



**HRCAs**  
**SPORTS**

# **ADULT CO-ED VOLLEYBALL**

## **League Rules**

**6 vs. 6 Hardcourt**

**REGISTRATION, RULES, AND PROCEDURES**

(REVISED: May 2026)

**HIGHLANDS RANCH COMMUNITY ASSOCIATION**  
**9568 S. UNIVERSITY BLVD**  
**HIGHLANDS RANCH, CO 80126**

[www.hrcaonline.org](http://www.hrcaonline.org)

[www.teamsideline.com/hrcaonline](http://www.teamsideline.com/hrcaonline) (Game Scheduling)

Patrick Gojan, Sports Programs Supervisor: [Patrick.Gojan@hrcaonline.org](mailto:Patrick.Gojan@hrcaonline.org) 303-471-8869  
Brooke Ballard, Sports Coordinator: [Brooke.Ballard@hrcaonline.org](mailto:Brooke.Ballard@hrcaonline.org), 303-471-8838  
Jake Armbrust, Sports Programmer: [Jacob.Armbrust@hrcaonline.org](mailto:Jacob.Armbrust@hrcaonline.org), 303-471-7039

## 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 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 Volleyball Rules and HRCA League Rules. USA Volleyball Rule Books are available by contacting Jacob Armbrust, 303-471-7039 or [Jacob.armbrust@hrcaonline.org](mailto:Jacob.armbrust@hrcaonline.org).

### 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 HRCA 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 2nd 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.
- A. Each player on the team must complete and sign the roster at the beginning of their first 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.
- B. 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.
- C. 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. LEAGUE SKILL LEVELS (Divisions)

- A. **Level 'A'**-Highly skilled and competitive level of players or teams who can power hit, have consistent and accurate passing, setting, and ability to run offensive volleyball. This is in place of the former 'BB' league.
- B. **Level 'B'**-Moderate to skilled level players/teams who can pass, set, and hit well.
- C. **Level 'C'**-Recreational players looking to have fun.

### 3. PLAYERS:

- A. Adult Volleyball is designed for people 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 Jake Armbrust at 303-471-7039 or [Jacob.armbrust@hrcaonline.org](mailto:Jacob.armbrust@hrcaonline.org)

### 4. 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.

## 5. **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 4 legal players (2 males/2 females or 3 females/1male) 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 fourth 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.

## 6. **MATCH PROCEDURES:**

- A. Regular season structure will be round robin format. Team standings will be determined by the actual number of matches won.
  - i. 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.
  - ii. This tournament is not guaranteed. In the event of a cancellation by the Sports Department, the tournament will not be rescheduled or refunded.
- B. Tournament champions will have the option to receive championship t-shirts for each member on their team roster or \$75.00 off the next season registration fees.
- C. All schedules will be played as published unless modified by the Sports Department. Matches will not be re-scheduled due to teams being short of players.

## 7. **LINE JUDGING:**

- A. Will only be required during playoffs, if necessary.
- B. Teams that are scheduled to line-judge must arrive to their duty 5 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 VB rules will govern play except for 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. **Coed Divisions** play 6 vs. 6, the minimum number of players needed to start a game is four (4). Teams can play in the following configurations:
  - A. **6 players** = 3 males / 3 female, 2 males / 4 female or 1 male / 5+ females
    - i. For teams with 2 men and 4 females, the two men CANNOT position themselves opposite each other.
  - B. **5 players** = 3 males / 2 females, 2 males / 3 females or 1 male / 4 females
  - C. **4 players:** 2 males / 2 females or 3 females / 1 male
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 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. Multiple volleys must include a least one (1) female contact.
  9. Jump serving is permitted.
  10. There is no designated substitution zone.
  11. The “Ghost Rule” will apply only to the **Coed Divisions**.
    - A. **Coed Divisions:**
      - i. The rule will only apply with 3 men and 2 women players.
      - ii. It does not apply if there are 3 women and 2 men OR if teams have the same number of players per side and the same combination of men and women.
      - iii. The “Ghost Rule” means that if a team is short players (up to 2) they will designate the “ghost” player(s) a position on the team. When it is the “ghosts” turn to serve, it is a side-out and the opposing team serves.
      - iv. In addition, when the ghost is in the front row, there can only be two front row players available to legally attack the ball in the front row.
      - v. If a team is short two players, the team may play with 3 front row players and one back row player, without a ghost.
      - vi. These ghost rules should NOT be overridden for any match.
  12. We will follow the 2025-2027 Indoor USAV Net 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. USAV Rule Clarification (Coed Rule 1.4): When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking. The remaining male back-row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible. A female player may never come from the back row to block.
    - C. Adherence to alternating boy-girl positions is MANDATORY
  13. League Specific Modifications to USAV Rules
    - A. **B/C Division:**
      - i. The receiving team does NOT have to rotate one position when receiving the serve for the first time.
      - ii. Each team is allowed one re-serve per match for a served ball that contacts the backboard/ceiling over the net.
  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.
  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 are responsible for seeing that each player on the team reads and understands all rules and expected player conduct.
- C. Captains only may address an official for clarification of a call, but at no time may they be disrespectful toward an official concerning their judgment.
- 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 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 always maintained.
- B. Any HRCA representative or Officials may eject any player or spectator without warning for any player conduct situation regardless of the severity of the situation.
- C. All grievances must be communicated through the team 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.