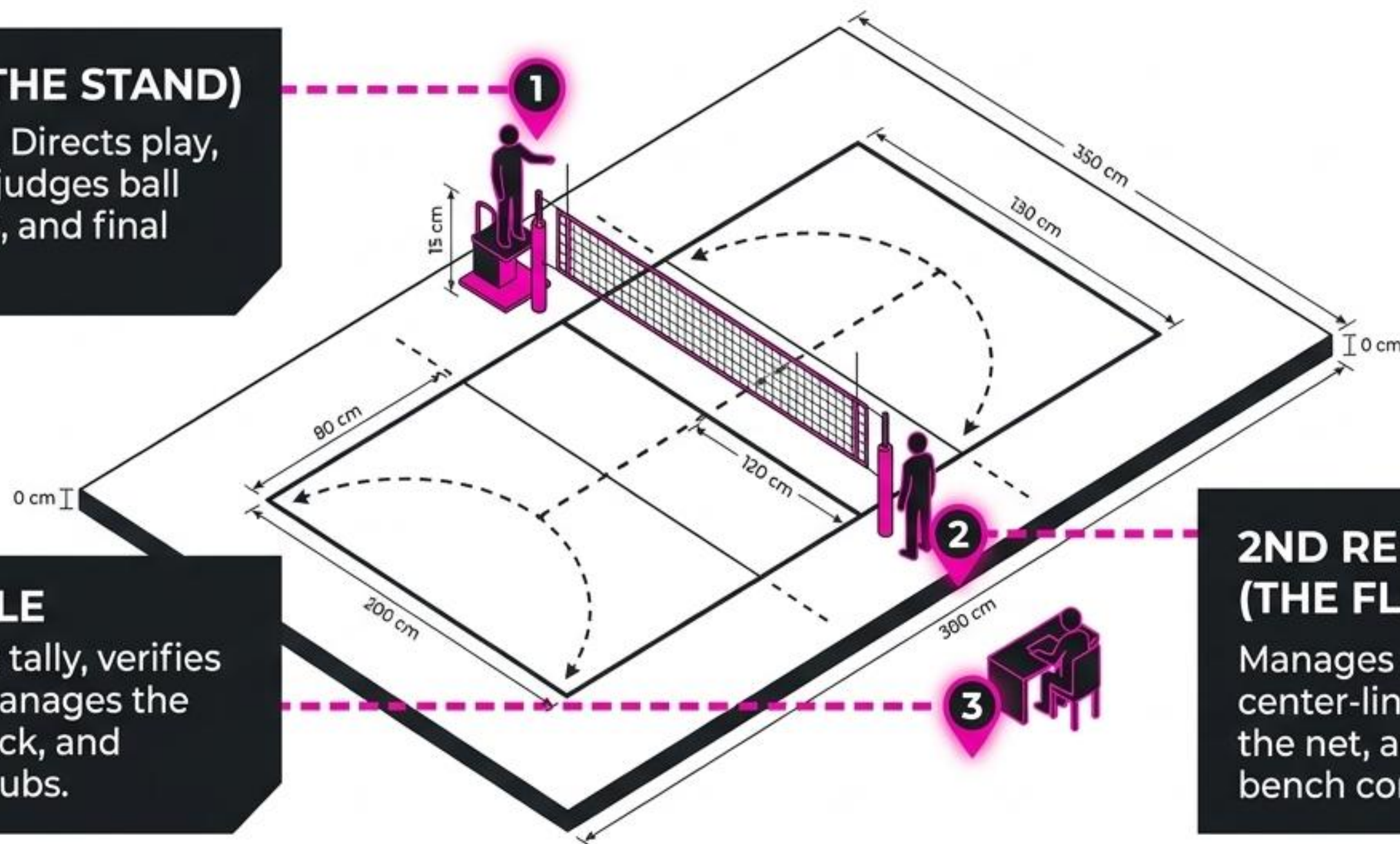
Ultimate authority. Directs play, whistles for serve, judges ball in/out, net touches, and final decisions.

SCORER'S TABLE

Tracks the 21-point tally, verifies rotational order, manages the 8-second serve clock, and records timeouts/subs.

2ND REFEREE (THE FLOOR)

Manages substitutions, center-line faults under the net, and monitors bench conduct.



CRUCIAL COMMUNICATION RULE: ONLY THE DESIGNATED 'CAPTAIN IN PLAY' IS PERMITTED TO SPEAK TO THE REFEREES TO REQUEST CLARIFICATIONS.