



MEDFORD PARKS & RECREATION

Adult Volleyball League Rules, Regulations & Procedures

Revised May 2026

Medford Parks & Recreation volleyball leagues are established to provide recreational opportunities for all community residents of all skill levels. Emphasis is placed on fair play and sportsmanship.

Current USVBA rules will govern play except the variations denoted here. The Medford Parks and Recreation Department (MPRD) reserves the right to change rules, regulations and policies whenever due cause warrants a change.

1. ELIGIBILITY

- A. Minimum age for all city league players is 18. However, Co-ed and Women's league teams are allowed to utilize up to two 16- or 17-year-old players if a parent or guardian signs the roster or liability release form.
- B. Players may not compete on more than one team in the same league.
- C. Players may play in more than one league, but players who compete on an upper division team may not compete on a lower division team. For example, players who play in women's A, cannot play in women's B.
- C. Teams found utilizing an ineligible player may face forfeiture of all games in which the ineligible player participated.

2. REGISTRATION PROCEDURES

- A. All teams must submit official roster forms with the individual signatures, correct addresses and contact information. Any player on the roster must participate in at least one game to be eligible for the playoffs. Rosters are frozen at the end of regular season. No roster additions will be accepted once bracket play begins.
- B. League fees are due in full upon registration.
- C. Additions to the roster will be accepted at the Medford Parks and Recreation office at the Santo Community Center or Rogue X during normal business hours, or at the gym prior to the start of the match. To become eligible to compete, new players must sign team rosters and/or liability release forms in person at the at the volleyball venue prior to playing in a city league contest. All roster additions are subject to approval by the League Director based on eligibility guidelines.
- D. Teams are welcome to apply for a particular league. However, the League Director may place teams into leagues or divisions to achieve scheduling and competitive balance and to maximize facility usage. Previous team performance may be considered during the league formation and scheduling process.



3. LEAGUE REGULATIONS

- A. A Facility Supervisor, employed by MPRD, will oversee the facility, including oversight of participants and spectators. Supervisors have the authority to take appropriate actions necessary to maintain a safe and orderly environment.
- B. Team captains are responsible for informing their team of pertinent information, including rules, regulations and scheduling.
- C. League champions are determined by regular-season win-loss records. Ties are broken by head-to-head outcomes during league play. Multiple ties are broken by the League Director using traditional tie-break methods.
- D. Matches start at the time listed on the schedule. Match time (as determined by the Facility Supervisor) is forfeit time.
- E. Forfeits. If a team cannot field at least three players at the scheduled match time (two players for sand), it will forfeit Set No. 1. If the forfeiting team obtains the necessary number of eligible players within 20 minutes of the original start time, it may play subsequent sets without forfeiture. When a team is reduced to fewer than three players, the set shall be forfeited. Teams involved in forfeits may not practice on the court while other matches are in progress. A team that forfeits 2 nights or more in league play may be subject to dismissal from the league.
- F. Indoor co-ed teams may play with the following combinations of players:
 - 3 men – 3 women 1 man – 4 women
 - 3 men – 2 women 1 man – 3 women
 - 2 men – 4 women 1 man – 2 women
 - 2 men – 3 women
 - 2 men – 2 women
 - 2 men – 1 woman
- G. During co-ed gameplay players must be positioned on court as female – male – female – male throughout the game.
- H. All teams are asked to show up 15 minutes early to help set up nets/sand lines. Conversely, the last teams playing are responsible for helping take down the nets/sand lines.
- I. Players will not be admitted onto the courts until all previous games are completed. Teams arriving for early games may warm up only after all equipment has been set up, and if time permits.
- J. Match format. Teams play best-of-3 sets with Set No. 3, if needed, played to 15, rally scoring. League standings are based on match performance.



- K. Scoring. Sets are won when a team scores 25 rally scoring points and the team leads by at least two points. In Set No. 3, if needed, the first team to 15 is the match winner.
- L. Teams are responsible for reporting game scores to the Facility Supervisor. If scores are not reported, both teams receive losses.
- M. Teams and players are responsible for calling their own faults. No protests will be accepted. Discrepancies or problems should be dealt with promptly. The Facility Supervisor may assist team captains in interpreting the rules, if possible.
- N. Each team is encouraged to bring at least one volleyball. MPRD shall provide a game ball. In the event an MPRD game ball is not available or acceptable to both teams, captains must agree on a game ball prior to starting a match. The game ball must be a traditional smooth leather or synthetic leather indoor volleyball.
- O. The team listed first on the schedule shall serve first for Set 1. The team listed second shall serve first for Set 2. If it is unknown which team is listed first on the schedule, team captains may flip a coin, or teams may play a non-counting point to determine home team.
- P. Each team is allotted one 30-second timeout per game. Injury timeouts do not count as a team timeout, but match time will not be extended due to injury stoppages.
- Q. Any act, which in the opinion of the Facility Supervisor deliberately delays the game, will be penalized by loss of service and/or a point awarded to the opponent. A server has 10 seconds to serve from the time the defensive team is ready to receive.
- R. MPRD is not responsible for lost or stolen equipment or personal items. Jewelry, watches, bracelets, dangling earrings, necklaces, rings, etc. are not allowed to be worn on the court and should be left at home whenever possible. Personal belongings must be placed completely out of play in areas where they pose no threat to safety.
- S. Shirts and shoes are required for all players. Only non-marking court shoes are allowed on the gym floor.
- T. Casts, braces, etc., should be approved by the Facility Supervisor for safety considerations prior to the start of the match.
- U. Schedules, rules, standings and league info are posted at www.sportsmedford.com.

4. CONTACTING THE BALL

- A. A maximum of three successive contacts per side after a serve or block attempt.
- B. In co-ed play, when a ball is contacted more than once by the same team, one of the



contacts must be by a female player. Exception: When a male player sends the ball over the net during a service reception. A ball deflected by a female player during a block attempt does not constitute a contact.

- C. In indoor coed league play, a back-row player may come to the front row to help block, but he/she may not attack the ball while in front of 10-foot line. A male player may not come from the back row if two male players are already in the front row.
- D. A ball may be contacted with any portion of the body (unless the ball touches multiple parts of the body on the same attempt, which is considered a double-contact fault).
- E. A block attempt is not considered contact.
- F. Players may go under the net only if he or she does not contact, obstruct, or interfere with an opposing player(s).
- G. Play is ruled dead if it crosses the sideline of the adjacent court. Players are not allowed to step onto an adjacent court to play a ball. Do not step onto another court to retrieve a ball until play has stopped. Please yell "BALL" when a wayward volleyball may pose a safety hazard.
- H. Service reception may not be a block or an attack made when the ball is entirely above the net.
- I. Setting a service reception is permitted unless:
 - a. The ball is lifted. (prolonged contact)
 - b. Contacted multiple times when executed in the same motion.

5. SPECIAL FACILITY RULES

- A. Obstructions. If a ball strikes any part of the ceiling or anything attached to or hanging from the ceiling on the player's own side of the net, the ball is IN PLAY. If the ball strikes the ceiling, or anything hanging from the ceiling, on the opposing side of the net the ball is OUT-OF-BOUNDS.
- B. Protocol. As soon as the ball crosses an imaginary plane on the boundary line of the opposite court, it is deemed a dead ball. Players should use caution and courtesy retrieving such a ball. Should a runaway ball affect play in your court, a replay may be declared by either team.

Please do not kick volleyballs out of your court. Call out "Ball" the moment a ball enters your court to stop play and return the ball to the proper court. Players may not go into other courts to attack, dig or pass a ball unless the court is empty.



6. CODE OF CONDUCT

- A. The captain is the official representative of his/her team unless another player designates him/herself as team captain to the scorekeeper prior to the game. The captain is responsible for his or her team abiding by rules, procedures and regulations. All players are expected to know Medford city-league rules, regulations and expectations.
- B. No smoking, tobacco chewing, swearing, profanity or obscene gestures allowed.
- C. No physical attacks, verbal threats, negative comments, vulgarity, racial remarks and objectionable demonstrations before, during or after games will be tolerated. The facility supervisor **may** issue a warning. If ignored, the player or spectator faces ejection from the facility, and potential stiffer penalties.
- D. Any player or spectator deemed by the Facility Supervisor to not have control of his/her faculties to the extent that there is a chance of physical injury to him/her or others will be asked to leave the facility.
- E. To protect their own safety, children are not allowed in the gym during league play.
- F. Destruction of property, theft or assault before, during or after activity will be handled by law enforcement. Individuals and teams will be held equally responsible for any damage or theft stemming from their use of the facility.
- G. Penalties for Code of Conduct violations may include (but are not limited to) the following:
 - 1. Verbal warning from official or Facility Supervisor
 - 2. Forfeiture of point(s), set(s) or match(es)
 - 3. Ejection
 - 4. Suspension (including \$25 reinstatement fee)
- H. A player or team expelled from the league will not receive a refund.