



FALL 2025 / SPRING 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 full 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.
 - 1. Official team rosters must be completed on TeamSideline, this serves as P&R participant waiver.
- B. Participants may only play on one (1) team in the program.
- C. Rosters are not limited to a maximum number.
- D. New players may be added to the roster anytime throughout the season.
- E. [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.
- F. Participants may only play on one (1) team in the program. All players must be on the team roster to participate.
- G. 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.
- H. 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 shall 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. There will be no officials. Teams will officiate their own matches.
- E. 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.

3.2 GENERAL RULES & SCORING

[2023-25 USA Volleyball Indoor Rulebook \(USAV\)](#) will govern league play with the following exceptions:

- A. USAV has some rules specific to COED volleyball (page 121-124) 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. 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.
- 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 game.
- E. Postponement of matches: There will be no postponement unless made by the Parks and Recreation Division. A written request for postponement must be made at least 48 hours in advance. Both managers of the teams involved must agree upon the change or the matches must be played. If a team postpones a match, it will only be rescheduled if they affect league standings.
- F. 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.
- I. Scores and standings will be posted on TeamSideline although there are no playoffs.

3.3 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, staff, or spectators will be disqualified from that match and barred from further participation upon action taken by the Program Coordinator.

3.4 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 and 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.

3.5 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).
- 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.