

ADULT VOLLEYBALL RULES

Updated 3/17/2026. Updates are in yellow.

Schedules, standings, and league information are all available at www.teamsideline.com/chico.

ROSTERS

Rosters must be submitted via Teamsideline prior to the first game and include each player's full legal name, birth date, and an appropriate headshot photo. Teams that do not turn in their roster may not be placed on the schedule at the discretion of the CARD Leadership team; teams may also be subject to forfeit if they do not have a legal CARD roster.

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to know the rules and abide by them. It is also every player's responsibility to respect and cooperate with the officials. It is the team manager's responsibility to ensure proper behavior on the part of his/her team's fans. The team manager is ultimately responsible to the CARD staff for all the above. All infractions will be governed by the Adult Sports Code of Conduct.

The objective of CARD Sports Leagues is to provide participants with the opportunity to benefit from quality leisure-time activities that encourage fitness, healthy competition, fun, and fellowship through organized sports. Friendly competition and good-spirited rivalry are expected. However, Officials and On-site Leads are CARD employees and will not tolerate verbal abuse or physical threats from or amongst players, coaches, or spectators.

Managers are responsible for their team AND spectators. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. The Official or Facility Supervisor may forfeit games if either team's participants or supporters interfere with the proper conduct of the game.

GENERAL

Conversations with officials should be kept to a minimum. Only team managers may address the officials. Managers may address only matters of rule



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interpretation or essential game information, and must do so in a courteous manner.

CARD SPORTS EJECTION CRITERIA

Ejected individuals must immediately vacate the program site property. At a minimum, an ejection results in **season-wide probation** across all CARD sports programs. All incidents are reviewed by the CARD Sports Leadership Team, which will contact the individual only if further disciplinary action is required.

Please note that further violations while on probation will result in an immediate suspension. To maintain the integrity of the review process, individuals should not contact the CARD Office regarding their status; all Leadership Team decisions are final and not subject to appeal.

1. RESPECT OUR STAFF

Questions regarding officials' calls must be directed only by coaches or team managers to the gym/field supervisors. Team managers and coaches must ensure their players and spectators are respectful to the staff.

2. SPORTSMANSHIP

CARD staff has the right to eject any player, manager, coach, or spectator for creating an unsafe or unsportsmanlike environment.

Any use of profanity directed towards CARD staff, other players, managers, coaches, or spectators may result in ejection from the game and suspension from future CARD programming.

No jewelry (rings, watches, necklaces, earrings, etc.) may be worn during the games (safety). Length of fingernails, if deemed dangerous, will be cause for removal of the player from that game.

BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound stops bleeding, is covered, or the uniform is changed.

FOOD AND DRINK

To protect the courts not only for the duration of our season but for many seasons to come, no food or drink is allowed in any Chico Unified School District or CARD gymnasium, except water.

PLAYER ELIGIBILITY

1. Players may not play on two teams in the same division. Penalties for playing with an ineligible player include forfeiture from the game being played at the time the issue is brought to CARD staff attention (i.e., the game official or on-site lead) and suspension of the team manager for the team's next game.
2. All players must complete their roster registration before participating in any CARD league.
3. Penalties for playing with an ineligible or unrostered player include forfeiture from the game being played at the time the issue is brought to CARD staff attention (i.e., the game official or on-site lead) and suspension of the team manager for the team's next game.
 - a. Any player suspected of playing under false pretenses or of a rule violation must prove their identity to the onsite director or officials present before the end of the game; otherwise, the game will be forfeited.
4. Minimum age for adult divisions: 16 years old (must have a waiver signed by a parent/guardian). Must be prepared to show proof of age if asked by CARD Staff.

ELIGIBILITY OF TEAMS

1. Teams must have a designated manager who will meet with the officials before each game.
2. **Team Roster:** The maximum roster size is 15 players. (This includes the manager, providing they are a playing manager. The minimum roster size is 6 players.)
3. All games must start with at least 4 players; however, games may end with fewer players if the score is within 10 points.
4. Only players who meet league requirements and who have signed up on their Team Sideline roster are eligible to play.
 - a. Penalty: Player removed from the game, forfeiture of the game, and possible suspension of the team manager.

ROSTERS

1. Rosters are due on TeamSideline before the first game. There will be no changes after week 4.
 - a. All individuals in the team area and in the field of play must be on the roster. This includes anyone who is in the team's bench area.

- b. Staff will do roster checks during the regular season and/or before playoffs. All players must be enrolled on TeamSideline.
 2. Rosters are due prior to the start of the first game via Teamsideline. Managers can make changes until week 4 of the regular season.
 - a. All individuals in the team area and on the field of play must be on the roster.
 - b. Staff will conduct roster checks during the regular season and prior to the playoffs.
 - c. Managers and base coaches must be listed on the roster as players.
 - d. No pick-up players (subs), unless they are added to the roster.
 - e. Changes needed after week 4 must be submitted to the CARD office using an "Add/Drop" form.
 3. Permission to Play (minors 16+)
 - a. A "Youth Add/Drop Form" must be submitted to CARD and signed by the youth's parent or guardian. This form will be kept on file with the team roster.

EQUIPMENT & UNIFORMS

1. CARD requires all shirts and team names to be made of appropriate, family-safe material and content. CARD reserves the right to ask any team to change shirts or jerseys. Teams that refuse to remove offensive clothing or team names during league play are subject to removal from the league and forfeiture of fees.
2. Net Height:
 - a. 7 feet, 4 inches for Women's games.
 - b. 7 feet, 8 inches for Coed games.
 - c. 8 feet, for Mens games.

RULES & REGULATIONS

CARD Volleyball is structured to follow the NFHS Volleyball Rules with modifications made to suit the specifications of CARD programs.

1. Forfeits

- a. Any team that forfeits a game will automatically incur a loss in the league standings, scored at 0-25 for each set.
- b. Affects tiebreaker scenarios for playoffs.
- c. If a team does not have enough players at game time, it will automatically forfeit its first set. A 15-minute timer will start. Once the clock expires, if enough players are on the court, the last two sets can

be played. If not, all three sets will be forfeited. Teams may still use the court to scrimmage or practice if they choose; however, there will not be a referee.

2. Time Limits

- a. Each team is allowed five minutes to warm up.
- b. Game (match) time is **55** minutes unless otherwise noted on your schedule. Teams may use the court for the full fifty-five minutes if their match ends early and time permits before the next game.
- c. A one-minute transition time is allotted between each set.

3. Time Outs

- a. Time-out requests: A timeout may be requested while the ball is dead (not in play).
 - i. Each team is allowed two 30-second timeouts per full match; injuries do not count as timeouts. Injuries do not stop the game clock.

4. Scoring

- a. "Rock, Paper, Scissors" will initially determine whether a team serves or receives (choose a side). Teams alternate serving to start each new set, regardless of who won or lost.
- b. Games consist of two sets of 25 points, with a win by **two and a maximum of 30 points, and a third set of 15 points, with a win by two and a maximum of 20 points.**
 - i. If the game scores are tied and there is no time left in the third set, the third set will be played to 5 points.
- c. Rally Score is used.
 - i. The rally score will be kept. When a team commits a fault, the rally is lost, and the opponent shall receive a point. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.
- d. All three sets will count in the league standings.
- e. If a team forfeits the third set, they will forfeit the whole game.
Exception: Playoffs and Championships.
- f. **Red Card (penalty) or Yellow/Red (disqualification & ejection): There is a loss of a rally/point awarded to the opponent.**

5. Substitutions

- a. When a team rotates, the last server rotates out, and the substitute takes their position in the center back. A substitution can be made when a player is removed due to an injury.

6. Serve

- a. A served ball that hits the net and goes over is a "Let serve." It is legal to do in Recreational and Competitive Volleyball. The ball must contact and cross over the net between the antenna poles.
- b. The right-back player is the server. A server must serve from anywhere behind the back boundary line and not touch this line until after the ball is hit; otherwise, it is a violation.

7. Replay

- a. The act of putting the ball in play again without awarding a point or side out. A replay can be called on an official's mistakes, a foreign object entering the court, an injured player, double fouls, a trap ball, or any other reason at the official's discretion.

8. Rotations/Switching Position

- a. Every player on the team must serve. The player in the right back corner is always the server.
- b. Each time a team gains serve, it must rotate one position clockwise before serving, regardless of whether it is that team's first serve. Failure to rotate, or rotation out of turn, will result in loss of serve. The server must wait for the official's whistle before each serve.
- c. When a team rotates, the last server will rotate out, and the substitute will take their position in the middle back. A substitution can be made when a player is removed due to injury.
- d. Players may switch positions only after the ball is served. After a dead ball, players must return to their original positions until the ball is served again. Players will rotate in the middle back only (for substitutions).

9. Violations

- a. A player may not block or spike/attack the serve.
- b. Legal hit ball: The ball must be clearly hit. A legal hit involves contact with the ball by a player's body—including the foot—which does not allow the ball to visibly come to rest or have prolonged contact with the player. Your team may hit the ball up to three times on your side of the net, but the third hit must go over the net to your opponents, including any kicks.

- c. A set is defined as an overhand pass that has equal contact with both hands but does not have prolonged contact.
- d. Players can have double contact (not two separate attempts) on any first ball over.
- e. Out-of-bounds: A ball is out of bounds and becomes dead when it:
 - i. Touches a wall or any objects mounted to the wall, or backboards.
 - ii. Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension.
 - iii. Touches the floor completely outside the court boundary lines (if any part of the ball hits the boundary line, it is considered in)
 - iv. Touches the net antennas above or within the net, or does not pass over the net entirely between the net antennas.
 - v. Touches the net cables or the net, which is not completely inside the antenna.
- f. A back row player on or in front of the attack line (10ft line) cannot contact the ball above the height of the net and complete the attack; if they do, this will be considered a back row attack. Back-row players may not participate in a block; this is a back-row attack.
- g. During serve: Serve out of turn before the referee's whistle.
- h. During net play, contacting the net, touching it, or going under it is a violation. If a player's foot goes under the net, it has to be completely across and not touching any part of the center line to be considered a violation. When the ball is driven into the net and touches an opposing player, no violation has occurred.
- i. No player may reach over the net or touch the net.
- j. A player shall not contact the ball that is completely on the opponent's side of the net unless the contact is a legal block. See below.
- k. Blocking a ball that is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - i. The attacking team has completed its three allowable hits.
 - ii. The attacking team has had the opportunity to complete the attack or, in the referee's judgment, directs the ball toward the opponent's court.
 - iii. The ball is falling near the net, and, in the referee's judgment, no legal member of the attacking team could make a play on the ball.

- l. When a player contacts the ball simultaneously with an opponent, it does not constitute one of his team's three hits.
- m. A violation is called when the ball is played more than three times on one side. A block does not count as one of the team's three hits.
- n. An illegal hit is called when the ball visibly comes to rest or has prolonged contact with the player.
- o. Scooping, throwing, lifting, shoving, or catching the ball, touching or going under the net is a violation.
- p. A player may cross the extension of the center line outside the court at any time, provided he/she does not interfere with play by the opposing team or interfere with games taking place on other courts. While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

COED LEAGUE RULES:

1. Teams shall be limited to six players on the court at a time. There cannot be more than three men on the court at any time. The number of male players may equal the number of female players, but not surpass it. More women can play than men when a team is short-handed.
 - a. There must be at least one male player on the field for a coed team to be considered complete; otherwise, the game may be forfeited.
 - b. Tipping: Male players are allowed to tip balls at the net, provided there is no prolonged contact or a break of the wrist upon contact. (Ask the referee for clarification as needed.)
2. Recreation Coed:
 - a. Serving order on the court needs to alternate between male and female players. Male players must equal the number of female players and cannot surpass, please see rule #1 above.
 - b. A woman does not have to touch the ball each time it is over the net. Please ask the referee to clarify if you have any questions.
 - c. Overhand serves may be used only by women players.
 - i. An underhand serve is when a player strikes the ball from below, around waist level, causing the ball to travel in an upward trajectory. Any ball struck above chest level will be considered an overhand serve.

- d. Serving order and position on the court is alternation of men and women. Exception: a shortage of male players.
 - e. Men can only jump to spike if they are behind the 10-foot line.
 - i. Male players cannot full-swing or follow through on a hit. The ball must be hit with an upward trajectory regardless of position on the court.
 - f. If a man blocks at the net, his hands may not cross the plane of the net to block. No penetration.
 - i. Any forward motion of the hands or arms when contacting the ball will be declared a driven ball and not a blocked ball.
3. Competitive Coed:
- a. Serving order on the court does not have to alternate male and female. Male players must equal the number of female players and cannot surpass; please see the above rules for clarification.
 - b. Men and women may use overhand and jump serves in the Competitive Coed Leagues.
 - c. Men can only jump to hit if they are behind the 10-foot line.
 - d. If a man blocks at the net, his hands may cross the plane of the net to block.

MISCONDUCT:

1. Yellow Conduct Card (warning): A yellow card is administered by the official at the first dead ball after the violation, and is given for minor offenses or violations of the Code of Conduct.
2. Red Conduct Card (penalty): A red is administered at the first dead ball after the violation, and is given for the first serious offense or violation of the Code of Conduct, or second minor offense. There is a loss of a rally/point awarded to the opponent.
 - a. Game officials will report all red cards to the on-site lead and the Sports Leadership Team.
3. Disqualifications & Ejections: When a yellow and red card are displayed together (usually at the first dead ball after a violation), for the first flagrant offense, second serious offense, or third minor offense. There is a loss of a rally/point awarded to the opponent, and the offender is ejected from the game.

- a. Game officials will report all ejections to the on-site lead and the Sports Leadership Team.
- b. Ejected individuals must immediately vacate the program site property. At a minimum, an ejection results in season-wide probation across all CARD sports programs. All incidents are reviewed by the CARD Sports Leadership Team, which will contact the individual only if further disciplinary action is required.
- c. Please note that further violations while on probation will result in an immediate suspension. To maintain the integrity of the review process, individuals should **not** contact the CARD Office regarding their status; all Leadership Team decisions are final and not subject to appeal.
- d. Suspended players are ineligible to play in all CARD adult sports during their suspension.

CARD reserves the right to stop, end, or forfeit a game at any point.

Any CARD staff member has the right to eject any player, manager, coach, or spectator who creates an unsafe or unsportsmanlike environment.