



ADULT VOLLEYBALL LEAGUE RULES

Spring 2026

ROSTERS

Rosters must be submitted via TeamSideline by the first game. Teams who do not turn in their roster may not be placed on the schedule at the discretion of the Recreation Supervisor; teams may also be subject to forfeit without a legal FRRPD roster. Teams may add players on their roster until the halfway point of the season (3rd week of regular season games).

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to know the rules and abide by them. It is also every player's responsibility to respect and cooperate with the officials. It is the responsibility of the team manager to ensure proper behavior on the part of his/her team's fans. The team manager is ultimately responsible to the FRRPD staff for all the above. All infractions will be governed by the Players Code of Conduct.

Friendly competition and good-spirited rivalry are expected. However, facility staff are FRRPD employees and will not tolerate verbal abuse or physical threats directed at them or other participants, coaches, and/or spectators. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. FRRPD staff may forfeit games if either team's participants or supporters act in such a way as to interfere with proper conduct of the game.

GENERAL

Conversations with FRRPD staff will be kept to a minimum. Team managers, and only team managers, should address the FRRPD staff. Managers may only address matters of rule interpretation or essential game information and must do so in a courteous manner.

Players may be asked to remove jewelry, clothing, shoes or any other accessory deemed unsafe by staff.

BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

Schedules, Standings, League information is all available at: teamsideline.com/frprd

RULES

Player Eligibility

1. Players must be a minimum of 15 years of age to play. Players between the ages of 15 and 17 must have a Player Permission Form signed by a parent /guardian. Forms are available on Team Sideline under Downloads.

Game

1. Net Height: Coed 7'8
2. The maximum number of players on the court is six. Teams may play with as few as four players for it to constitute a legal game.
3. Each team is allowed five minutes to warm up. Game time is fifty-five minutes unless otherwise noted on your schedule. Teams may use the court for the full fifty-five minutes if their match ends early and time before the next game permits.
4. Each time is allotted one minute in between each set.
5. If a team does not have enough players at game time, they will automatically forfeit their first set. The clock will start for 15 minutes. Once the clock expires, if enough players are on the court, the last two sets can be played. If there are not enough players, all three sets will be forfeited. Teams may still use the court to scrimmage/practice if they choose- however, they may not use an official.
6. "Rock, Paper, Scissors" will decide if you want to serve or receive (choose your side), team's alternate serve to start each new game regardless of who won or lost.
7. Games: Two sets to 25 points and the third set to 15 points. Rally Score is used. Teams must win by two points. All three sets will count in the league standings.
 - a. If the game scores are tied and there is no time left for the third set, it can be played to 5 points.
8. Substitutions: When a team rotates, the last server rotates out, and the substitute takes their position in the center back. A substitution can be made when a player is removed due to an injury.
9. Time-out requests: A timeout may be requested while the ball is dead (not in play). Each team is allowed two 30-second time-outs per full game. Injuries are not included as timeouts.

SCORING/SERVING

1. The rally score will be kept. When a team commits a fault, the result is a loss of the rally, and the opponent shall receive a point. If the serving team wins the rally, it scores a point and continues to serve, If the receiving team wins the rally, it scores a point and gains the serve.
2. A served ball that hits the net and goes over is a "Let serve" It is legal to do in Recreational and Competitive Volleyball. The ball has to contact and cross over the net between the antenna poles.
3. The right-back player is the server. A server must serve from anywhere behind the back boundary line and not touch this line until after the ball is hit; otherwise, it is a violation.
4. Replay: the act of putting the ball in play again without awarding a point or side out. A replay can be called on an official's mistakes, a foreign object entering the court, an injured player, double fouls, a trap ball, and any other reason at the official's discretion.

ROTATIONS/ SWITCHING POSITIONS

1. **Every player on the team must serve.** The player in the right back corner is always the server.
2. Each time a team gains serve, it must rotate one position clockwise before serving, regardless of if it is that team's first serve. Failure to rotate, or rotation out of turn, will result in loss of serve. The server must wait for the official's whistle before each serve.
3. When a team rotates, the last server will rotate out and the substitute will take their position in the middle back. A substitution can be made when a player is removed due to injury.
4. Players may switch positions only after the ball is served. After a dead ball, players must return to their original positions, until the ball is served again. Players will rotate in the middle back only (for substitutions).

VIOLATIONS

1. A player may not block or spike/attack the serve.
2. Legal hit ball: The ball must be clearly hit. A legal hit involves contact with the ball by a player's body—including the foot--which does not allow the ball to visibly come to rest or have prolonged contact with the player. Your team may hit the ball up to three times on your side of the net, but the third hit must go over the net to your opponents, including any kicks.
3. A set is defined as an overhand pass that has equal contact with both hands but does not have prolonged contact.
4. Players can have double contact (not two separate attempts) on any first ball over.
5. Out-of-bounds: A ball is out of bounds and becomes dead when it:
 - a. Touches a wall or any objects mounted to the wall, or backboards.
 - b. Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension.
 - c. Touches the floor completely outside the court boundary lines (if any part of the ball hits the boundary line it is considered in)
 - d. Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas.
 - e. Touches the net cables or net not completely inside the antenna.
6. A back row player on or in front of the attack line (10ft. line) cannot contact the ball above the height of the net and complete the attack, if they do this will be considered a back row attack. Back-row players may not participate in a block, this is a back-row attack.
7. During serve: Serve out of turn before the referee's whistle.
8. During net play: Contacting the net, touching, or going under the net is a violation. If a player's foot goes under the net it has to be completely across and not touching any part of the center line to be considered a violation. When the ball is driven into the net causing it to touch an opposing player- no violation has occurred.
9. No player may reach over the net or touch the net.
10. A player shall not contact the ball which is completely on the opponent's side of the net unless the contact is a legal block. See below.
11. Blocking a ball that is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - a. The attacking team has completed its three allowable hits.
 - b. The attacking team has had the opportunity to complete the attack or, in the referee's judgment, directs the ball toward the opponent's court.
 - c. Ball is falling near the net, and, in the referee's judgment, no legal member of the attacking team could make a play on the ball.

12. When a player contacts the ball simultaneously with an opponent, it does not constitute one of their team's three hits.
13. A violation is called when the ball is played more than three times on one side. A block does not count as one of the team's three hits.
14. An illegal hit is called when the ball visibly comes to rest or has prolonged contact with the player.
15. Scooping, throwing, lifting, shoving, or catching the ball, touching or going under the net is a violation.
16. A player may cross the extension of the center line outside the court at any time provided they do not interfere with play by the opposing team or interfere with games taking place on other courts. While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

COED VOLLEYBALL LEAGUE RULES

1. Teams shall be limited to six players on the court at a time. There cannot be more than three men on the court at any time. The number of men may equal the number of women, but not surpass it. There is not a requirement for minimum number of male players on the court.

Recreation Coed League:

1. Male players must equal the number of female players and cannot surpass; please see rule #1 above.
2. A woman does not have to touch the ball each time it is over the net. Please ask FRRPD staff to clarify if you have any questions.
3. Overhand serves may be used by men and women players.
4. Serving order and position on the court is an alternation of men and women. Exception: a shortage of male players.
5. If a man blocks at the net, his hands may not cross the plane of the net to block. No penetration.
 - a. Any forward motion of the hands or arms when contacting the ball will be declared a driven ball and not a blocked ball.
6. Men can only jump to spike if they are behind the 10-foot line.