



Charlottesville Parks and Recreation: Adult Volleyball Rules and Regulations

Section 1: Teams, Court, & Equipment

1.1 Teams

- Teams consist of six players. Teams may play with four players without penalty.

1.2 Court Dimensions and Markings

- Games are all played at Carver Rec Center or Key Recreation Center. Court boundaries are determined by the volleyball court lines on the floor.
- Backboards and supports over playable areas:
 - At Carver, backboards pulled near the ref stands are part of the ceiling: play continues if a ball contacts them and remains on the same team's side with a contact remaining.
 - Vertical parts of backboards up to the angled side supports at Carver are out of bounds.
 - Heating sock and its metal attachments at Carver are considered part of the ceiling.

1.3 Players & Positions

- **Minimum Age:** Players under the age of 18 will not be permitted to participate. Waivers will no longer be accepted.
- We will primarily operate on an honor code approach; however, if concerns arise, we may require date of birth (DOB) verification.
- Charlottesville Parks and Recreation supports inclusivity. Transgender and non-binary players are welcomed to participate in any league that aligns with their gender identity.
- **Enforcement Process:**
 - **1st Offense:** Removal of the player in question.
 - **2nd Offense:** Automatic forfeiture of (1) game.
 - **3rd Offense:** Team disqualification from the league.
- **Substitutions:**
 - Players may substitute freely within their team's rotation, provided gender balance rules are maintained in Co-Rec divisions. See section 2.5 COED Rules for Transgender/Non-Binary specific rules.
 - Once a player substitutes into a game, the player that exited the game may only substitute back into the game for the player they subbed with.
 - Players can re-join the game **only in his/her original position**.
 - A Libero may replace any back-row player without it counting as a regular substitution and must follow all rules specific to Libero play.
 - **Play-Off only rules:**
 - If a team loses a player during the game for a non-injury reason. They can not pick up a non-rostered player to substitute for the exited player. They must play down a player. If they have extra rostered players at the game, then those players can replace the exited player in that position, like normal in-game sub rules.



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- If an injury occurs then a non-rostered player can be picked up with the opposing team's approval.

• Roster Changes:

- o Allowed up to playoffs. No changes permitted during league playoffs.
- o Coaches must protest player eligibility. Rosters are not checked unless protested.
- o Roster additions must be submitted to athletics@charlottesville.gov by 4:00 PM on game day. Protests must be brought to the athletics office via email within 48 hours of the contested game. If the protest occurs after the 48 window, then the protest will not be reviewed by the athletic office.

• Multiple Team Play:

- o Players may play and sub for multiple teams in the same skill division.
- o "A" players may play down to "B" levels but may not participate in "C" level play. "B", "C" & "D" level players are permitted to participate in all (4) levels of play as they wish.
- o Women are allowed to play in the Men's league. Maximum of (2) women per team.

• Eligibility Verification:

- o Rosters will be checked and verified before the playoffs.

1.4 Equipment

- Official balls for league and tournament play are provided by Charlottesville Parks & Recreation. • Teams should retrieve out-of-play balls.
- Prohibited Attire:
 - o Open-toe/open-heel shoes.
 - o Jewelry (necklaces, earrings, rings, etc.).

Section 2: Gameplay Rules

2.1 General Game Rules

• Match Structure:

- o Regular Season: 3 games to 25 points for the first two sets and a cap of first to 27 in the 3rd set.
- o Playoffs: 3 games to 25 points for the first two sets and a cap of first to 15 in the 3rd set. Teams will no longer switch sides during the third set.

• Time Intervals:

- o Minimum 5-minute shared warm-up.
- o 2-minute breaks between games.

• Forfeits:

- o Teams a minimum must provide (4) rostered players or approved substitutes at the start of each game. Teams unable to field (4) players lose the first set at match time, the second set after 15 minutes, and the third set after 20 minutes.



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- o Teams may begin play with 4 players without penalty.
- **Timeouts:**
 - o Two 30-second timeouts per game.

2.2 Service Rules

- Let serves are playable.
- Blocking or attacking the serve is prohibited.
- Server foot placement:
 - o Carver: Server may step on the black line.
- Service time limit: 8 seconds. Only one toss attempt per serve.

2.3 Contact Rules

- Double hits are legal on all first team hits (including serve reception).
- A double hit is legal on the second hit, so long as the next contact is by a teammate.
- Illegal actions include catching or throwing the ball. Specific examples of "throwing" include prolonged contact or a scooping motion.
- Any body part can contact the ball.

2.4 Net & Centerline Rules

- **Net Violations:**
 - o Contact with the antenna while playing the ball is a violation.
 - o Incidental net contact unrelated to play is not a violation.
- **Centerline Violations:**
 - o A violation occurs if a player's foot/hand completely crosses the centerline inside the sidelines and is within 2 feet of an opponent, creating a safety hazard.
 - o Crossing the centerline outside the court is allowed if it doesn't interfere with play or create a hazard.
- **Neighboring Court Rules:**
 - o Players cannot contact the neighboring court while the ball is in play.
 - o Teammates may restrain each other to avoid violations without assisting play.

2.5 Co-Rec Modifications

- Maximum of 3 men on the court.
- Lineup alternates male and female players (e.g., M-F-M-F-M-F)
- A female must contact the ball if there is more than one team hit.
- The following roster examples are legal:
 - o 3 males/3 females



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- o 2 males/4 females
- o 1 male/5 females
- A transgender/non-binary – gender fluid player can count toward either requirement. The player does not need to be identified as either gender.
- Teams must still alternate male/female in court order. Meaning no two players that identify as male or female can be next to each other on the court.
- o Gender non-binary – gender fluid participants can be inserted into any male/female sub spot.
- No more than 3 team members who identify as male may play in the court at any time.

Section 3: Administration

3.1 Staff

- Games are supervised by (1) official per court/net and (1-2) site supervisors.

3.2 Eligibility

- **Rosters:**
 - o No limit on players per team roster. Rosters must be submitted upon registration.
 - o Players can be replaced up to 4:00PM the day of your last regular season match.
- **Protests:**
 - o Coaches may protest rule enforcement and player eligibility.
 - o Protests must be brought to the athletics office via email within 48 hours of the contested game. If the protest occurs after the 48 window, then the protest will not be reviewed by the athletic office.
 - o Failure to follow eligibility guidelines will result in forfeiture of games.
 - o **Appeal Process:** All protests, and suspension rulings are eligible to be protested. All protests must be made in writing by email to athletics@charlottesville.gov within (48) hours of the contest. No appeals will be accepted in person or by phone.
- Appeal decisions will be made within **48 hours** and will include a detailed follow up response from league management to the captains of teams involved.

3.3 Playoffs

- Top 4 teams in each league qualify (**Top 6** depending on division size).
- **Standings Determined By:**
 1. Winning Percentage
 2. Head-to-Head Competition
 3. Head-to-Head Point Differential



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4. Coin-Flip

3.4 Inclement Weather

- Call the P&R Inclement Weather Hotline (434-970-3593) for updates. Decisions are made by 4:00 PM. Emails to captains and players will also be sent to those who have accurate contact information provided.
- Games canceled mid-match revert to the last completed set's score. If 2 or more sets are complete, the score stands.

Section 4. Player Conduct: Charlottesville adult sports leagues prioritize sportsmanship and fair play. This Code of Conduct applies to all participants, coaches, and spectators:

4.1 Prohibited Behaviors

- Arguing with or disrespecting officials.
- Rough or aggressive play.
- Use of profanity.
- Harassment or verbal abuse.
- Playing ineligible players.

4.2 Penalties

- **Section I Violations (Minor Offenses):**
 - o 1st offense: Verbal warning.
 - o 2nd offense: Yellow card (penalty point).
 - o 3rd offense: Red/Yellow card (expulsion or disqualification).
- **Section II Violations (Serious Offenses):**
 - o Use of obscene gestures or intoxication results in a 2-week suspension (second offense results in a 1-year suspension).
- **Section III Violations (Severe Offenses):**
 - o Physical contact or discriminatory comments result in a 6-week to 1-year suspension. o A second violation results in permanent expulsion.

4.3 Ejection and Suspension

- Ejected individuals must leave the premises immediately.
- Suspended individuals cannot participate or spectate during their suspension. • Ejections in final games will carry over to the next season.
- All suspensions may be appealed using the Formal Appeals Process described in Section 3.2.



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Section 5: Miscellaneous Rules

5.1 Alcohol

- Alcohol is prohibited in the vicinity of league games and on public property.

5.2 Scheduling

- Preferences are considered but not guaranteed.
- Reschedule requests must be submitted at least one week prior to the scheduled game.

The Adult Volleyball Program is governed by these rules and regulations. Any rule or regulation not explicitly covered here will defer to the USA Volleyball Rulebook and the discretion of Charlottesville Parks and Recreation.

For further inquiries or clarification, contact athletics@charlottesville.gov or call 434-970-3271 (Office).