

The Colony Parks and Recreation Department

Adult COED Indoor Volleyball Rules



Revised 8/27/2026

All league games will be played in accordance with the current National Federation of High Schools (NFHS) Official Guide, with the following modifications. If it isn't listed below, please consult the NFHS guide.

I. Team Manager Responsibilities

1. Team managers should notify all team members of changes and updates to the game schedule.
2. Team managers will be responsible for notifying Parks & Recreation Athletics Office of any intention to forfeit a game by 9am on game day. You can notify the Athletics Staff by calling 972-624-3950 or emailing playtcsports@thecolonytx.gov.

II. Rosters:

1. This is a coed adult volleyball league. Anyone ages 16 and up are eligible to play on a team.
2. Teams can have up to 12 players on their roster and can add and delete players up until the third (3) week of the season.
3. All players must be registered through the Amilia software system.
 - i. If an individual is found participating in the game without being registered, the game will be immediately suspended and deemed a forfeit.
4. Rosters are locked after the third (3) week of the regular season, after that players may not be added for the playoffs.
5. Should extenuating circumstances occur (i.e. injury, player relocation, etc.) that directly hinder a team's ability to participate for a scheduled game, an express written notice may be submitted to the Athletics' Division requesting roster transactions after the deadline. Each request will be taken on a case-by-case basis and will be left to the discretion of the Athletics Supervisor.
6. Rosters will be kept at the gym with the facility supervisor, additions to rosters must be done before games begin that week at least 1 business day in advance.
7. Before the game each team captain will fill out the score sheet at the score table.
8. Players may only be on one team's roster at any given time.
9. Players may be subject to ID checks at anytime to confirm they are on the roster.
10. The 1st, 3rd, and 7th week teams may be subject to a mandatory roster check. All players must check-in before game time for roster approval.
11. Teams are permitted to temp loan / share players if the other team is short for purposes of limiting forfeits. During playoffs teams are permitted to temp loan / share only female players, in the event a team is short female players.
12. Loan / share players must sign a roster addendum for the new team prior to playing with that team. Roster addendum will be available with the facility supervisor

III. Equipment

1. T-shirts or jerseys will be provided by each team.
2. Shoes must be athletic style designed for use on indoor playing surfaces. No black soled, "turf shoes", open toed footwear, slides or sandals may be worn at any time.
3. **NO JEWELRY MAY BE WORN AT ANY TIME DURING A GAME.**
4. Officials may ban any equipment that they deem unsafe or illegal.
5. Official game ball, regulation net, scorekeepers, scoring equipment, and officials will be provided by the Parks and Recreation Department.

IV. Court Regulations:

1. The net shall be 7 feet 11 inches.
2. A serving area will be 30 feet wide and provided behind the base line on each court side. A service violation will occur if the server's foot touches the line before contact with the ball.
3. Any ball that comes in contact with any part of the ceiling (including curtain) will be fair as long as it does not cross or touch the net, provided that the ball remains in the involved team's court and they have plays remaining.

V. Contest:

1. A 5-minute grace period will be allowed. League staff will determine when the forfeit is declared.
2. Teams can start with 4 players. (Must have a minimum of 2 females present)
3. If at least 4 players for any team are not present within the 5-minute grace period, the contest will be declared a forfeit and the team receiving the forfeit will be credited with a 15-0 win.

VI. Scoring Rules

1. An official match shall consist of three games. The first team to win two games shall be the winner of the match.
2. All games will be played by rally scoring rules. Every time the ball hits the floor a point will be awarded. There will be a point awarded with every side out; (i.e. a point will be awarded with the change of serve.) If the serving team makes the point, they will retain service. Serves may be played off the net as long as the ball goes over the net to the opposing team's side.
3. All games will play to twenty-five (25) points (win by two points), whichever comes first. The third game if necessary will only be played to fifteen (15) points. A team must win by two (2) points or cap at thirty (30) points. On the third game a team must win by two (2) points or cap at twenty (20) points.

VII. Playing Rules

1. A team shall consist of Six (6) players but may begin the game with four (4) players. (2 players must be female)
2. There must be at least two (2) females on the court at all times.
3. At the moment of the serve, all players except the server shall be within the team's playing area and have contact with boundary lines or center lines, but no part of the player's body may be outside those lines. When a side-out is awarded to a team, that team shall rotate clockwise one position (front row rotates right, back row rotates left).
4. A player must receive the serve by bumping or setting, spiking the ball prior to this will be called "attacking the serve" and will result in a point for the serving team.
5. First service will be determined by the winner of the coin toss. The other team will have choice of court side. The second game will begin with the original first game receiving team serving first. The third game will begin as the first game began (coin flip, etc.)
6. The player serving will receive one chance to serve the ball in play.
7. Service may be performed underhand or overhand as long as the ball makes contact with the body only once (no double-bump).

VIII. Substitutions

1. Substitutions may take place at the coach's discretion during rotation only.

IX. Time-Outs:

1. Each team is limited to two (2) 60 second time outs per match. The time-out will begin once recognized by the official and end when the official signals

X. Intermissions

1. The time period between games will be at the official's discretion. Play will begin when he/she signals.

XI. Standings:

1. In case of a tie for award positions at the conclusion of the season, the following tie-breaker procedure will be used:
 - i. Winning percentage
 - ii. Head-to-head
 - iii. Total point differential
 - iv. Total points against
 - v. Lowest Number of Forfeits
 - vi. Coin toss
2. Teams will be removed from the league if they forfeit 3 games in a row or forfeit a total of 4 games in a season. Decisions regarding removal of teams will be left up to the discretion of the Athletics Supervisor.

XII. Gym Policies:

1. No practice is allowed in the gym without membership or paid reservation
2. Only individuals on the official roster can be on the team sideline. No children, family, friends, etc. are allowed to be on the team sideline at any time.
3. All music played out on the fields MUST be clean versions of all songs. (No curse words)

XIII. Protest:

1. Protests must be declared to the official and to the TCPARD Staff on duty immediately following the incident. Protests cannot be submitted after play has resumed.
2. Protests can only be made by the manager of the team.
3. Game protests shall be made in writing via protest form with the athletic staff on site. All protests must be accompanied with a \$50.00 cash payment at the time of the protest. If their protest is upheld, the fee will be returned.
4. Protests will be allowed for age violations & rule interpretations only.
5. A protest based on a play which involves an official's judgment shall not be permitted
6. Referees will work to settle all situations on the court/field.
7. If a call to be protested is the last recorded out of a game or on a game ending play, the protest MUST be filed prior to the official and the protesting team leaving the field/court of play. No protest will be allowed following the game. Officials and League Staff will rule on all protests and their decisions shall be final.
8. Any team coach or other adult leader who withdraws a team from the playing field/court under any circumstances prior to the official completion of the game shall forfeit all rights to protests as prescribed in this section.

XIV. CONDUCT/SPORTSMANSHIP ZERO TOLERANCE POLICY:

1. Ejection of a player, coach, etc. may result from remarks to or about opposing players and officials, or anyone who commits other acts that could be considered unsportsmanlike. Penalty will be ejection from game and grounds, including parking lot. Player has 1 minute to leave the facility or the offending player's team will forfeit. Any player ejected from a game will receive an additional (1) game suspension. The additional game suspension will be the next played game by the player's team. Any players ejected for a second time during the season will be suspended for the remainder of the season. Note: the aforementioned suspensions will be the minimum penalty enforced and may be increased in each situation based on the player's attitude and actions decided by the recreation supervisor. A player that is ejected or suspended may not be at the facility under any circumstances during his/her suspension.
2. Physical assault or verbal threats of any kind by a player or spectator on a referee/staff or another player or spectator will result in immediate removal of that player or spectator from the game and grounds by police and will be suspended from The Colony league. The referee may forfeit the game if attacked physically by any member or spectator. Members ejected for fighting will be suspended immediately from league play for a period of 1 yr. from date of incident (no exceptions). Prior to re-entry, the player(s) must contact the Athletics Supervisor/Coordinator who will make the final decision whether the player will be allowed in the league. Harassment of an employee at any time can result in being suspended from the league, as decided by the Athletics Supervisor/Coordinator. Any person that physically assaults a referee/parks and recreation staff will be charged with assault.

If you would like to follow up on a Protest or if there are any questions, comments, or concerns;

Contact: playtcsports@thecolonytx.gov

The Colony Parks and Recreation Athletics office reserve the right to add, delete and amend its adult volleyball rules and regulations at any time for the betterment of the league.

