



ADULT VOLLEYBALL LEAGUE RULES

Philosophy: These leagues are social, competitive, and social casual leagues, where all adults have equal opportunity to play competitive sports.

Good sportsmanship is required. Arguing with officials, players, spectators, and league supervisors is prohibited. This behavior may result in a game or league suspension, subject to the league supervisor.

Game play: 6 v 6.

Women's Rec and Upper leagues – 6 females on the court

COED Rec and Upper leagues – minimum of 2 females on the court, and one female must touch the ball before going over the net.

Game format and Scoring:

Points on every play: The team that wins the rally gets a point. If the serving team wins, they get a point and serve again. If the receiving team wins, they get a point and the new right to serve.

Winning a set: Each set is played to **25 points**. A team must win by a margin of **two points** (for example, 26–24).

Match format: Matches are **3 sets each night**. During the regular season, all 3 sets will be played. During the playoffs, the first team to win **2 sets** wins the match.

Equipment: Volleyballs and nets provided by the League

Uniforms: Each team will receive league t-shirts at the beginning of each season per each captain's request. No jewelry during games.

Roster: Minimum of 7 / Maximum of 12 players registered per team. All players must be registered on The Brewer MyRec system. All players must be 18 years old and out of high school. Players can register and play for more than one team. However, that player must declare a team to play with each hour. If one of the games is a forfeit, they can go play with their other registered team.

Match Time: Each match starts at the scheduled time on the schedule posted. 18-minute time limit per set. If the set is not done by the time 18 minutes is up, the score will be recorded at the end of 18 minutes. **Ties:** Ties will be recorded during the regular season.

Forfeits and Grace Periods: There will be up to a 5-minute grace period after the start time of the first set only. If a team cannot put 4 people on the court within 5 minutes after the start time, it is a forfeit. **IF A TEAM FORFEITS 2 MATCHES IN A SEASON, THEY WILL NOT BE PLAYOFF ELIGIBLE. IF A TEAM FORFEITS 3 MATCHES IN A SEASON, THEY WILL BE REMOVED FROM THE SCHEDULE AND WILL NOT BE ABLE TO RETURN FOR 1 SEASON.**

Subs: Subs can be picked up from the current league registered players only. Only 2 subs are allowed per regular season match. No substitutions during the playoffs.

Officials: The regular season is self-officiated. The league will work as best as they can to get officials for playoffs.

Playoffs: Top 10 teams in each league will make playoffs. Playoffs will be single elimination. Playoffs will be held over 1 – 2 weeks.

Moving Up and Down: If a team in the Rec League wins the league two times in a row, they must move to Upper for 1 season. This may be reversed by the League Director if they feel they are not ready for a higher level of play.

Completed 8/28/2026