



## **Cabot Parks & Recreation Adult Coed Volleyball Rules & Regulations**

- All league rules and regulations are governed and interpreted by the League Director.
- Play will be governed by Cabot Parks & Rec. League rules and regulations.  
Any further rules will be through NFHS rules.
- Cabot Parks & Rec. reserves the right to modify/change, add, or delete any rules or regulations during the season.
- If changes are made, all coaches/players affected will be notified.
- NO CONTAINERS OF ALCOHOL OF ANY KIND WILL BE ALLOWED.
- THERE IS NO SMOKING/VAPING ALLOWED.

## **Playing Regulations**

### **Regulation: Rosters**

1. All players must be 18 or older before the season starts.
2. Teams must have 6–10 players on their roster.
3. Rosters are managed by the team captain.
4. Coaches who plan to play must be listed on the roster.
5. Players may only play for one team per division.
6. No roster changes are allowed after Sept. 4th, 2025.
7. No Liberos

**Regulation: Player Eligibility**

1. Only one eligibility check is allowed per match, requested before the second set.
2. A player is ineligible if:
  - No valid ID on the bench
  - Not on the roster
  - Underage
  - On another team's roster in the same division

**Penalty:** The team forfeits and the player is ejected. A second offense may lead to season suspension. All eligibility decisions by the league are final.

**Regulation: Participant Conduct**

1. Officials or supervisors may eject anyone (players, coaches, or fans) without warning.
2. Coaches are responsible for the behavior of their team and spectators.
3. The Code of Conduct is enforced.
4. All conduct matters are reviewed by the league supervisor.

**Regulation: Standings & Tournament Format**

1. Standings are updated weekly at [www.myrec.com/cabot](http://www.myrec.com/cabot).
2. Tournament seeding is based on winning percentage.

**Tiebreakers:**

- Head-to-head results
- Head-to-head differential
- Total Points Against
- Total Point Differential
- Coin Flip

**Regulation: Forfeit Time**

1. A 5 minute grace period will be allowed for the first game of the night only before a forfeit is official.
2. Two forfeits may result in removal from the league.
3. Teams must arrive early and be ready to play.
4. For league standings a forfeit will result in a score of 4-0.

**Regulation: Site Supervisor & Scorekeeper**

1. Team captains must check in at the front desk 10 minutes before game time.
2. League staff will keep score.
3. Captains must sign the official scorecard after the match.

**Regulation: Protests**

1. Judgment calls by officials cannot be protested and are final.
2. Rule-based protests must be made before the next play.
3. All decisions are final.

### **Regulation: Communication & Game Cancellations**

- 1. The league may change the format or reschedule games due to facility issues.**
- 2. Make-up games may be on different nights.**
- 3. Captains will be notified directly.**

### **Playing Rules:**

#### **Rule I: Game/Match Format**

- 1. Net height is 7 feet 8 inches.**
- 2. Matches are best 2 out of 3 sets.**
  - **Set 1 & 2: Rally scoring to 25 (cap at 30)**
  - **Set 3 (if needed): Rally scoring to 15 (cap at 20)**
- 3. Coin toss determines serve for set 1**
  - **Loser of the toss begins the serve in set 2**
  - **Coin flip again before set 3**
  - **In tournaments, higher seed serves first in the 1st set**

#### **Rule II: Player Requirements**

- 1. Minimum 5 rostered players must be on the court.**
  - **At least 2 must be women at all times.**
  - **If a team is missing a player, they lose the serve.**  
**But if both teams are short the same number of players, no one is penalized. Only the difference in missing a player matters.**
- 2. Not meeting these rules results in forfeit.**

#### **Rule III: Substitutions**

- 1. Free substitutions are allowed, but each player may only serve once per full team rotation regardless of substitution position.**
- 2. Rotation spots must remain consistent during the game with substitutions.**
- 3. All players must be in legal positions before the serve**

#### **Rule IV: Game Play**

- 1. One serve per player per rotation**
- 2. Players can set a serve**
- 3. Ceiling contacts are playable if they land back on the same side**
  - **Divider wall hits are out**
- 4. One 30-second timeout per team per set (no carry-over)**

**Rule V: Communication & Conduct**

- 1. Children must be supervised**
- 2. Only captains/coaches may talk to officials**
  - **Must identify themselves before the match**
- 3. Ejected players/spectators are to leave immediately. If a player/spectator is ejected a second time during the season, they will be suspended for the rest of the season.**
- 4. If two different players/spectators are ejected from the same team in a season, the team will be suspended for the remainder of the season.**

**Notify: Jeff Haas at [jhaas@cabotparks.com](mailto:jhaas@cabotparks.com) 24 hours in advance if you can't field a team or have any questions.**