



## SUMMER 2026 WOMEN'S 4V4 GRASS VOLLEYBALL LEAGUE RULES AND REGULATIONS

It is the responsibility of each team captain or coach to familiarize his/her players with the following league rules. These will be enforced beginning with the first league match. Penalty for not complying will be forfeiture.

**All applicable Oregon Health Authority Guidelines and City of Hillsboro mandates will be followed during this program.**

### Roster:

1. Players must be 18 years of age and out of high school.
2. All players must be listed on the official roster and sign in with the Facility Supervisor prior to each game.
  - A player can participate on **NO MORE THAN ONE** volleyball team in the Hillsboro League.
3. **Fill out rosters completely and accurately.**
  - Rosters must have all information completed before they will be accepted.
  - **Roster/release forms must be signed individually by all team members.** Players who fail to sign the roster/release form will be dropped from the team roster.
4. Teams will forfeit all games in which non-roster players are used.
  - **Non-Roster Players:** The use of any player not listed on the roster on file at the Hillsboro Parks and Recreation office is illegal and punishable by forfeiture of the game in which she/he plays. Any player caught playing for a team other than the one she/he is listed on, will be suspended for the remainder of the season. Further, the team captain/coach of the team which used the non-roster player will be suspended for the remainder of the season. All team representatives at the start of the game will be asked if the players on their teams are consistent with the rosters provided.
5. Teams must have at least **three-(3) players** on the playing court at all times.
6. **Teams may add players** to their roster provided a signed player add form is submitted prior to player participation.
  - **Deadline to add players to roster is July 7<sup>th</sup>, 2026.** Any addition requests made after this date must be approved by the Program Supervisor.
  - **Please use the ADD form** provided by the Parks and Recreation Department.
    - **Player add forms must be emailed to the Program Supervisor no later than 3p the day of a game.**
    - **Add forms will not be accepted on-site.**
7. **Players must have picture ID available in the event an ID check is requested. Parks & Rec staff, officials, and teams may request player ID checks.**
  - In the event of a roster check, players that do not have a photo ID for a roster check will not be allowed to play.
8. If more teams apply than can be accommodated, teams will be accepted based on the following criteria: 1.) Complete and accurate roster (including signatures). 2.) Date and time roster and payment was turned in.
9. **Deadline: Signed roster/release form and Entry Fee must be emailed (and paid) to [rosters@hillsboro-oregon.gov](mailto:rosters@hillsboro-oregon.gov) by Tuesday, May 19<sup>th</sup> by 5:00 p.m.** for registration to be accepted.

**NOTE:** Any false information recorded on the roster for the purpose of gaining entrance into the program will be cause for disqualification from the league. Rosters will be checked for accuracy and may be checked by other teams upon request. **Review deadline by other teams is Tuesday, May 26<sup>th</sup> by 5:00 p.m.**

## GAME RULES AND SAFETY:

### Game Info and Conduct (Players and/or spectators)

1. The Parks and Recreation Department will provide an official for each match. If an official fails to show up for your match, teams should play the match as scheduled. Scores of the match will count.
2. **The Home team will be asked to provide a score keeper.**
3. Teams are not required to have uniforms, but **players are required to wear gym or turf (non-cleat) shoes at all times.**
  - Jewelry is not permitted.
4. Each team will provide their own regulation volleyball for warm-ups and their matches. The official will select the game ball.
5. The facility supervisor will collect scores immediately following the match. The standings will appear on the City of Hillsboro Team sideline web site: [www.teamsideline.com/hillsboro](http://www.teamsideline.com/hillsboro)
6. If there is a division tie, the final playoff seeding will be determined by the outcome of all previous matches played between the two tied teams. If this does not break the tie, a simple coin-toss will be used to determine the seeding.
7. Team managers will be responsible for the conduct of their players and/or spectators.
  - Officials will use a yellow and red card system for unsportsmanlike conduct.
8. Players may not practice on the side of the court when a match is in progress.
9. There shall be no smoking on any part of the grounds at any time.
10. The use of alcoholic beverages on the grounds is strictly prohibited.
11. There shall be no arguing with officials or disputing their decisions. Unsportsmanlike conduct, abusive language or any other such behavior will not be tolerated.
12. **The penalty for any player or team disregarding rules 9, 10, or 11 may include ejection from the game, suspension, forfeit of the game and/or dismissal from the league as determined by the Recreation Department.**

### Time Outs & Substitutions

1. Teams are allowed one (1) timeout of 30 seconds each per game.
2. There shall be a three (3) minute period between games.
3. **There shall be no limit to substitutions per game in the League.**

### The Match

1. **There will be a 60-minute time limit imposed on the match.** Teams should be ready to play at starting time.
2. The U.S.A.V. 25-point rally scoring system will be used with the following modifications.
  - A. **A match shall consist of the best two out of three games.**
  - B. **Games shall be played to 25 points; win by 2; (30-point cap), and the third and deciding game shall be played to 15; win by 2 (17-point cap).**
  - C. **The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.**
3. A coin toss by the Home Team prior to the first game will be used in determining the choice of serve-receive or side. After each set, the teams change courts, with the exception of the deciding set. For the third game, the Visiting Team will call the coin toss.
4. If a team loses a player because of injury or ejection from the game, the team may continue to play with fewer than 3 players.
5. **If a team does not have 3 players at the scheduled start time, that team shall forfeit the first game after a grace period of 5 minutes. The second game and match will be forfeited if the team is not able to field 3 players 15 minutes after the scheduled start time.**
6. The net height shall be women's height; 7' 4 1/8".

### Playing Positions

1. Players rotate in a clockwise direction.

2. Players may not serve out of turn.
3. Only players in the front line may block.
4. A back line player forward of the 10-foot line, returning the ball across the net, must contact the ball from below the net.

### **Net Play**

1. Player(s) may reach over the net to block the final hit in the attack of the opposing team. A player may not spike the ball coming from the opposing court until it has penetrated the vertical plane of the net. In returning the ball a player may follow through over the net provided the first contact with the ball was made on his/her side of the net.
2. Players may contact the centerline during play, but they may not have their foot completely over the line.
3. For the serving team, a player may reach under the net to retrieve a ball when the play is over.
4. A player who contacts the ball during an attempt at blocking may take the next play on the ball (successive hits). The block is not counted as a hit.
5. Simultaneous contacts by teammates are considered one hit and either player may play the ball on the next hit.
6. A team shall not play the ball more than three (3) times before it crosses the net. Contact during a block shall not be counted as one of a team's three plays on the ball.
7. Players kicking the ball in a non-playing action (kicking the ball to pop it up) as one of the three touches is allowed.

### **Service**

1. One replay per term of service. On the failed serve attempt, the ball must bounce, and the server must re-serve within 8 seconds.
2. A served ball cannot be blocked or spiked at the net.

These rules are based on U.S.A.V. Volleyball rules. Any situation which might occur that has not been covered in these rules shall be left strictly up to the interpretation and judgment of the official.

### **Final Standings**

1. Trophies and/or league credits are awarded to teams based on results of the post-season playoffs. Awards and/or league credit will be presented for first and second place.

### **Cancelation of Games**

In the case of extreme weather conditions or rain, team representatives are responsible for calling the game cancellation number, 503-681-6226 after 4:00 PM on the day of the scheduled game. Rained out or canceled games may be made up any day of the week.

The City of Hillsboro and officials will not be responsible for loss of property or injury suffered by any player or team during the time they play in the Hillsboro Adult Volleyball program.

Due to the excellent cooperation with the Hillsboro School District and our City facilities, we request that all respect and adherence be given to HSD and City of Hillsboro regulations when using the facilities so that this program may continue for the enjoyment of the people involved.

It is the intention of the Parks and Recreation Department that the purpose of the volleyball program is to provide fun and recreation for the participants. Therefore, protests of games will be considered only for extremely compelling reasons. The officials must be notified of the protest during the game, and the league coordinator must be notified the day following the game.

### **Adult Sports Leagues Heat Policy:**

We follow OSAA and their policy.

<https://www.osaa.org/heat-index>

At 105 of the heat index, we cancel programs. To calculate the heat index staff can use

<https://www.osha.gov/heat/heat-app>

Weeknights:

By 4p (this allows for earlier decisions if needed), we will look at the predicted heat index is for 6p If the heat index it is above the 105 thresholds, each Supervisor will make the decision to cancel for the night or for individual time slots.

Weekends:

Will play games, if heat index reaches 105, remaining games will be canceled for the day. Decisions will not be made until day of the games by complex supervisor. Teams will be notified by TeamSideline like rainouts.

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

If teams wish to not play, they will be marked as a forfeit, similar to if games were deemed playable in a potential rainout.