



# **ADULT WOMEN'S VOLLEYBALL League Rules**

4 vs. 4

## **REGISTRATION, RULES AND PROCEDURES**

(REVISED: May 2026)

**HIGHLANDS RANCH COMMUNITY ASSOCIATION  
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[www.hrcaonline.org](http://www.hrcaonline.org)  
[www.teamsideline.com/hrcaonline](http://www.teamsideline.com/hrcaonline) (Game Scheduling)

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## **A. SECTION I: GENERAL LEAGUE GUIDELINES & DETAILS**

Welcome to the Highlands Ranch Community Association Adult Volleyball Program.

Highlands Ranch Community Association offers non-sanctioned volleyball leagues for the recreational enjoyment of the participants. The volleyball leagues shall follow the volleyball rules described in the USA Beach Volleyball Rule Book and the Highlands Ranch Community Association's Rules with the following clarifications.

Team managers are responsible to make all team members aware of the USA Beach Volleyball Rules and HRC A League Rules. USA Volleyball Rule Books are available by contacting Jacob Armbrust at 303-471-7039.

### **1. REGISTRATION PROCESS**

- A. Captains must register the teams prior to the registration deadline and are responsible for paying the team fee. These fees are listed in the HRC A Activity Guide.
- B. Either full payment or a non-refundable deposit of \$100.00 can be made at the time of registration. The \$100.00 non-refundable deposit will be used to hold your spot and applied to your team registration fee and the remaining balance is due prior to the 1st match. If payment is not made, the team must forfeit the next match and will not be allowed back in the league until payment in full is received.
- C. Each player on the team must complete and sign the roster at the beginning of their first match. All players must sign a roster and have their I.D. checked by official or sports department before playing. Official or sports department must be present during this time.
- D. Players may be added to the roster until the last match of the regular season to be eligible to play in the playoffs. After the final regular season match, the roster will be frozen as it pertains to playoff eligibility.
- E. Teams who participate in the current season will have access to priority registration for the following season barring any disciplinary repercussions that may include player conduct or forfeiture. Teams who forfeit 2+ games in a season will be allowed to register when the "new team" deadline becomes available.

### **2. PLAYERS:**

- A. This league is designed for those 18 years of age or older.
- B. A photo I.D. must be available for all players at each game. Photo I.D.'s may be checked if there is a question about identity. Players who cannot prove their identity, if asked, will be considered ineligible.
- C. A Free Agent list of individual players is kept, if you are interested in picking up a player call Jacob Ambrust at 303-471-7039 or [Jacob.Ambrust@hrcaonline.org](mailto:Jacob.Ambrust@hrcaonline.org)

### **3. EQUIPMENT:**

- A. The official ball to be used shall be provided by the Highlands Ranch Community Association.
- B. Uniforms are not required for these leagues.
- C. Players assume all the risk in wearing jewelry on the playing field but must comply with any request to remove jewelry that may pose an unnecessary risk.
- D. Plaster casts or other hard substances in their final form may not be worn during the game.

### **4. FORFEIT PROCEDURE/STARTING A GAME:**

- A. All games will start at their scheduled time or as soon as possible if the preceding game runs over time.
- B. At scheduled game time, a team must have at least 2 legal players on the court ready to play and properly registered or their opponent has the option to:
  - i. Ask for an immediate forfeit or
  - ii. The official may wait 5 minutes for a second player to arrive. If they do not have enough players after 5 minutes, the team will forfeit the first game. The official

will wait 15 minutes prior to calling the next two games.

- C. Teams cannot be forced to start earlier than scheduled, but may start earlier if both teams agree.
  - D. In the event of a forfeited game, the teams will be allowed to use the court for a limited time to practice. The court must be vacated **5 minutes** prior to the scheduled start of the next game.
  - E. As of 2023-IF YOUR TEAM FORFEITS 2 GAMES IN A SEASON, YOU WILL NOT BE ELIGIBLE FOR PRIORITY REGISTRATION and will have to await the “NEW TEAM” registration dates. The discretion to register teams with 2+ forfeits at priority deadline is available to the Sports Department but unlikely.
5. **MATCH PROCEDURES:**
- A. Regular season structure will be round robin format. Team standings will be determined by the actual number of matches won.
  - B. The regular season will conclude with a single elimination tournament. The tournament will be seeded based on most matches won. In case of a tie, the team with the highest positive point differential in all games will be given the high seed.
    - i. **This tournament is not guaranteed. In the event of a cancellation by the Sports Department, the tournament will not be rescheduled or refunded.**
  - C. Tournament champions will have the option to receive championship t-shirts for each member on their team roster or \$75 off the next season registration fees.
  - D. All schedules will be played as published unless modified by the sports office. Matches will not be re-scheduled due to teams being short of players.
6. **LINE JUDGING:**
- A. Will only be required during playoffs, if necessary.
  - B. Teams that are scheduled to line-judge must arrive to their duty 10 minutes prior to start time. Any team not having two or more players ready to officiate when scheduled, will receive a loss for one of their games played that evening, if they have not arrived by the end of the first game.

## **SECTION II: HRCA LEAGUE RULES**

USA Beach VB rules will govern play with the exception of specified league rules outlined below.

**Officials have full discretion to interpret and apply the rules. Officials’ decisions will be final, and results will not be subject to appeal.**

1. Teams will receive 5 minutes of shared time to warm-up prior to the beginning of the match.
2. Matches are one hour (55 minutes game time plus 5 minutes to warm-up) in length for all divisions.
3. Each team will receive two (2), 30 second time-outs per game.
4. There will be a one (1) minute break between games of a match.
5. **All Divisions play 4 vs. 4, minimum number of players need to start a game is two (2).**
6. **Matches will consist of three (3) games during the regular season. The 3 games will be played to 21 using rally scoring, must win by 2 points, and cap is 23. The 3<sup>rd</sup> game will also be played to 21, cap is 23.**
7. During tournament play, a third game will only be played if it’s a deciding game. The deciding game will be played to 21 using rally scoring, must win by 2 points, and cap is 23.
8. Jump serving is permitted in all 4v4 Divisions.
9. The players are free to position themselves anywhere on the court. There are no determined positions on the court. There are no positional faults.
10. A service order fault is committed when the service is not made according to the service order.
11. There is no designated substitution zone.
12. HRCA will follow the 2025-2027 Outdoor USAV Rules. Specifically:
  - A. Net Rules in the USAV Rule Book:
    - i. Penetration Under the Net USAV Rule 11.2, page 26
    - ii. Contact with the Net USAV Rule 11.3, pages 26 - 27
    - iii. Player’s Faults at the Net Rule 11.4, page 27
  - B. No open hand (finger tips) dinking (with the exception of breaking the wrists during blocking)

- C. Sets over the net must be square to the shoulders
- 13. League Specific Modifications to USAV Rules
  - A. Any overhand pass of a served ball is illegal
  - B. With the exception of “free balls” (“bumped” or “popped”) all attacks are considered to be “hard driven”
- 14. During the regular season players are eligible to play multiple leagues but are not allowed to play on multiple teams in the same league. They are only allowed to play one game per league per night.
- 15. Matches called off by the Sports Department will be made up as soon as possible however may be played other than the normally scheduled day.
  - A. The exception is during tournament play. Tournament games are not guaranteed and therefore will not be rescheduled or refunded if cancelled by the Sports Department.

### **SECTION III: DISCIPLINE**

The following disciplines apply to incidents before, during and after a match:

1. Intentional blatant play resulting in injury: (Examples: Determined by the official/league staff that the player intentionally struck, pushed/shoved or kicked another player, spectator, league/facility staff person or game official and caused injury/damage of some type). Will result in (A.) and (B.) and may result in (C.), (D.) or (E.) of the following penalties:
  - A. Immediate ejection from the match. The player must leave the facility before play is restarted or the team will forfeit the remainder of the match.
  - B. Suspension from the next (2) two scheduled matches for his/her team.
  - C. Suspension from the league for the next (4) four scheduled matches or the remainder of the season, whichever is longer.
  - D. Temporary suspension from the league for a determined amount of time depending on the severity of the suspension (ex: 3, 6, 9 or 12 months).
  - E. Permanent expulsion from the league.
2. Intentional blatant play with intent to cause injury/damage (Examples: Determined by official/league staff that the player had intent to cause injury/damage but did not cause injury/damage). Will result in (A.) and may result in (B.) of the following penalties:
  - A. Immediate ejection from the match. The player must leave the facility before play is restarted or the team will forfeit the remainder of the match.
  - B. Suspension from the next (2) two scheduled matches for his/her team.
3. Foul language or verbal abuse directed towards a game official, league player, or league/facility staff: Will result in (A.) and may result in (B.) of the following penalties:
  - A. Immediate ejection from the match. The player must leave the facility before play is restarted or the team will forfeit the remainder of the match.
  - B. Suspension from the league for a minimum of two (2) matches or longer. Suspensions will carry over to next season if they cannot be served for the current season because of number of matches left to be played.
4. Any player ejected twice during the same season: Will result in (A.) and may result in (B.) of the following penalties:
  - A. Suspension from the league for the next (4) four scheduled matches or the remainder of the season, whichever is longer.
  - B. Temporary suspension from the league for a determined amount of time depending on the severity of the suspension (ex: 3, 6, 9 or 12 months).

### **SECTION IV: CAPTAINS, PLAYERS & SPECTATORS EXPECTATIONS**

#### **1. CAPTAINS EXPECTATIONS**

- A. Team captains are responsible for enforcing suspensions. Suspended players found to have played during their suspension periods will result in an automatic forfeit for all games played. Captains will be informed of all suspensions for players on their teams.
- B. Captains only may address an official for clarification of a call, but at no time may they be disrespectful toward an official concerning his judgment.
- C. Captains are responsible to see that each player on the team reads and understands all rules and expected player conduct.
- D. It is the captain’s responsibility to control their team members and spectators before, during and after games.
- E. Failure to calm and remove an ejected player from the facility will cause the forfeiture of the game

without prior warning. The Sports Office will not review protests involving this type of forfeit situation.

## **2. PLAYER & SPECTATOR EXPECTATIONS**

- A. Good sportsmanship is expected and must be maintained at all times.
- B. Any HRCA representative or Officials may eject any player or spectator without prior warning for any player conduct situation regardless of the severity of the situation.
- C. All grievances must be communicated through the Captain.
- D. Profanity or derogatory remarks will not be tolerated. See discipline section for penalties.
- E. No food or beverages are allowed in the gym as this can create a safety hazard.
- F. Children must be supervised at all times and not interfere with play at any time.