

Adult Co-ed Volleyball League

2025 – 2026

CARROLLTON VOLLEYBALL LEAGUE PLAYING RULES

Mission: To give adult athletes the opportunity to enjoy the fundamental skills of volleyball in a safe and fun environment while instilling life-lessons and values such as character, teamwork, discipline, respect, and sportsmanship.

The Volleyball League will be governed by the playing rules of the National Federation of High Schools (NFHS) official guide and these following exceptions.

Website: www.cityofcarrollton.com/athletics

Email: athletics@cityofcarrollton.com

Phone: 972-466-9836

EQUIPMENT

- ⦿ Each team will provide their own t-shirts or jerseys.
- ⦿ Shoes must be athletic style designed for use on indoor playing surfaces. No black soled “turf shoes” or open toed footwear may be worn at any time.
- ⦿ No jewelry may be worn at any time during a game.
- ⦿ Officials may ban any equipment that they deem is unsafe or illegal.
- ⦿ Official game ball, regulation net, scorekeepers, scoring equipment, and officials will be provided by the Parks and Rec Department.

ROSTERS

- ⦿ All players must be at least 18 years of age.
- ⦿ Teams can have up to 12 players on their roster and can add and delete players at any time.
- ⦿ Additions to a roster must be done before games begin that week.
- ⦿ Teams are permitted to temp loan/share players if the other team is short for purposes of limiting forfeits. During playoffs, teams are permitted to temp loan/share only female players in the event that a team is short female players.
- ⦿ Loan/share players must sign a roster addendum for the new team prior to playing with that team. Roster addendum is available with the facility supervisor.
- ⦿ Roster will be locked after the final week of the regular season. Players may not be added for playoffs.

COURT REGULATIONS

Net Size	Serving Area
7'11"	30' wide

- ⊗ The serving area will be provided behind the base line on each court side.
- ⊗ A service violation will occur if the server's foot touches the line before contact with the ball.
- ⊗ Any ball that comes in contact with any part of the ceiling will be fair as long as it does not cross or touch the net, provided that the ball remains in the involved team's court and they have plays remaining.

PLAYING RULES

- ⊗ A grace period of 5 minutes will be allowed.
- ⊗ All games will be played by rally scoring rules.
 - Every time the ball hits the floor, a point will be awarded.
 - There will be a point awarded with every side out, i.e. a point will be awarded every serve.
 - If the serving team makes the point, they will retain service.
 - Serves may be played off the net as long as the ball goes over the net to the opposing team's side.
- ⊗ An official match shall consist of three games. The first team to win two will be the winner of the match.
- ⊗ All games will play to 25 points, win by 2 points (whichever comes first). The third game, if necessary, will only be played to 15 points.
 - A team must win by 2 points or cap at 30 points.
 - On the third game, a team must win by 2 points or cap at 20 points.
- ⊗ A team shall consist of 6 players but may begin a game with 4 players.
- ⊗ There must be at least 2 females on the court at all times.
- ⊗ At the moment of the serve, all players except the server shall be within the team's playing area and have contact with boundary lines or center lines, but no part of the player's body may be outside those lines. When a side out is awarded to a team, that team shall rotate clockwise one position (front row rotates right, back row rotates left).
- ⊗ A player must receive the serve by bumping or setting. Spiking the ball prior to this will be called "attacking the serve" and will result in a point for the serving team.
- ⊗ First service will be determined by the winner of the coin toss. The other team will have the choice of court side. The second game will begin with the original first game receiving team serving first. The third game will be determined by a coin toss.

- Ⓢ The player serving will receive one chance to serve the ball in play.
- Ⓢ Service may be performed underhand or overhand as long as the ball makes contact with the body only once (no double bump).
- Ⓢ **Substitutions:** Substitutions may take place at the coach's discretion during rotation only.
- Ⓢ **Time outs:** Each team is limited to two 60 second time outs per match. The timeout will begin once recognized by the official and end when the official signals.
- Ⓢ **Intermissions:** The time period between games will be at the official's discretion. Play will begin when he/she signals.

LEAGUE SEEDING

- Ⓢ In case of a tie for award positions at the conclusion of the season, the following tie-breaker procedure will be used:
 - These tie breakers will be used to determine team standing:
 - Winning percentage
 - Head-to-head
 - Total point differential
 - Total points against
 - Lowest number of forfeits
 - Coin toss
- Ⓢ Teams will be removed from the league if they forfeit 3 games in a row or forfeit a total of 4 games in a season.
- Ⓢ Decision regarding removal of teams will be made by the Athletics Supervisor.

PLAYOFFS

- Ⓢ The top __ teams will be eligible for playoffs at the end of the regular season.
- Ⓢ Teams are seeded according to winning percentage of individual
- Ⓢ games. Seedings cannot be adjusted once the bracket is posted.
- Ⓢ Playoff games will be single elimination.
- Ⓢ Playoff brackets will be created at the end of the regular season and will be shared with team captains and at cityofcarrollton.com/athletics.
- Ⓢ Only players that are listed on the team roster and have played in at least ONE regular season game will be eligible to play in the playoffs. It is the captain's responsibility to make sure that the roster is correct BEFORE playoffs start.

UNSPORTSMANLIKE CONDUCT

- Ⓢ A player or spectator can be disqualified or ejected from a game for fighting; using profane or inappropriate language or obscene gestures; disrespectfully addressing, baiting, or taunting an opponent; or other behavior deemed to be unsportsmanlike by an athletic attendant or Carrollton Rec Center staff.
- Ⓢ Any player ejected from a game will be suspended for a minimum of one game.
- Ⓢ The CPARD may take more severe action as unsportsmanlike conduct **WILL NOT** be tolerated from captains, players, or fans.
- Ⓢ Remember, part of our mission is to provide a safe, fun, & respectful environment for all participants in the league.

PROTESTS

- Ⓢ Protest must be filed in the following manner:
 1. Must be filed before the game is over.
 2. Notify the official and give details of the protest.
 3. See that the official notifies the athletic attendant and that the protest is recorded.
 4. On the first regular business day following the protested game, the Team Manager must submit the protest in writing to the Athletic office along with a \$25 protest fee. This is a cash only fee. If protest is upheld, the fee will be refunded.
 5. Judgement calls are not a basis for protests.
 6. Rule interpretation protests must be filed before the next play.
 7. Player eligibility protest must be filed before the last minute of the game by the manager of the team opposing the alleged ineligible player. The Manager must complete numbers 3 and 4 above to complete the protest procedure.