



Adult Indoor Volleyball Rulebook

(Updated June 2026)

All athletic league participants are responsible for following any posted site-specific rules and regulations as well as the policies and procedures set forth in this document and in our guide to behavior, *Good Sportsmanship*. The Lufkin Parks and Recreation Department promises to administer these policies and procedures in an equitable and fair manner. Please treat staff courteously.

Lufkin Co-Ed Volleyball

6-on-6 Volleyball Rules

General

1. This league is for participants ages 16 and over.
2. The behavior of all team members is the direct responsibility of the team manager.
3. The team manager is also responsible for distributing all rules, schedules, and information to their teammates and ensuring the team abides by all rules set forth by Lufkin Parks & Recreation.
4. Unsportsmanlike conduct toward officials or other players will not be tolerated. Violations are subject to suspensions from the league and/or game forfeiture at the discretion of the League Coordinator.
5. The conduct of fans/children is the direct responsibility of the team and players. Fans/children must be seated in the bleachers and abide by the Lufkin Recreation Center rules. While games are being played, fans/children must remain in the gym or lobby area only.
6. Normal USAVBA rules will apply if not noted above.
7. The Parks and Recreation Department reserves the right to add, delete, or amend the rules, regulations, and schedules for the betterment of the program.
8. Any match suspended due to circumstances beyond league control may be resumed, replayed, or declared official at the discretion of LPAR.

Rosters

1. Team rosters are due at the time of registration. These can either be turned into the Recreation Center front desk team or emailed to fsanchez@cityoflufkin.com. Teams will not be allowed to compete without submitting a roster.
2. The roster size is limited to a maximum of 12 players.
3. Each roster must be finalized by game time of week one. If an individual is not on the team roster prior to game time of week two, they will not be allowed to play in that season.
4. To add players to your roster, contact Felipe Sanchez at fsanchez@cityoflufkin.com
5. If a player has competed for a team, that player cannot play for another team on the same day. If a player chooses to be dropped and added from one team to the other, they must do so before the week four deadline and are not eligible to play for both teams if traded on game day. If a player does this, it will result in a forfeit for both teams.

Equipment/Uniforms

1. Matching uniforms are not required but matching colors are preferred.
2. Officials may ban any equipment that they deem unsafe or illegal.
3. Game Ball provided by LPAR. Tachikara Sensi-TecComposite SV-5WSC

Roster Protests

1. Only the opposing team captain or manager may protest illegal or ineligible players. Protests of illegal player(s) must be conducted during the game while the player in question is participating in the match. If protested, players must be able to produce proper identification when requested by a league supervisor. A \$25 protest fee must be paid before the official review. If the protest is upheld, the fee will be refunded. If the protest is denied, the fee will be forfeited.
2. At their discretion, the official can also choose to verify that players in the game are on the roster and request proper ID be provided by each player.

Forfeiture

1. Playing of anyone not on the official team roster will result in a forfeit.
2. Please refer to Rule 5 under Rosters as well.

Starting the Game

1. All teams must verify players are on team rosters before the start of the game.
2. Five minutes before the scheduled match time, the official will perform a coin toss with the captains. The team, who does not serve, will serve first at the start of the second game. Another coin toss will be performed before the third game.
3. The coin toss winner may choose to serve, choose to receive, or choose side.
4. **Co-Ed League:** This is a 6v6 league. A minimum of four players must be present to start a match. If only four players are present, two must be male, two must be female for Co-Ed. If only five, there needs to be at least 2 females on the court. There is no penalty for beginning the game with four or five players for Co-Ed.
5. **Open Division:** This is a 6v6 league. A minimum of four players must be present to start a match for the Open Division.
6. If a player shows up late, that player may be inserted into the match, but not until a dead ball occurs.
7. Teams will be granted a 10-minute grace period before a forfeit is declared.

“Fun” League

1. There will be no spiking allowed. The ball can only be contacted with force behind the 10' line.
 - ANYTHING HIT WITH FORCE INSIDE THE TWO FOOT LINE WILL BE CONSIDERED A SPIKE.
2. There will be no overhead or overhand serves allowed.
3. The serving order and position on the court at service will be an alternation of male and female, or vice versa.

“Recreational and Open” League

1. Spiking will be allowed.
2. Overhead or overhand serves will be allowed.
3. The serving order and position on the court at service will be an alternation of male and female, or vice versa.

Game Play

1. Rally scoring is used; matches will consist of best 2 out of 3. The first two games will be 21-point games. A team must win by 2 points or be the first team to 25 points (cap is 25). A team must win 2 out of 3 games to win the match. The third game is played to 15 points. A team must win by 2 points or be the first team to 17 points in the third game (cap is 17). A match consists of 2 or 3 games.
2. The server may not step on or over the end line prior to contacting the ball for service.
3. The ball may be contacted a maximum of three times before going over the net.
4. The ball must clearly cross the plane of the net before it can be attacked offensively. On a legal defensive block, you may cross the plane of the net.
5. Subsequent contacts may be made only after blocking an attack.
6. A player cannot step completely over the center line.
7. Players may interchange or change positions to pass or block, but only after the serve.
8. You cannot block a serve.
9. Double contacting the ball on the **first** hit is legal (as long as it is not 2 separate attempts). However, the ball being thrown or coming to rest (prolonged **contact**) is still illegal on the **first**, second, and third team **contacts**.
10. Kicking, heading and hitting with shoulders and other body parts is allowed.

11. **Co-Ed League:** The line-up must be alternating **man – woman – man** or vice versa.
12. **Open League:** The line-up may be any gender order and are no gender restrictions.
13. Subbing will occur at the serving position and is unlimited. Substitutions may occur only when there is a dead ball.
14. A ball touching the ceiling, basketball goals or light fixtures on the way over the net is considered a fault. If the ball is hit off the ceiling or light fixture and remains on your side, it may be played over if you have not already exceeded the three-hit limit. No ball may be played off the wall or basketball goals.
15. Players not currently on the court must remain on the team bench or designated team area and may not interfere with play.
16. If a ball enters your playing field during a point and it interferes with the play, then the official can stop the play and allow a replay of the point.
17. Each team is allowed one 30-second timeout per game.
18. If a team has less than 6 players, there will be no penalty.
19. Servers must wait until the official has whistled for play to start.
20. **All officials' calls are final.** There is a no tolerance for yelling or harassing an official. If you have a question about a call, the CAPTAIN of the team may approach the official in a respectful manner and talk about the call that was made. If players or fans continue yelling or harassing the official, they will be asked to leave the facility and not return.
21. Any contact with any part of the body touching the net while the ball is in play is a violation.

League Standings

1. League standings depend on **number of matches won**. If a tie in matches, we will go to **number of total games won**. If a tie in games, we will go to **number of points for divided by number of points against**.

Officials

1. A certified official will be provided by the league.

Injured Player

1. If a player becomes injured and cannot continue, the team may continue with fewer than six players provided all co-ed participation requirements are still met.

Ejections

1. Any player ejected from any league game must leave the complex immediately.
2. Any player ejected from any league game must be replaced in the rotation. If a team cannot field the minimum number of legal players after an ejection, the match shall be forfeited.
3. Any player ejected from any regular-season league game is subject to a minimum of two (2) league game suspensions from each league.
4. Any player ejected from any league tournament game will be suspended for the remainder of the tournament(s) in which he or she is participating in. In addition, a minimum of two (2) league game suspensions per league will begin the following season.
5. Any player on suspension is not allowed on the team sideline during games.
6. Suspensions carry over to the following seasons.

Facility Rules and Conduct

1. There will be no smoking in the complex.
2. Alcoholic beverages are not allowed at any time on city park grounds, including the parking lots.
3. Profanity or vulgarity will not be allowed in the complex.
4. Violation of any of the above rules may result in immediate ejection from the game or suspension from the league.
5. In the event of an ejection the team must have available players on the sub list to fill in for ejected player(s) or a win by forfeit will be awarded to the opposing team.
6. No outside food or drinks allowed. (Water is allowed)
7. Sportsmanship is encouraged and expected. Behavior that is not exhibiting sportsmanship is not welcome in an LPAR league.