



# VOLLEYBALL ADULT LEAGUES AT PARK LANES



\* 2026 Season \*

**All Players must be 21 years of age**

## **CANCELLED GAMES-WE DO NOT HAVE RAINOUTS!! LIGHTNING ONLY**

Be at Park Lanes ready to play at your scheduled time. Only lightning DURING the game will stop play. Games in progress that are cancelled due to lightning will start over unless one team has 15 points and is leading by at least 2 points. Make-ups will be scheduled by the league director either with an extended season, or on your league night with open court times or on another league night. Captains will be notified.

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## **ROSTERS**

1. Each player must fill out the roster/waiver form BEFORE the first night of play.
  2. Rosters for each team may not be changed after the sixth week of play.
  3. Rosters are limited to: 15 members
  4. Forfeits due to the lack of players will cost the team \$15 per match.
  5. The minimum of players needed to avoid forfeits are as follows... SIXES-4 (at least 2 females at all times for co-ed)
  6. Rotations and positions must be followed at all times.
  7. Co-ed 6's-2 females and 4 males are allowed.
  8. No player can be on two rosters in the same league on the same night. NO SUBBING IN YOUR LEAGUE, UNLESS BOTH TEAMS AGREE. No subbing at all during the playoffs!
  9. Team Captains are responsible for submitting completed rosters. Any rosters not completed will be considered invalid.
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## **PLAYING RULES**

1. There will be NO protest, all league coordinators decisions are final.
2. Three games will be played every match until we reach the playoffs.
3. Warm-ups will be allowed for 3 minutes prior to the first game starting
4. All matches are scheduled for 1 hour and should allow for all three games to be completed.
5. Rally scoring for all games to 21. There is a 25 point cap on all games.
6. Each team will be allowed two 20 second timeouts per game.
7. Service is anywhere behind the backline within the court sidelines
8. THERE IS NO ATTACKING, BLOCKING, OR SETTING A SERVE. Serves must be bumped (forearm passed) or overhand hand passed!
9. First ball double hit rules apply. A HARD driven first ball may be double contacted, but not lifted!
10. All contacts are to be clean: at NO TIME will a ball be allowed to be held, lifted, pushed, carried or thrown.
11. At NO TIME is any player interference with the net allowed during play. All net violations should be self-monitored and called.
12. The ball must cross the plane of the net before it is contacted by an opposing player.
13. Each team is allowed only three contacts.
14. All block touches do not count as a regular touch. (The ball may be contacted 3 times after a block touch.)
15. The ball must pass over the net in between the antennas!
16. In SIXES play if the ball is contacted 3 times, a female must make one of the contacts before it is returned.
17. Jump serving is allowed

**CO-ED VOLLEYBALL IS INTENDED TO BE FUN. YOU WILL BE  
SELF OFFICIATING ALL GAMES SO BE FAIR AND HONEST**