



CITY OF DENTON  
Co-Ed Adult Volleyball League Rules  
*\*revised 1/2025\**



All league games will be played in accordance with the current National Federation of High School (NFHS) Official guide with the following modifications. The City of Denton Parks & Recreation department reserves the right to add, delete, or amend the rules and regulations or policies for the betterment of the program.

**Coaches: Please go over these rules with your team members.**

I. **Roster:**

- A maximum of 12 players may be carried on a roster. Adding of players to a roster must be done before the last scheduled league game. Rosters, will be frozen after the least league game.
- A player cannot be on two or more team rosters.

II. **Game Play:**

- Each team must have at least 4 players on the court in order to play, maximum of 6 players. Teams playing with less than 6 players will take a side out when the missing players' spot reaches the serving position. **Exception: If BOTH teams agree to opt out of the "ghost rule" then the game can be played without it. This cannot be reversed if either team's agreement results in a loss.**
- At least two women must be on the court at all times. Men and women must be in alternating positions on the court. If there is more than one hit, one of the hits must be by a woman. If your team is short a female player, your team may have 3 men and 2 women on the court but not 4 men and 2 women.
- Players must be at least age 16, all players under the age of 18 must have a parent complete a child waiver prior to playing in their first game. All players are responsible for bringing their driver's license (DL) in case of a roster protest. If they do not have their DL and there is a protest, they will be disqualified from that game.
- Due to player's safety, no jewelry of any kind is allowed to be worn during play.
- **Please note:** Jump serving is not allowed in the recreation league.
- **Regular Season Matches:** Each match will consist of 3 games, rally scoring. Games 1 and 2 will be played to 25 points. Game 3 will be played to 15 points. All 3 games, (not the best 2 out of 3), will be played during the regular season. Each regular season match will be allotted 55 minutes, when the time expires, the score will stand as is, no more play will occur. You must win by 2 points.
- **Playoff Matches:** Playoff matches will be the best 2 out of 3. Playoff matches will be scheduled to start every 45 minutes as a guide for the schedule; however, there is no time limit for playoff matches. Games 1 and 2 will play to 25 points, rally scoring. If a game 3 is necessary, it will play to 15 points, rally scoring, regardless of time. You must win by 2 points.
- Each team will be given 3-time outs per game.
- Substitutions may be made during a dead ball or by signaling time out.

III. **Forfeit Rule:**

- Game time is forfeit time. (Teams may use their 2-time outs before the forfeit will be called.) After this point, game 1 of 3 will be called a forfeit. After 10 minutes, game 2 of 3 will be called a forfeit, and after an additional 10 minutes, game 3 of 3 will be called a forfeit. (During playoffs, once game 2 is called a forfeit, the entire match is declared a forfeit.)
- If you win back to back seasons in your division, you will be required to move up to the next highest division for at least one season before moving down again. If there is not a higher division, you can remain in the same division.
- Please help us keep the gym clean by making sure your team and family and friends watching the game pick up all their trash out of the bleachers before you leave!

**CITY OF DENTON  
PLAYER'S CODE OF CONDUCT**

**WHEN THE GAME IS OVER THE OFFICIAL STILL HAS JURISDICTION OVER THAT GAME. THIS JURISDICTION EXTENDS TO BEFORE,  
DURING AND AFTER GAMES AND COVERS ALL PLAYERS/FANS**

The following applies to all sections: "Player" means **any** participant, i.e., player, team member, coach, manager, scorekeeper, or fan. "Official" means **any** umpire/scorekeeper or Denton Parks and Rec. staff.

1. **No Player May:** Refuse to abide by an official's decision, threaten an official, or at any time lay a hand upon, push, shove, or strike an official.  
**Penalty:** Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended for at least the remainder of the current season, and possibly next season depending upon when in the season the incident took place. Second offenses will result in permanent suspension from all Denton Parks and Recreation leagues.
2. **No Player May:** Demonstrate objection to an official's decision by throwing any object, and no object shall be thrown in any manner, for any reason, that an official judge to be dangerous.  
**Penalty:** Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended a minimum of 2 additional games.
3. **No Player May:** Be guilty of using unnecessarily rough tactics in the play of the game against the body and person of any opposing player. This includes fighting before, during and after a game.  
**Penalty:** Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended a minimum of 2 additional games.
4. **No Player May:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Any use of profanity, obscene or vulgar language in any manner, at any time, will not be tolerated.  
**Penalty:** Officials will give a technical or eject the player or players from the game and report the incident to the League Office. Ejected players will receive an additional one game suspension.

**Ejected and Suspended players:** Ejected players must leave the facility and grounds immediately. Failure to do so will result in a forfeiture of the game. Suspended players are not allowed to return to the premises, even as a spectator, until their suspension has been served in full.

**The Game Official in Charge** may either suspend or declare forfeit any game where in his or her judgment there has been a violation of the code, making it unsafe to continue the contest.

**The League Office** has the power and full discretion of imposing penalties on all violations of Player's Code of Conduct. For any violation not explicitly stated in the code, the penalty will be at the discretion of the League Office.

**Incidents involving serious threats and/or vandalism to the gymnasiums will result in Police involvement and may result in permanent suspension from the league and PARD facilities.**

# Denton Parks and Recreation Concussion Policy

## PURPOSE

The following policy and procedures are being implemented by the Denton Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

## POLICY

It is policy of the Denton Parks and Recreation Department to educate coaches, referees, staff, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play. "When in doubt, sit them out!"

## DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion. Symptoms include but are not limited to the following below.

### SIGNS OBSERVED BY OTHERS

- Appears dazed or stunned
- Is confused about assignment
- Forgets an instruction
- Persistent vomiting
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Increasing sleepiness
- Shows mood, behavior, personality changes
- Can't recall events prior to hit or fall

### SYMPTOMS REPORTED BY ATHLETE

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

## ROLE OF COACHES AND STAFF

Coaches and staff will NOT be expected, nor will they be trained to "diagnose" a concussion. Diagnosis is the job of a qualified health care provider. Coaches and staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. If coaches or staff observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player's parent/guardian and fill out the appropriate accident form. Coaches and staff are not permitted to allow a player to resume activity until the Denton Parks and Recreation receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.

## ROLE OF OFFICIALS

Officials will NOT be expected to "diagnose" a concussion. Officials are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. Officials will not be asked to give what could be perceived as a medical opinion. If an official observes questionable, signs, symptoms, or behavior, the official should notify the appropriate staff and the player should be removed from the sporting event. Officials are not responsible for the sideline evaluation or management of the player after he/she is removed from play.

## **ROLE OF PARENTS/GUARDIANS**

Like coaches, staff and officials, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be expected to comply with this Policy and support the determination made by staff to remove a player from a sporting event.

It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event.

## **MANDATED COURSE OF ACTION**

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain a written statement from a qualified health provider and return to the Denton Parks and Recreation Department indicating that the player is cleared to resume participation in the sporting event.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

## **Return to Play**

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Documentation must be provided to the Denton Parks and Recreation athletic supervisor.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider.