



## 2026 Adult COED Volleyball Rules & Regulations

### General Rules

*USAV rules will govern play with the following exceptions:  
Please refer to the current USAV rules book for specific questions.*

1. **Timeouts:** Two timeouts per match, per team. Each timeout will be 30 seconds long.
2. **Matches:** Each team will typically play 2 matches per night, per week. Best 2 out of 3 to 25 using rally scoring with a cap of 27. A team must win by at least 2 points unless the cap is reached. The 3<sup>rd</sup> game will not be played if one team wins the first 2 games. A 3<sup>rd</sup> game will be played if the first 2 games are split. The 3<sup>rd</sup> game (if needed) will be played to 15 with a cap of 17. Standings will be kept based on matches not individual games. The team with the best record will be seeded 1st, and so on for tournament play.
3. Smithfield City Recreation will provide a game ball, scorekeeper, and a referee for each of the matches.
4. Games will be played at a net height of 7'8".
5. The ball is dead if it hits any walls, curtains or the upper track. If a ball hits a raised basketball hoop/backboard or the ceiling but stays on the same side it is still playable by that team, however if the ball hits and goes over it is considered out of play and the point is lost.
6. 3 hits on one side must include a "hit" by a woman. 2 hits on one side may be by two men. Blocks are not included.
7. All judgment calls by the referee will stand! Referees may replay points that are in question if deemed necessary
8. Sportsmanship is a must and will be required from all players and spectators.
9. Each team must have a minimum of 4 players to start any game. Teams are allowed 5 minutes after the scheduled start time to field at least 4 players. Otherwise, they forfeit the match. Players must be at least high school age to participate in the league. There can be more women than men on the court. No more than 3 men on the court at a time.
10. **Substitutions:** Free substitution is allowed. However, if you are rotating in at a certain position, all players must rotate out including the setter at the same position. There is no "Ghost Rule". A player that is not permanently rostered for a team can sub for multiple teams but not on the same night. A player, if eligible, can only play for one team in the same league for tournament play.
11. **Team Rosters:** must be filled out completely and signed by the individuals playing. Rosters are available at the court at the beginning of the season and can be found at the front desk afterwards. Names can be added to the roster throughout the season. Names and signatures are required prior to play. Any player listed on the roster who desires to play in the tournament must have played in a minimum of two (2) regular season matches.
12. The captain of the winning team must sign the scorebook to confirm the final score of the match and the players who played on their team in that match.