



Co-Ed City/Indoor Volleyball Rules

Revised 05/01/2026

Starting the game: A coin flip will decide which team wins the choice of selecting to take the ball or the side of the court for the first set. Teams will switch sides of the court after the first set, and the team that didn't get to serve the start of first set will serve the start of the second set. A coin flip will determine possession, if a third set is necessary.

Game Play: Rules will be governed by TASO (Texas Association of Sports Officials). If a team uses more than one touch during a possession, then a female must touch the ball at least once. **Judgements calls cannot be discussed at all; continuous questions will result in ejection.** Lineups due 15 minutes before game time. [Penalty point to opposing team] No line up by game time it is a FORFEIT!

Players: Each team will have a maximum of 12 players. Six players will play with at least two females on the court at all times. Nobody under the age of 18 may play. *You may start a game with 5 players, so long as there is one female in the starting line-up, only if you don't have enough females to start the game (with a ghost position).

Spectators, children aren't allowed on the Volleyball courts.

Name must appear on the roster to sit on bench and participate in games (coaches included)

Three forfeits will result in removal from league On 2nd forfeit reinstated fee to league with charge of \$60.00.

Substitutions: Teams are allowed an unlimited number of substitutions per set. Substitutions can only occur during a dead ball.

Length Matches: Matches are the best of 3 rally scoring sets. A set is won by the team which scores 25 points with a minimum lead of 2 points. There is a cap at 30 points for the first and second set. The third set is won by the team that scores 15 points. In the case that no team can reach a two-point lead in the third set, the team to reach 20 points will win the set.

Equipment: All equipment will be provided by the McAllen Parks and Recreation Department. If a team wants to use their own ball, it requires the agreement of the other team, and the approval of the league coordinator..

Team Manager: The team manager or assistant manager will be the only persons to discuss issues with officials. Also will also be in charge of calling time-outs, substitutions, etc. Team managers are responsible for the behavior of their team and fans.

* Ejection of a player, the player must leave the premises *(building and parking lot) *. Players that have been ejected have 2 minutes to leave the facility. Any player who is ejected will face a suspension the following week or for a period appropriate to the offense to be decided by Athletic Superintendent. Suspended players are not allowed in the facility during their suspension *(building and parking lot)*

*No competitive player (male), may not move down to recreation leagues!

*Judgement call aren't for discussion by any team member; excessive questioning will result in point/ side out no warning

*No taunting allowed during game. Result: (Red card point to opponent, second incident will result in an ejection of player)

Time-outs: Each team is allowed (2 one minute time-outs per match). You may use both time-outs at the start of the game in order to “buy” two additional minutes to ensure all your players arrive. If, at the end, your team has fewer than the minimum required number of players (5), the game will be forfeited. ONLY if opposite manager agreed to starting time [7:10 PM]. ONLY for 7:00 PM games!

*No Jewelry below the head (penalty if caught it is side out and point)

*After your third league game you MAY NOT add names to your roster! (NO signature can't play!)

*Hoop earrings, bar earrings, and facial piercings are not allowed. (Stud earrings allowed)

*Touch the net and you will be called on

*Taping of your fingers/hand (officials approval or coordinator)

*No caps, bandanas, nor beanies (One inch wide sweat headband is allowed)

*Facemask (optional)

*T-shirts same color with decal with numbers not to be duplicated. ONLY double digit numbers allowed.

*NO EXCEPTIONS BY 3rd Game (On approval of coordinator) (nor any inside-out shirts)

* No sleeveless or tank tops allowed

*Competitive Men: (Competitive CO-ED and Open Competitive, Male ONLY)

*Competitive Women: (Competitive CO-ED, Open Competitive Rec A., Women ONLY)

*No Rec A male can go down to B, C Leagues!