



CITY OF  
GLENWOOD  
SPRINGS

**PARKS AND RECREATION**

**City of Glenwood Springs  
Adult Coed Volleyball League  
Official League Rules – 2026**

Location: Glenwood Springs Community Center Gym (East Court & West Court)

Division: Recreational

## League Overview

The City of Glenwood Springs Adult Volleyball League follows the rules of USA Volleyball (USAV) except where modified by the City of Glenwood Springs Parks and Recreation Department. Local league rules listed in this document take precedence.

## Player Eligibility

- Players must be at least 18 years old.
- All players must enroll on the official team roster through their TeamSideline account.
- The City reserves the right to request photo identification from any player to verify eligibility.
- If a roster check is requested, both teams will undergo a roster check.
- Any team found to have an illegal player will forfeit the game but may continue to play the match.

## TeamSideline Rosters

- Log into your TeamSideline account.
- Click 'Manage Rosters' on the homepage.
- Click 'Add to Roster' to add players.
- You may also use 'Copy Roster' from a previous season.
- Invitations are sent to players to complete their enrollment.
- A checkmark appears when players complete enrollment.
- When the minimum players have enrolled, click 'Submit' to finalize the roster.

## Facility and Conduct Rules

- Managers are responsible for reminding players about sportsmanship.
- Unsportsmanlike conduct will not be tolerated.
- The Parks and Recreation Department reserves the right to remove any patron demonstrating disorderly conduct or unsafe behavior.
- Jewelry is not permitted except medical bracelets, wedding rings, and covered stud earrings.
- Medical braces with metal components must be fully covered with neoprene padding.
- No food or drink in the gym area. Water is allowed in sealable containers.
- Non-marking athletic shoes are required.
- Parents bringing children must keep them away from the playing and warm-up areas for safety reasons.
- Spectators must remain in the gymnasium.

## Game Administration

- The City of Glenwood Springs Athletics will provide one game ball. Teams may provide a ball if both managers approve.
- This league is self-officiated. Teams are responsible for making their own calls.
- Only team managers may approach the scorer's table regarding rule interpretation or protests.
- If teams cannot agree on a call, the point should be replayed.

## Team Composition

Players on Court	Minimum Female Requirement
4 players	1 female
5 players	2 females
6 players	2 females

## Match Format and Scoring

- Matches are scheduled for 50 minutes.
- Best two out of three sets.
- Set scoring: 25, 25, 15.
- All sets must be won by two points.
- If time expires during the third set, the team leading in points wins the set.
- Rally scoring is used.

## 6v6 Coed Rules

- Teams rotate clockwise.
- Serving order must alternate male and female when six players are present.
- If two male players contact the ball during a rally, a female player must make one contact before the ball crosses the net.
- A block does not count as a team contact.
- Back row players may not block.
- Back row attacks must originate behind the 10-foot line.

### ***Example Legal Coed Rotation (6v6)***

Left Front (F)	Middle Front (M)	Right Front (F)
Left Back (M)	Middle Back (F)	Right Back (M)

### ***Clarification – Female Contact Rule***

- A block does not count as one of the three team contacts.
- If the first two contacts are made by male players, a female player must make the third contact before the ball crosses the net.

### **4v4 Rules**

- Teams must have at least one female on the court.
- No mandatory rotation is required.
- Players may attack from anywhere on the court.
- Blocking is allowed for all players.

### **Playing Rules**

- Contact with the net between the antennae during play is a fault.
- A blocker may reach over the net after the opponent has completed an attack hit.
- A blocker may reach hands over the net as long as it doesn't interfere with the opponent's play.
- A player cannot touch the ball over the net before the opponent attacks.
- Blocking over the net is allowed after the opponent hits the ball if:
  - The ball would clearly cross the net, and
  - No attacking player can make a play on it.
- If the ball contacts the ceiling or backboard and crosses the net, it is out of bounds.
- Walls and curtains are out of bounds.
- Let serves are legal.
- Foot faults on serves are illegal.