



Adult Volleyball Rules

Last Revised 9/25/2025

Unless otherwise noted, USA rules will be used.

All rules are subject to review and revision by Hilliard Recreation & Parks Department Staff

Fee Payment

Full team payment shall be due at time of registration. Fees must be paid as one lump sum by the team captain, rather than by individuals. Fees can be processed online or at the front desk.

House Rules

1. Matches will consist of 5 games.
2. Serving area is the entire back line. No re-serves are allowed.
3. Teams are permitted 3, 30 second timeouts per match. No additional time outs are allowed. Injury time-outs are at the discretion of the referee and are expected to be handled in the best interest of player safety and common sense.
4. When in play, the referee will call for a re-serve and unplayable if the ball hits any part of the backboard including rim or poles. All walls, balconies, tracks, or curtains are also out of play. If the balls trajectory would lead to it being unplayable (headed towards the back wall or balcony) it is unplayable.
5. Replays are allowed at the referee's discretion.
6. Ball handling violations are judgment calls based on current USA rules; double contact in a single attempt is only a violation if the ball crosses the net or is legally blocked.

Rosters

1. Roster Submission
 - Completed rosters must be submitted by the deadline indicated for each league.
 - Each team may have up to 15 players, including substitutes.
2. Roster Changes
 - Rosters must be submitted before the first game, and any changes must be made online before game time.
3. Minimum Players to Play
 - A team must have at least 4 players to begin a game in all divisions.
 - If a team fails to meet the minimum, the game is forfeited.
 - Both teams are allowed to scrimmage or practice during the scheduled time in the event of a forfeit.
4. Co-Rec Gender Ratio Rule
 - Co-Rec teams may not have more than one more male than female on the court at any time.
 - Example: 3 men and 2 women is acceptable.
5. Player Check-In
 - All players must check in at the front desk before each game with a valid photo ID.

- Team captains are responsible for their team and any substitutes.
 - 6. Playoff Eligibility
 - To be eligible for playoffs, a player must have played in at least 2 regular season games for that team.
 - If a substitute plays 2 games and the team captain would like to use them in playoffs, the league supervisor must be notified.
 - If a player is rostered on another playoff team in the same division, they must play for their original team first before substituting for another team.
 - 7. Roster Changes Deadline
 - Rosters can be changed until Week 9 of the regular season.
 - Changes after Week 9 are considered on a case-by-case basis by the league administrator.
 - 8. Age Requirement
 - Players must be at least 18 years old to participate in adult leagues.
 - All players participate at their own risk.
 - 9. One Roster Per Division Rule
 - Players may only be listed on one roster per league.
 - In multi-division leagues, a player may only be rostered on one team per league.
 - 10. Free Agents
 - The league supervisor maintains a list of free agents who may be added as substitutes or permanent players.
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Substitutions

A substitute is defined as a player who is either on another team's roster in the league or not on the original submitted roster.

1. Minimum Rostered Players During Game
 - A team must have at least 3 rostered players present during a regular season game and not more than 2 substitutes per game.
 - Substitute players may not be used in a game if a team has all rostered players available to play.
2. Substitution During Play
 - Players may substitute at either the service position (court position #1) or the opposite front position (court position #4).
3. Division Sub Rules
 - A player from a Division #2 team may substitute on a Division #1 team.
 - A Division #1 player cannot substitute onto a Division #2 team.
4. Playoff Substitutes – Emergency Only
 - One eligible substitute (1 male or 1 female in Co-Ed) may be used only in emergencies to meet the minimum player requirement.
 - Emergency = illness, injury, or relocation of a rostered player.
 - Must be approved by the league administrator.
5. One-Game Sub Limit
 - A player may substitute in only one game per calendar day across all leagues.
6. No Libero Rule
 - Liberos are not permitted in play.

Behavior: Sportsmanship will be handled by the referee as follows

1. A warning is given through the captain about the player in question.
2. A yellow card with point or a side out will be awarded.
3. A red card with the player requires said player to leave the building immediately. Anyone ejected will serve an automatic one game suspension for the next scheduled match. Discipline actions may be extended on a case-by-case basis.

Game Play and League Rules

1. All games will be expected to start at the posted scheduled time. The official will give a verbal warning to teams if they are not on the court and game ready. After 5 minutes has passed from the scheduled game start time, the official will place the ball down and begin to reward a point to the opposing team for every minute the offending team is not on the court and ready to play.
 - a. After 15 minutes (15 points) have been awarded, the offending team will automatically forfeit the first set and the remainder of the match.
2. All games will be played to 21, win by 2 with a cap of 25 using rally scoring. Matches must be finished within 85 minutes of the start of the game. The Recreation and Parks Department and/or officials can modify game limits based on time constraints.
 - a. Tournament Games will be best of 3 games with no time restraints.
 - i. The first two tournament sets will be played to 21, win by 2 with a cap of 25.
The third set will be played to 15, win by 2 with a cap of 20.
3. League standings will be kept based on total wins and losses of the sets played. The following tie breakers will be followed in order.
 - a. Head-to-Head sets won
 - b. Fewest points allowed all season
 - c. Most points scored all season
 - d. Coin Toss

Make-Up and Rescheduled Games

In the event The WELL is closed due to inclement weather or other circumstances, all games will be made up. Make-Up games will first be attempted to be added to the end of the season before post-season play. If such scenario is not an option, games may be moved to another day and/or timeslot to accommodate the cancelled game.

Attire

1. No black marking soles will be permitted on the gym floor.
2. No unsafe or unsecured jewelry may be worn; jewelry that comes off during play will be penalized with a point to the opponent.
3. No unsafe or unsecured head covering or hat may be worn; head coverings or hats that come off during play will be penalized with a point to the opponent.
4. No bare feet.

League Relegation and Promotion (Leagues with Multiple Divisions Only)

At the end of the regular season, the last place finishing team in the #1 Division will be moved down to the #2 Division for the beginning of the next season. Additionally, the winner of the #2 Division will be moved up to the #1 Division for the beginning of the next season.

Forfeiture

Out of respect for other teams, we ask that any forfeiture be given no later than 24 hours prior to game time.

If a team needs to forfeit a game in advance due to unforeseen circumstances, please contact the League Supervisor at 614-334-2584 or email sports1@hilliardohio.gov. If you do not receive immediate confirmation of the forfeit, please call the front desk at 614-876-5200.

If your team is within 24 hours of your game time, call the front desk to ensure your message of a forfeit can be communicated properly and steps can be taken to pass on to the opposing team and official(s).

If a team has more than 2 forfeits within a season, they will be suspended the following season, for one full session.

Postseason Tournament

Post season play will be determined by league standings. The top 4 teams will qualify for a one-week, single elimination playoff. The league supervisor has the discretion to modify the post season based on the number of registered teams and the regular season schedule.

No postseason tournament will occur during the summer season annually.

The acting league supervisor and the City of Hilliard Recreation and Parks Department reserve the right to change or manage any rules and situations that arise.