

The Colony Parks and Recreation Department

Adult Volleyball Rules



Revised 8/29/2024

All league games will be played in accordance with the current National Federation of High Schools (NFHS) Official Guide, with the following modifications... if it isn't listed below, please consult the NFHS guide.

I. Equipment:

1. T-shirts or jerseys will be provided by each team.
2. Shoes must be athletic style designed for use on indoor playing surfaces. No black soled, "turf shoes", or open toed footwear may be worn at any time.
3. **NO JEWELRY MAY BE WORN AT ANY TIME DURING A GAME.**
4. Officials may ban any equipment that they deem as unsafe or illegal.
5. Official game ball, regulation net, scorekeepers, scoring equipment, and officials will be provided by the Parks and Recreation Department.

II. Rosters:

1. All players must be at least 16 years of age
2. Teams can have up to 12 players on their roster and can add and delete players at any time
3. Rosters will be kept at the gym with the facility supervisor, additions to rosters must be done before games begin that week
4. Teams are permitted to temp loan / share players if the other team is short for purposes of limiting forfeits. During playoffs teams are permitted to temp loan / share only female players, in the event a team is short female players.
5. Loan / share players must sign a roster addendum for the new team prior to playing with that team. Roster addendum will be available with the facility supervisor
6. Roster will be locked after the final week of the regular season, players may not be added for the playoff

III. Court Regulations:

1. The net shall be 7 feet 11 inches.
2. A serving area will be 30 feet wide and provided behind the base line on each court side. A service violation will occur if the server's foot touches the line before contact with the ball.
3. Any ball that comes in contact with any part of the ceiling (including curtain) will be fair as long as it does not cross or touch the net, provided that the ball remains in the involved team's court and they have plays remaining.

IV. Playing Rules:

1. A grace period of 5 minutes will be allowed.
2. All games will be played by rally scoring rules. Every time the ball hits the floor a point will be awarded. There will be a point awarded with every side out; (i.e. a point will be awarded with the change of serve.) If the serving team makes the point, they will retain service. Serves may be played off the net as long as the ball goes over the net to the opposing team's side.
3. An official match shall consist of three games. The first team to win two games shall be the winner of the match.

4. All games will play to twenty-five (25) points (win by two points), whichever comes first. The third game if necessary will only be played to fifteen (15) points. A team must win by two (2) points or cap at thirty (30) points. On the third game a team must win by two (2) points or cap at twenty (20) points.
5. A team shall consist of Six (6) players, but may begin the game with four (4) players.
6. There must be at least two (2) females on the court at all times.
7. At the moment of the serve, all players except the server shall be within the team's playing area and have contact with boundary lines or center lines, but no part of the player's body may be outside those lines. When a side-out is awarded to a team, that team shall rotate clockwise one position (front row rotates right, back row rotates left).
8. A player must receive the serve by bumping or setting, spiking the ball prior to this will be called "attacking the serve" and will result in a point for the serving team.
9. First service will be determined by the winner of the coin toss. The other team will have choice of court side. The second game will begin with the original first game receiving team serving first. The third game will begin as the first game began (coin flip, etc.)
10. The player serving will receive one chance to serve the ball in play.
11. Service may be performed underhand or overhand as long as the ball makes contact with the body only once (no double-bump).
12. **Substitutions:** Substitutions may take place at the coach's discretion during rotation only.
13. **Time Outs:** Each team is limited to two (2) 60 second time outs per match. The time-out will begin once recognized by the official and end when the official signals.
14. **Intermissions:** The time period between games will be at the official's discretion. Play will begin when he/she signals.

V. **League Seeding:**

1. In case of a tie for award positions at the conclusion of the season, the following tie-breaker procedure will be used:
 - **These tie breakers will be used to determine team standings:**
 - i. Winning percentage
 - ii. Head-to-head
 - iii. Total point differential
 - iv. Total points against
 - v. Lowest Number of Forfeits
 - vi. Coin toss
 - Teams will be removed from the league if they forfeit 3 games in a row or forfeit a total of 4 games in a season. Decisions regarding removal of teams will be left up to the discretion of the Athletics Supervisor.

V. **CONDUCT/SPORTSMANSHIP ZERO TOLERANCE POLICY:**

- Ejection of a player, coach, etc. may result from remarks to or about opposing players and officials, or anyone who commits other acts that could be considered unsportsmanlike. Penalty will be ejection from game and grounds, including parking lot. Player has 1 minute to leave the facility or the offending player's team will forfeit. Any player ejected from a game will receive an additional (1) game suspension. The additional game suspension will be the next played game by the player's team. Any players ejected for a second time during the season will be suspended for the remainder of the season. Note: the aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation based on the player's attitude and actions decided by the recreation supervisor. A player that is ejected or suspended may not be at the facility under any circumstances during his/her suspension.

- Physical assault or verbal threats of any kind by a player or spectator on an umpire/scorekeeper or another player or spectator will result in immediate removal of that player or spectator from the game and grounds by police, and will be suspended from The Colony league. The umpire may forfeit the game if attacked physically by any member or spectator. Members ejected for fighting will be suspended immediately from league play for a period of 1 yr. from date of incident (no exceptions). Prior to re-entry, the player(s) must contact the Athletics Supervisor/Coordinator who will make the final decision whether the player will be allowed in the league. Harassment of an employee at any time can result in being suspended from the league, as decided by the Athletics Supervisor/Coordinator. Any person that physically assaults an umpire/parks and recreation staff will be charged with assault.

VI. Protests:

GAME PROTESTS

Game protests shall be made in writing via protest form to the Colony Parks & Recreation's Athletic Department. All protests must be accompanied with a \$50.00 cash payment. If their protest is upheld, the fee will be returned. Judgment calls by the official shall not be protested. Protests of any other type shall be made at the time of incident.

PROTESTS

- Umpires will work to settle all situations on the field/court.
- Protests will be allowed for age violations & rule interpretations only.
- Protests must be declared to the official and to the TCPARD Staff on duty immediately following the dispute.
- If a call to be protested is the last recorded out of a game or on a game ending play, the protest MUST be filed prior to the official and the protesting team leaving the field/court of play. No protest will be allowed following the game. Officials and League Staff will rule on all protests and their decisions shall be final.
- A protest based on a play which involves an official's judgment shall not be permitted
- Any team coach or other adult leader who withdraws a team from the playing field/court under any circumstances prior to the official completion of the game shall forfeit all rights to protests as prescribed in this section.

If you would like to follow up on a Protest or if there are any questions, comments, or concerns;
Contact: playtcsports@thecolonytx.gov

The Colony Parks and Recreation Athletics office reserves the right to add, delete and amend its adult volleyball rules and regulations at any time for the betterment of the league.

