



Woodland Adult Volleyball Rules & Regulations

2026

**Woodland Community
Services Department**

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Adult programs must be self- supporting. Fees shall defray the costs for officials, awards, scorekeepers, gymnasium, etc.

Manager Responsibility

The team manager is responsible for his/her players knowing the rules. It is assumed that all players will be informed. Any questions regarding the rules should be directed to Parks and Recreation staff responsible for the Athletic Leagues.

League Participants

All players must be at least 16 years of age and must have signed the official team roster form. High School volleyball participants are not permitted to play during their current school league.

All players participating in any City organized league game must be registered on the appropriate team roster prior to their first game. All information must be properly filled out for a roster to be valid. If a player is caught playing without signing the roster, that player and the team's manager will be suspended for one full week from all of game play.

Managers may make additions to rosters through the sixth game.

Managers are encouraged to check their official roster from time to time. This information is available at www.teamsideline.com/woodland. For detailed information to find your roster, contact Community Services Department for assistance.

Players can be added or dropped from the roster through the 6th week of play.

Any player using false information will be suspended from **all** league play for the remainder of the season, or for a minimum of four weeks. Any player found playing after being suspended will be suspended for one calendar year from the date of the infraction.

A player shall be eligible to play on ONE TEAM per night of play. Any player found to be playing on more than one team per night or in a league they have been banned from will be suspended for a minimum of one weeks from all of league play and placed on probation for the remainder of the season, or for a minimum of four weeks. Additionally, the game the illegal player participated in may be recorded as a forfeit.

No players can be added after the 6th Week of games.

For safety and legal reasons, no persons other than registered players, managers, coaches, or officials, will be permitted on the court during any game.

Team League Organization

Each team manager shall confirm with the scorekeeper prior to game time that all players who will be participating in the game are on the roster. Any player in question will have to show their ID to the scorekeeper before they can play.

Game clock will begin after the official announces game time. Both teams (at least four players) shall be on the court and ready to play at game time. If either team has less than four players at the scheduled game time, a five minute grace period will be given. The team with the required number of players will be awarded **5 extra points** and the game clock will continue to run. If the fourth player does not arrive within the five – minute grace period, the game is declared a forfeit.

Borrowing Players

To eliminate forfeiture with not enough players, teams may “borrow” players from the other teams, so as long as the player is a legitimate player in the league, with a signed waiver and roster. If a team has less than 4 players they may borrow player(s) up until their team has 4 players. If the team has a player arrive late, they must sub in for the borrowed player. The “borrowing” of players must be agreeable to both team managers.

In the event an injured player is unable to continue a game, the team may bring in a substitute from the bench. If no substitutes are available, the team will be permitted to continue play with less than the required number of players. The match may continue if there are more games to finish and there are less than four players (due to injury.) If the injured player is able to play after sitting out, they may re-enter the game at the next side-out.

Serving – Volleyball Rules

The volleyball serve must be executed by the player that is in the right back position.

Server must not contact the court. The server must not step across or contact the service line until after contact with the ball has been made. If the server jumps when serving, the last contact with the floor must be behind the service line. The server can then land on or in front of the service line. The server can't be in contact with the ground outside the service zone when making contact with the ball. After the contact, the server may step outside the service zone or into the court.

***Side-out scoring:**

No serve can hit the net. A serve hitting the net will be considered a side-out.

***Rally scoring:**

No serve can hit the net

Playing the Game – Volleyball Rules

General Volleyball rules include:

- Three hits to a side, (A block is not considered a hit).
- Players may not hit the ball twice in succession.
- Only the front row players can attack the ball when the ball is entirely above the top of the net.
- A ball hitting a boundary line is “in”.
- A ball is “out” if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player’s body.
- It is illegal to catch, hold, or throw the ball.
- If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn’t the teams 4th hit).
- A player cannot block or attack a serve from on or inside the 10 foot line.
- After the serve, front line players may switch positions at the net.

Lower Division Specific Rules

- During the first 2 (Side-out) games, no player may score more than 5 consecutive points during their serve. After the server has scored 5 consecutive points, they get a side-out and the other team now has the serve.
- No spiking. Overhead hitting is allowed, but you cannot hit the ball with a downward trajectory.

Volleyball Scoring

Side-Out Scoring – First two games will be Side-Out Scoring to 21. Side-Out scoring means a point is won only when the team serving the ball wins the point. A Side-Out scoring game will be played to 21 and must be won by a two point advantage. If a game is tied 21-21, the first team to gain a two point advantage or first one to 25 wins the game/set.

Rally Scoring (**will be played under rally scoring rules**)--The third game of a match will be Rally Scoring to 15. Rally scoring means a point can be won by either the serving or receiving team. If the game is tied at 15, the first team to gain a two point advantage wins or **the first one to 21 wins the game/set**.

Matches should finish within the 55 minutes they are scheduled (except for Championship games which will be played with no clock). If time expires during the first 2 games, the rest of that game will be finished using rally scoring. If after the first 2 games the match is tied and there is less than 5 minutes remaining, then the teams will play a Sudden Death 3rd game to 5 points without having to win by 2. A coin toss will determine who serves first.

Note – Matches are scheduled to be 55 minutes in duration. **Teams are encouraged to play a third game if time permits, even if the match was already won.** If all 3 games are completed before the 55 minutes is up, fun play may continue until time is officially up. Fun play does not change the outcome of the match.

Volleyball scoring system

A point is scored when:

- The ball is successfully grounded in the opponent's court.
- The opposing team commits a fault.
- The opposing team receives a penalty.

Officials

Officials are provided by a professional officials association and are assigned to all scheduled league games. Officials shall have complete charge of the game and the players, managers, coaches and sponsors. In extreme cases of misconduct, the official may discontinue play and issue a forfeit or double forfeit. **The official's decision is final.**

Before the start of a match, the referee conducts a team captains meeting. The referee goes over any ground rules and conducts a coin toss to determine who serves first. At the coin toss, the referee may go over the rules in volleyball for game interruptions such as the procedures for substitutions and timeouts. All volleyball participants must know the rules of volleyball. Sanctions may be issued to players, coaches, or other team members for rude conduct or aggressive behavior.

Basic Volleyball Rules Violations

The result of a violation is a **point for the opponent.**

- When serving, stepping on or across the service line as you make contact with the serve.
- Failure to serve the ball over the net successfully.
- Contacting the ball illegally (lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- When blocking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if both:
 - 1) your opponent hasn't used 3 contacts AND
 - 2) they have a player there to make a play on the ball
- When attacking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net.
- Crossing the court centerline with any part of your body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.
- Serving out of order.
- Back row player blocking (deflecting a ball coming from their opponent), when at the moment of contact the back row player is near the net and has part of his/her body above the top of the net (an illegal block).
- Back row player attacking a ball inside the front zone (the area inside the 10 foot line), when at the moment of contact the ball is completely above the net (an illegal attack).

The Court

The playing area includes the volleyball court and the playable area that surrounds it.

Volleyball Court Measurements

Volleyball court dimensions are 18 by 9 meters or 59 feet by 29 feet 6 inches.

Net Height Co-ED (7'11 5/8")

Women's (7'4 1/8")

The volleyball net height is measured from the center of the net. The net height at the 2 sidelines must be exactly the same and can't be over 2 cm higher than the official volleyball net height.

Courts containing basketball apparatus will be ruled as follows:

1. Any ball making contact with the underside of the basketball apparatus on your own side is playable, provided there are remaining hits available.
2. If the ball hits a basketball standard and then deflects into the opponents' side of the court, it will be ruled as a side out.
3. Any served ball that strikes a basketball apparatus, net courts, volleyball standard, or any other out of bounds object, will result in a side out.

Player Conduct

Players are expected to play in the sports league with sportsmanship. This program is designed to be recreational and it is the purpose to provide a recreational experience with fun and exercise. Players participating in any kind of physical or verbal confrontation on the court or at the facility are subject to suspension for the current season or the entire remaining volleyball year. Spectators involved in any misconduct are subject to suspension from the gymnasiums and/or arrest.

Any vulgarity or language an official finds inappropriate shall warrant a one time, team warning. After the warning, any audible profanity shall be subject to immediate ejection. **NOTE:** An official may eject a player for profanity without a warning. Any post ejection demonstrations of profanity or other un-sportsmanlike conduct may result in game forfeiture, as well as player suspensions.

Protests & Appeals

Protests that arise during the game based on rule interpretation shall be announced by the manager of the protesting team to the referee immediately **and** before the next serve is made. The referee shall in turn notify the opposing manager and official scorekeeper. Protest based on an official's judgment in calling play will not be accepted. Protest based on the misinterpretation or misapplication of playing rule or on the eligibility of any player will be reviewed and ruled upon by the CSD staff responsible for the Athletic Leagues.

The protesting manager shall submit an email to the CSD office during the first working day following the protested game.

1. The date, time, game location, and team names involved.
2. Names of officials and scorekeeper.
3. A description of the rules and procedures involved.

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4. All essential facts involved in the matter of protest.

When a protest based on interpretation or application of a rule is upheld, the game shall be replayed from the point of the protest with the decision corrected **only if the outcome would affect the league championship.**

Team managers may make appeals on the following decisions:

The placement of a team in a league (e.g. the league the team is placed in and the make-up of the team.)

The prohibition of a player on a team.

The suspension of a player.

Any team or player is eligible to appeal. A written appeal must be submitted within seven calendar days of being notified of the decision.

Equipment

All players must wear shoes and shirt or tank top in all league games, shoes must be closed-toed. For safety and injury prevention, no jewelry such as watches, bracelets, earrings, or necklaces may be worn by any player.

Any player, coach or official who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered (i.e., bandage/cover the wound or remove/change the bloodied clothing.)

Player Code of Conduct

NO PLAYER SHALL lay a hand upon, shove, strike, threaten, or physically attack any player, official or spectator. Officials are required to immediately suspend a player from further play and report such player to League Coordinator. Such player shall remain suspended until the League Coordinator has considered his case.

MINIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

NO PLAYER SHALL refuse to abide by official's decision. Officials are required to immediately suspend player from further play and report such player to the League Coordinator. Such player shall remain suspended until the League Coordinator has considered his/her case.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL be guilty of objectionable demonstrations of dissent at official's decision.

MINIMUM PENALTY: Warning by the official and possible ejection from game.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL discuss with an official in any manner the decision reached by such official except the manager or captain.

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MINIMUM PENALTY: Warning by the official and possible ejection from game.

MAXIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

NO PLAYER SHALL be guilty of using unnecessarily rough tactics in the play of the game against the body and person of an opposing player. Officials are required to immediately suspend players from further play and report such player to League Coordinator.

MINIMUM PENALTY: Suspension from all league play for two weeks and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to immediately suspend player from further play and report such player to the League Coordinator.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for one year and placed on probation for additional one year.

NO PLAYER SHALL appear on the court at any time in an intoxicated condition. Officials are required to immediately suspend player from play and report same to League Coordinator for further consideration.

MINIMUM PENALTY: Suspension from all league play for one week and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension from all league play for four weeks and placed on probation for one year.

SPECIAL NOTES

Any player who is suspended will automatically be placed on probation for the remainder of the season or a minimum of four weeks.

Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of the season or a minimum of four weeks.

Any player removed from a game will have two minutes to leave the court. Such player may also be directed by the official to leave the gym immediately. Failure to do so can result in a forfeiture of the game and the suspension of said player for the remainder of the season or a minimum of four weeks.

A player who has been suspended from play may be barred by the League Coordinator from attending the game(s) from which he/she has been suspended.

Forfeits

Teams forfeiting two games in a row may be dropped from league under certain circumstances.

Other

League standings and schedules will be posted at www.teamsideline.com/woodland Should a score be recorded inaccurate or a problem arise in scheduling, please notify the sports personnel immediately.

The CSD Department is not responsible for the supervision of children during scheduled Adult recreation activities. All questions and concerns shall be directed to the Adult Sports Recreation Supervisor.