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 takes 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. The illegal player must be removed from play.

TeamSideline Rosters (for Team Managers)

- 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	2 females
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, no points cap.
- If time expires during the third set, the team leading in points wins the set.
- Rally scoring is used.

6v6 Coed Rules

- Teams must have at least two females on the court at all times.
- A team may not have three consecutive male players in the serving/rotational order.
- Teams rotate clockwise.
- 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.

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.

Example Legal Coed Rotation (6v6) Preferred

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

Example Legal Coed Rotation (6v6) Accepted

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

6v6 Minimum Players

- A team must have a minimum of five (5) players, including at least two (2) females, to start a 6v6 match.
- If a team has five players, a ghost player will be used to maintain the six-player rotational order.
- The ghost player's position must remain fixed throughout the set.
- All male/female positioning requirements must still be maintained when using a ghost player.
- A team with fewer than five eligible players may not start a 6v6 match unless an approved cross-team substitute allows the team to reach the minimum of five players.

Ghost Player – 6v6

- When a team has only five players available, one ghost player will be used to maintain the six-player rotational order.
- The ghost player represents a position in the rotation only and is not an actual player.
- The ghost player's position must remain fixed throughout the set.
- When the ghost position reaches the serving position, the ghost position is skipped and the next eligible player in the rotation will serve.
- A team will not lose a point or be penalized when the ghost position reaches the serving position.
- All required male/female positioning requirements must remain in effect when using a ghost player

4v4 Coed Rules

- Teams must have at least two females on the court to play 4x4
- If a team cannot field two females, the game will be recorded as a forfeit.
- 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.

Cross-Team Substitute Players

- Any cross-team substitute must be disclosed to and approved by the opposing team prior to the start of the match. A substitute may not participate without the opposing team's approval.
- Cross-team substitutes are intended to help teams field a legal lineup and are not intended to allow teams to add players for competitive advantage when they already have enough eligible players.
- The League/City reserves the right to deny a substitute request if the use of the player would create an unfair competitive advantage.