

2026 Adult Volleyball Rules

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Except as modified by the League, USA Volleyball rules for the current year shall be the official game rules for all contests in which League members participate.

ROSTERS — Rosters are due before the first game. Roster additions are allowed until the **fifth game**. Teams that have not submitted a roster will not be allowed in playoffs and no money will be refunded. **Send rosters to: muni@ci.stpaul.mn.us** by mail/visit to: **Municipal Athletics, 1500 N. Rice Street, St. Paul, MN, 55117**
Roster additions must include: Name, address, zip code, player's signature, and team manager's signature.

SCHEDULES/STANDINGS — Schedules and standings are posted at www.teamsideline.com/stpaul during regular season play. Team Managers are responsible for scoring matches via TeamSideline (reminder e-mails are sent after each game). Teams should score the number of games won by each team (3-0, 1-2, etc). For more information on league standings, please contact the league director.

LOCATIONS — Matches will be played at:

- Arlington Hills Community Center, 1200 Payne Ave, 55106.
- Jimmy Lee Recreation Center, 270 N. Lexington Ave, 55104
- Linwood Recreation Center, 860 St. Clair Ave, 55105
- North Dale Recreation Center, 1414 St. Albans St N, 55117

MATCH FORMAT — Games start at the top of the hour, teams should vacate the court at :55 to give the following teams time to warm up. If a match ends early, teams are entitled to use the court until the :55 time mark.

- Matches will consist of three games to 25 with a 27-point cap (rally scoring). All three games will be played regardless of whether the same team wins the first two.
- The 3rd set will be dictated by time with the team that is ahead at the end of the allotted time being deemed the winner.
- EXCEPTION: IF time expires during the 3rd game BEFORE either team has reached 15 points, the 3rd game will continue until one of the teams reaches 15 points.

TEAM MAKEUP, LATE ARRIVALS AND FORFEITS

- Forfeits: The team manager is responsible for notifying opponents AND the Municipal Athletics Office as soon as possible if unable to play a scheduled game.
- A team must have 4 players to begin a match. If a team does not have 4 players, 10 minutes after the scheduled game time they will forfeit the match. Late arrivals may enter upon Official's signal during a dead ball.
- Co-Rec teams cannot have more men than women on the court at any given time – failure to comply will result in forfeit.
 - Legal Combinations are 3M/3W, 2M/2W, 2M/3W, 2M/4W, 1M/3W.
 - Participants that do not identify as male or female may play on the court as they see fit.

EQUIPMENT

- Teams must furnish their own ball. Team Managers will agree upon which ball to use before the start of a match.
- Non-Marking Athletics Shoes only – please wear alternate shoes into the building and put dry shoes on to enter the gym.
- Teams are not required to wear matching shirts.

SERVING

- A coin flip will determine serve and side, teams will switch sides and service for 2nd game. If there is a 3rd set/game, another coin flip will happen.
- The server is only allowed one re-toss per rotation. If the server tosses the ball as to initiate a serve and lets it drop to the ground, a re-serve will be called. If they catch the toss, it is a loss of rally and a point/side out for the opposing team.
- The let serve will be in effect. If the ball hits the net and goes over, it is a legal serve and the team receiving must play the ball.
- Line faults will be called when serving.

PLAYER POSITIONING/ATTACKING/BLOCKING

- Teams will alternate genders on the court as appropriate (if 3 men are on the court, 2 Front/1 Back or vice versa)
- Co-Rec teams – if the ball is played more than once by a team, one of the contacts must be made by a female player before the ball goes to the other team. Blocking does not constitute a hit.
 - **If both teams agree during the manager's meeting, the gender rule can be ignored.**
- When the ball is served, each player will be in his/her own assigned area. After the ball is served, each player may cover any section of his own court. All players must stand inside the court boundaries except the player who is in the act of serving.
- Teams will be allowed to rotate players into the court. It must be done consistently. Players will rotate in the server's position only.
- 10-Foot Attack Line – A back row player cannot contact the ball above the net past the 10-foot attack line. Doing so will result in a side out/point for opposing team.
- Only players who are in the front row at the time of the serve may block. Players in the back row at the time of the serve are not allowed to block. When blocking a ball that is hit above the net, the block does not constitute as a contact. A team still has 3 contacts after the block. **Serves cannot be blocked.**

NET/LINE INFORMATION & VIOLATIONS

- Net Height is 7' 11 5/8" for coed leagues, 7' 4 1/8" for women's leagues.
- Players cannot touch the net. If a player touches the net, the play is dead and the opposing team will receive the side out/point.
- Players may touch or step on the line. Players can not cross the center line or interfere with opposing teams plays under the net, a point will be awarded to opposing team.

GYM RULES

- If a ball is hit into the ceiling or a basketball backboard by your team and remains on the same side of the net, the ball remains in play. If the ball hits the ceiling/backboard and crosses the net, or hits the ceiling/backboard on the other side of the net, it is a dead ball/point.
- Children must be supervised at all times by an adult who is not participating in the match. Officials will give teams 1 warning on this matter, then the parent will be asked to leave the match.
- During any adult activity taking place at a St. Paul Recreation Center or St. Paul School facility, the use of alcohol/tobacco products is strictly prohibited. Individual(s) may be ejected from the game/site, and the respective team may be forced to forfeit when applicable.

CONDUCT POLICY & EJECTIONS –

- Officials will issue one verbal warning for minor infractions, severe or repeated minor infractions are subject to player, spectator or team ejections.
- Ejected persons must leave the complex immediately and will serve a suspension equal to one week's worth of games. Suspended players are not permitted to watch games on-site.
 - If a person is ejected, and has a bye the next week, they will serve their suspension the following week.
 - If a person is ejected during a doubleheader league, they will miss any remaining games that night and both games the following week.
 - Ejections include all games in any Saint Paul league. Ie if a person plays in Monday and Thursday leagues and is ejected on Monday, they will miss that Thursday and the following Monday.
- Intentional physical contact towards another player or umpire will result in ejection from the rest of the season from all Saint Paul leagues and possible criminal charges.
- There will be no arguing with officials. Managers only will be allowed to ask rule interpretations. Please remember that officials are human as well and there is a nationwide shortage of certified officials. If you are interested in being paid to officiate on a night you are not playing, please contact our office.

PLAYOFFS – No Playoffs for summer indoor leagues, the team with the best record at the end of the regular season will be awarded T-shirts equal to the number of people on their roster.

INSURANCE – Be advised that neither the City of Saint Paul nor the league carry insurance for individual players or teams.

VALUABLES – The City of Saint Paul is NOT RESPONSIBLE for items that are lost or stolen.

THANK YOU

The City of Saint Paul would like to thank you for your team's cooperation this season. Recreational leagues promote the many benefits of parks and recreation in our community. If you have questions or comments, please contact the League Director.

