



CITY OF LARAMIE
PARKS & RECREATION DEPARTMENT
P.O. Box C
Laramie, WY 82073

Parks Division: (307) 721-5264
Recreation Supervisor: (307) 721-5261
Facilities Mgmt Division: (307) 721-3585

Indoor Adult Volleyball League Rules 2026

1. The National Federation of State High School Associations Rules Book for Volleyball governs all play, with the exceptions of what is stated in this handout.
2. The net will be set to 38 setting ("38" shows above the red pipe) & one NFHS official ball will be provided per court. Teams may agree on use of another ball provided by a team.
3. Minimum age for players is 16 yrs. If any player is a participant on any High School Athletic team that any part of the season takes place during our season the player must have a release signed by their coach before being allowed to play. If a player is under 18 years old, a parent or guardian must sign the waiver.
4. Teams may consist of 3 women and 3 men, 4 women and 2 men, 5 women and 1 man, or 6 women. Teams must have an equal or lesser number of male players on the court at all times. Teams can start with a total of 3 players (2 women/1 man, or 3 women). The serving order and positions on the court at service shall be male and female alternated or vice versa.
5. No player will be allowed to play unless all their information is on the roster, and they have signed the liability waiver.
6. Teams have ten (10) minutes after the scheduled start of their game to show up. Failure to show up will result in a forfeit.
7. **Teams will call their own games** and are responsible for their own calls during league play, however a scorekeeper will be provided.
 - a. At any time, teams may request a rule clarification from the Volleyball Supervisor to settle any disputed calls. If there is a dispute, we will default to the NFHS Volleyball Rules. The following are violations that seem to be often misunderstood...
 - A **net foul** occurs while the ball is in play, and a player contacts any part of the net including net cables or net antennas. It is not a foul when a player's loose hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
 - A **double hit** occurs when a player's successive or multiple contacts are illegal.
 - A **foot fault** occurs when a player contacts or goes over the service line.
 - An **over-handed pass** is allowed on a hard serve or hit.
 - You can save a **hard hit** with your foot but not with a kicking motion.
 - Blocking** a served ball is not permitted.
 - Setting** is allowed on a serve if it is a clean hit.
 - Any serve that hits the net (**let serve**) and goes over the net between the antennas is a legal serve.
 - A live ball becomes dead **when the ball touches the net antennas** or does not pass entirely between the net antennas and passes beyond the plane of the center line extension.
 - If a ball is hit outside of an antenna, it is **out of bounds** and the ball is dead.
8. Teams will volley for the first serve. The opposite team will serve first during the 2nd set. Winner of the second set will serve first for 3rd game.
9. Rally scoring will be used with all matches consisting of the best two out of three games. The first two games will be played to 25 points, win by two points, capped at 30 points; and, if needed, the third game will be played first team to 15 points. There will be a max of two minutes between games. Each team is allowed two (2) one-minute timeouts per match.
10. A team may choose to substitute one person at a time. Each person must play through each position. Substitutions can take place at any point on the court as long as it is the same point for the whole game. If a team chooses to change that point after the first or second game, they may do so as long as it doesn't change during a game.

11. If the ball hits the curtain, wall, or track on a serve it is out. A ball may be played off the curtain, wall, or track when a team is attempting to return the ball and accidental contact is made.

12. If the ball hits the raised basketball hoops on a serve the ball may be reserved. If it hits the raised hoops during a return the ball remains in live play.

13. **City of Laramie Zero Tolerance Policy:** The purpose of this policy is to help coaches, managers, and players make appropriate choices without punitive actions. The zero-tolerance policy affords all participants direction in developing self-discipline, leadership, integrity, character, commitment, teamwork, a healthy attitude, and respect for rules and regulations. The City of Laramie supports the zero tolerance rules. The position of the Laramie Parks & Recreation Department is that abusive or excessive behavior by any coach, manager, or player will not be tolerated. All persons associated with any City of Laramie Recreational activities must understand that situations will arise during the season, which may upset them. However, we must work through these occasions to set an example for the entire organization and the community through appropriate conduct.

Any violation of this policy constitutes conduct detrimental to the spirit of sportsmanship and makes the player, coach, manager, team or official subject to disciplinary action, with possible suspension from recreational activities. A minimum suspension of one (1) game will be imposed if a violation is found to be justified. A second finding of a violation constitutes a minimum of a two (2) game suspension. A third violation will receive a minimum four (4) game suspension from all associated City of Laramie activities. All violations are subject to probation.

Any person charged with a zero-tolerance violation has the option of accepting the punishment; or has five (5) days in which to notify the Recreation Program Coordinator to request a hearing. The coordinator will make their best effort to conduct a hearing within ten (10) days. Upon receiving the results of the hearing, you have the further right to appeal to the City of Laramie Recreation Manager.

Players, coaches, and officials need rules and regulations by which their actions are guided. When they violate these rules, there must be consequences.

Types of Abuse:

1. Verbal Abuse of a Referee or Gym Supervisor (serious, repetitious dissent to provoke an argument, criticism or demeaning language but which does not include offensive, insulting, or foul language) – first offense one (1) game suspension.
2. Serious Verbal Abuse of a Referee or Gym Supervisor (e.g. using offensive, insulting, or foul language or repeated incident of less serious abuse) – two game suspension-Disciplinary Committee hearing to consider additional sanctions and/or remedial actions.
3. Stepping onto the Court or Other Threat to a Referee or Employee (by word or action) – four (4) game suspension & Disciplinary Committee hearing to consider additional sanctions and/or remedial actions and, if required, by a letter of apology to the players referee, managers, and/or coaches of the teams affected by the conduct.

Rules updated 03/25/2025