

ADULT VOLLEYBALL LEAGUE RULES

GAME FORMAT

League

Best of sets: First 2 to 25 (win by 2, cap 27); 3rd set to 15 (win by 2, cap 17)

Rally scoring: Point awarded on every serve

Net height: Men's height (7'8" or similar)

Rotation: Clockwise after side-out; each player must rotate into their correct position

Timeouts: 1-30 seconds per set; intermissions limited (1-3 minutes)

Serving & Play

- Serve from behind the end line, overhand or underhand
- Let serves (net contact, in-bounds) are legal
- No blocking serves
- Women must contact before the ball passes the net if there's more than one hit on a side
- Ball may touch any body part (kicking allowed) but must be hit, not caught or thrown

ELIGIBILITY & ROSTERS

- Age: 18+ only*
- Roster size: 10 players per team; substitutes allowed with a paid sub fee
- Team size: 6 players on the court at a time; may start with 4 (minimum 2 females)
- Gender requirement: At least 2 females on the court at all times; no all-male teams

Substitutions:

- Co-ed swaps must be same-gender (female for female, male for male)
- Subs can be made during dead balls; max 12 subs per set in some leagues
- Subs must rotate into the same position in the rotation order

Forfeits & Cancellations

Forfeits will occur if the team can't field required players within 10 minutes of the start time

Other Notes

- Players must play in at least half the games to be eligible for the postseason
- Officiating is done by the 3rd team in the pool
- R1 and lines
- Scorekeeping will be handled by league staff

AGE REQUIREMENTS:

You must be 18 years old to play in this adult volleyball league. If you are 16 or 17 years old and want to apply for an exception to play, the team captain will contact riley.bensusen@courthousefit.com.

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ADDITIONAL RULES

- No tobacco chewing, no smoking, no profanity anywhere in the building and outside of all facilities.
- League suspensions carry over to all leagues and tournaments that Courthouse Club Fitness runs.
- A team fight is a league suspension with no refund. Players have a responsibility to control or restrain their own teammates. The key is to step in and help end a bad situation before the league has to suspend or banish players. Your players need to control each other. The League Staff cannot prevent these situations as well as you could as players/teammates.
- If a player is ejected for unsportsmanlike conduct, that player must leave the gym on his/her own. If the player does not leave in a timely fashion, he/she may be suspended for the remainder of the season and the team may forfeit the game and face team suspensions for not enforcing the rules with their own players.
- Conduct rules: Players not able to control their behavior will be ejected from the facility and may face further suspension from the league. This rule applies to spectators as well.
- Children: Due to their short attention span, we ask that all children sit next to parents and be under their supervision at all times. This helps prevent any accidents or interference with games. If the only parent attending is playing, that parent will be responsible to have a friend supervise his/her children during the game. Due to safety concerns, children (or any other spectators) are not allowed to sit on the team bench or at the scorekeeper's table. League Staff may remove a parent from the game and require him/her to supervise unruly children. Parents will be financially responsible for any damage caused by their children.
- Verbal threats will be taken very seriously: Any player, manager, or person connected with the team verbally threatening League Staff, player or spectator before, during, or after a game, will be ejected from the game and the facility and suspended from league play indefinitely.
- Alcohol and Drug policy: No player shall appear on the court under the influence of alcohol or drugs in such a manner that they have no control of his/her faculties to the extent that there is a chance of physical injury to him/her or others. Minimum penalty: Ejection from facility.