



WINTER 2026 ADULT COED VOLLEYBALL RULES AND REGULATIONS

ONLY WATER ALLOWED IN THE GYM.

PLEASE DO NOT BRING FOOD OR SOFT DRINKS INTO THE GYM. THIS APPLIES TO PLAYERS AND SPECTATORS.

1 LEAGUE MANAGEMENT

PROGRAM COORDINATOR: Eva Daliana | W: 541-754-1706, C: 503-877-2224 | eva.daliana@corvallisoregon.gov

- A. The Program Coordinator has final authority to make decisions pertaining to all volleyball league rules, regulations, and schedules; to act in the best interest of the City of Corvallis; and to make decisions in the spirit of competitive balance and fair play.
- B. Upon registering as a team in leagues coordinated by the City of Corvallis, each team and all participants agree to abide by Parks and Recreation's rules and regulations.
- C. Parks and Rec staff and officials may stop, postpone or cancel any game due to weather, unsafe conditions or other circumstances that may jeopardize participant safety in anyway, including games in which player behavior is deemed out of control.
- D. Parks & Recreation is not responsible for player's valuables. Please store them securely.
 - 1. If you need to check our lost & found outside of game times, contact the Program Coordinator, NOT Cheldelin Staff. A time may be scheduled to check our items, if needed, before the next day of matches.

Parks & Recreation Sports Management TeamSideline Page:

<https://www.teamsideline.com/sites/Corvallis/home>

1.1 FEES

- A. All teams must pay the league entry fee at the time of registration.
- B. Deadline to request a refund: Five (5) business days prior to the first game of the season.

1.2 TEAM CLASSIFICATIONS

- A. The Program Coordinator has full authority to take measures they deem necessary to create balance among the leagues in order to involve as many teams as possible in the program. The primary goal is to create divisions that are evenly balanced and enjoyable.
 - 1. Past team performance may be considered during league composition.
 - 2. Number of returning and new players may be considered during team classification.

2 ELIGIBILITY AND PARTICIPATION

2.1 PLAYER ELIGIBILITY

- A. All players must be at least 18 years of age and out of high school. High School students are not eligible to play in the adult league.

2.2 ROSTERS

- A. To be eligible, players must be added (invited) and “enrolled” on the official team roster through TeamSideline prior to playing in any league games. Failure to comply subjects a team to forfeiture of games in which ineligible player(s) participated.
 1. **Initial roster deadline is the Friday before your first pre-season game; November 28th, 2025.**
 2. Teams must have a minimum of 6 players on their roster. Rosters are not limited to a maximum number.
 3. New players may be added to rosters after the initial roster deadline date through TeamSideline.
 4. **The final deadline to add new players is Sunday, February 15th, 2026.** After the deadline, appeals to add players solely for replacing injured team members must be submitted to the Program Coordinator.
 5. [TeamSideline “How To” Document for Managers.](#)

2.3 TEAM COMPOSITION

- A. A team consists of 6 players (3 males & 3 females), but may start with a minimum 4 players on the court. Less than 4 players will be a forfeit.
 1. If a team has **four or five players**, at least two of the players must be female and two players must play in the back row.
 2. If a team has **five players**, all players must play and the vacant position will be treated as if a player is playing the vacant position. Exception: When the vacant position reaches the right back position (serving position), a second rotation will occur without penalty.
 3. When a team plays with **four players**, a female must play in the front row at all times. They may not bring a player from the back row to hit. They may bring a player up to set or block.
 4. There is no maximum number of females that can be on the court.
- B. Participants may only play on one (1) team in the program. All players must be on the team roster to participate.
- C. If a player decides to transfer to another team, the team managers must agree. A written release from the previous team manager and must be submitted to the Program Coordinator.
- D. Ineligible Player: A team using an ineligible player(s) will automatically forfeit the match. Only players that are listed on the team roster are allowed to play in the program.

3 LEAGUE PROCEDURES

3.1 GAME LENGTH & SCHEDULES

- A. The league consist of a round robin schedule with matches played once a week. Schedules will be posted on TeamSideline.
- B. Teams play best 2 out of 3 matches in a 1 hour time slot.

- C. Teams will have a 3-5 minute warm up time prior to the start of a match. Once a match is completed, teams must be off the court 5 minutes prior to the next scheduled match.
- D. The game starts with a coin toss, the “home” team on the schedule calls it.
- E. All matches must be completed even if the match goes past the time limit.
- F. Any team unable to field a complete team of rostered players at scheduled game time will forfeit the first match. The second match will be a forfeit if a team is unable to field enough players 10 minutes after scheduled game time. The allotted playing time, however, may be used by teams involved for an unofficial match.

3.2 OFFICIALS & SITE LEADERS

- A. Selection of Officials - Officials shall be assigned by the Program Coordinator.
 - 1. The official shall be final authority during game period.
- B. The gym will have a Site Leader who will be in charge of the program in the gym. The Site Leader reports to the Program Coordinator.

3.3 STANDINGS & PLAYOFFS

- A. Final standings shall be determined on a win/loss record. In case of any tied records, the tie-breaker will be determined by:

1. Winning Percentage	5. Total Points Against
2. Head-To-Head	6. Total Points Differential
3. Hea-To-Head Differential	7. Lowest Number of Forfeits
4. Total Points For	8. Coin Toss
- B. At the end of the regular season, there will be a playoff to determine the champion for each division. The top ten (10) teams in each division qualify for the playoffs.
 - 1. If there are less than 10 teams, all the teams make playoffs.
 - 2. Playoffs are a single elimination bracket.
- C. For playoffs, all players must be listed on a TeamSideline roster by the deadline and will need to present a photo I.D. to the Site Leader before each playoff game.
 - 1. Accepted forms of ID include a driver's license, school ID, or passport. The ID must have a full name, photo, and be current (not expired).
 - 2. Please arrive early to allow time for these checks.
 - 3. Players not listed on your roster or do not have a valid ID will not be allowed to play.
 - 4. Team rosters will be available on-site for clarifications regarding player eligibility.

4 GENERAL RULES & SCORING

[2025-27 USA Volleyball Indoor Rulebook \(USAV\)](#) will govern league play with the following exceptions:

- A. USAV has some rules specific to COED volleyball (page 105) including: *When the ball is played more than once by a team, a female player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.*

1. Contact of the ball during blocking action does not count as one of the three team hits. Therefore, after a block, a male player may play the ball back over the net as such contact would be considered the first team hit.
- B. The server does not have to release the ball from the non-hitting hand when serving and hitting the ball.
 1. When serving from the bleacher side of the gym, the server may take 1 step into the court to complete their serve.
- C. All serves that hit the net will remain live. If the ball hits the floor on the opposing side, untouched, and is inbounds, a point will be scored for the serving team.
- D. A team may substitute according to United States Volleyball Association Rules or they may rotate players (male for male, female for female) at any position, but not both, for the entire set.
- E. Any player in the net during a live ball when it interferes with the play, is a fault and a point is awarded to opposing team.
- F. In an effort to improve the officiating during match play, players are encouraged to make "Honor Calls." These are calls that the official could or did not see and is looking for help on.
 1. Examples of "Honor Calls": Line calls; players touching the net; touches on blocks.
 2. "Honor Calls" should improve the officiating and integrity of the matches and create better sportsmanship in the program.
- G. Rally-point scoring will be used in all games. Sets will be played to twenty-five (25) points in sets one and two with a cap of thirty (30) points; fifteen (15) points in set three with a cap of twenty (20) points. Teams must win by two (2) points. If a team reaches 30 or 20 points the two-point rule is waived. They may win by only one (1) point.
 1. Rally scoring means a point is scored whenever a team wins a rally.
- H. Scores and standings will be posted on TeamSideline on each division's schedule page.
- I. If there is a score discrepancy, it must be resolved before the official(s) leaves the floor. Once the official(s) leaves the floor, the score is final.

4.1 FORFEITS, POSTPONEMENTS, PROTESTS

- A. Notify the opposing team manager and the Program Coordinator at least 24 hours in advance that your team is going to forfeit a game.
- B. There shall be no postponement of games unless made by the Park and Recreation Department. In case of snow, freezing rain or school closures please call 541-766-6921 after 3 p.m. to check status of your game.
 1. If games are canceled due to weather or school closure, they will be rescheduled if possible.
- C. Protests must be filed in writing with the Park and Recreation office, or emailed to the Program Coordinator, no later than 24 hours after the match in question.
 1. Protests may not be filed on an official's judgment, but only on rule interpretation.
 2. A protest must be made to official and Site Leader at the time of infraction.
 3. Written protests must include names of teams, date, game, score, and explanation of action leading up to the misinterpretation.

5 BASIS FOR DISQUALIFICATION

- A. Use of obscene or profane language at games or in the gym area.
- B. Destruction of property at the site of league play.
- C. Any player or manager showing unsportsmanlike conduct toward other players, officials, or spectators will be disqualified from that match and automatically suspended for one (1) game. The Program Coordinator will determine if a multi-game suspension is merited and will determine the length of the suspension.
- D. If a player is ejected or disqualified, they must leave the gym immediately. The Official has the authority to forfeit a game if a player refuses to leave the gym.

6 USE OF FACILITY

- A. Participants or spectators are not to enter the building before the Site Leader arrives.
- B. Participants or spectators are not to leave the gym, loiter or run in the halls.
- C. There will be NO SMOKING anywhere on the school premises.
- D. Do not bring food and soft drinks into the school building. ONLY WATER IS ALLOWED IN THE GYM!**
- E. Regulation athletic shoes must be worn. Please check shoes to be sure they do not leave marks on the floor.
- F. Use of School Facilities - We are fortunate to have the excellent support of the 509J School District, school and administrative staff. Therefore, we must exercise care and not allow the facilities to be misused.
 - 1. Any problems that you might encounter concerning the use of the facilities should be reported to the site leader and Program Coordinator immediately.
 - 2. We hope that by adhering to these few simple rules, our working arrangement with the School District will be enhanced, thereby providing us the best recreation program possible.

7 MISCELLANEOUS

- A. Notify the Program Coordinator of any potential scheduling errors. The Parks and Recreation Department will make every effort to resolve logistical issues.
- B. Blood Rule: When blood is visible, the game will be stopped to allow for quick dressing of wounds. Wounds must be covered and no blood can be visible before player may return to play.
- C. Jewelry may be worn provided its nature does not present a concern for safety, such as extremely long necklaces and/or necklaces with large medallions, or large hoop earrings (USAV 4.5.1). Determination of whether a piece of jewelry is unsafe will be made by the official.
 - 1. "Extremely long necklace" is defined as if the Player's hand and wrist can fit between through the necklace that is being worn.
 - 2. "Necklaces with large medallions" is defined as anything that is attached to a legal necklace that is more than two (2) inches in any measurement.
 - 3. "Large hoop earrings" is defined as any item that is attached to the ear, that is more than one (1) inch long, from the ear in any direction.
- D. Play at your own risk. All players are responsible for their own insurance coverage. The City of Corvallis does not provide accident insurance for league participants or spectators.