



TUALATIN HILLS PARK & RECREATION DISTRICT  
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## Spring 2026 Adult Volleyball Information

### LEAGUE OVERVIEW

1. 9 week season and playoffs. Season will start the week of April 6.
2. Registration will be open from February 25 at noon through March 11.
3. Teams will be notified if they are accepted into the league on March 12.
4. All matches will be held indoors at the THPRD Athletic Center
5. Makeup games may be scheduled on other days of the week.

**IF** 10 or more teams register for a division, then the season will be split in 2 parts:

- a. Group Play (part 1):
  - i. Schedules will be posted on TeamSideline  
<https://www.teamsideline.com/sites/tualatinhills/schedules>
  - ii. The first 5 weeks of the season will be used to place teams into an upper or lower division.
  - iii. Each team will play two sets to 25 points with a 50-minute time limit. Teams will usually play twice per evening
  - iv. Due to time restraints, there will be only one 30 second timeout per match.
- b. Bracket play (part 2):
  - i. Teams will be placed in to upper or lower bracket based on standings.
  - ii. Standings will be reset and all teams will be 0-0.
  - iii. Each team will play each other at least once
  - iv. Format will be two sets to 25, and a third set (if necessary) to 15.
  - v. Top 4 teams will advance to the playoffs in each division.

### Registration and Fees

Registration will be open from February 25 at noon through March 11. Register by completing and turning in the team registration form either in-person at the Athletic Center or by email to [g.schwind@thprd.org](mailto:g.schwind@thprd.org). Payment links will be emailed after teams have been confirmed on March 12.

There are two options for payment: All team members are in-district with a current account or out-of-district with a paid assessment fee.

- To register, email a completed [registration form](#) to Geoff Schwind at [g.schwind@thprd.org](mailto:g.schwind@thprd.org).
- All players need to be on the roster with their THPRD ID number
- If league division maximums are exceeded, teams will be taken in the order of the fewest number of out of district players on their roster
- If teams have the same number of out of district players on their roster and the division maximum is exceeded, teams will be taken in the order their registration form is received
- Teams will be confirmed on March 12
- Payment is due by March 18
- League will start the week of April 6
- 9-week season with playoffs after
- Game times will be 6:20pm - 9pm start times
- All games are held indoors at the THPRD Athletic Center
- Captains meeting will be held March 18 at 7pm at the THPRD Athletic Center

**Option 1:** All team members are in-district with a current account or out-of-district with a paid assessment fee. **\$450**

**Option 2:** No restriction on team members being in or out-of-district. **\$565**

## ROSTERS

1. Rosters may be completed using the attached form or emailed to [g.schwind@thprd.org](mailto:g.schwind@thprd.org).
3. Players must be at least 18 years of age or finished with high school.
4. All in-district and out-of-district players must have a valid THPRD account. For more information on obtaining a card please call the Athletic Center front desk at (503) 629-6330.
5. Teams should use only players on their roster unless there are exceptional circumstances requiring a substitute.
6. Only Players on a roster may participate in playoffs.

## TEAM SELECTION

1. Teams may select to play in leagues below.

**Monday - Women's 6s**

**Wednesday - Open 6s**

**Sunday - Open 6s**

**Tuesday - RO4s (Reverse Open 4s) BB/A**

**Thursday - Men's 6s**

2. Notification of acceptance into the league will be emailed to managers.

3. Schedules will be posted on TeamSidelines.

<https://www.teamsideline.com/sites/tualatinhills/schedules>

## Indoor League Rules

### Format

1. USAV rules will be used with THPRD rules supplement.

2. Pool play will consist of two sets to 25 (cap at 27). Bracket play will be two sets to 25 (cap at 27) and a third set to 15 (cap at 17).

2. There will be a 50-minute drop dead time on all matches. This includes time for warm ups and play. Staff timeclock will be the official clock. Matches may be recorded as a tie if time runs out.

4. To decide which team gets to choose to serve or receive; teams will either flip a coin, spin the ball, or come to some agreed upon way of choosing.

5. GRACE PERIOD: There will be a five (5) minute grace period for the first set. If team fails to have the required number of player present after 5 minutes, the first set will be forfeited. Match will be a forfeit if there are less than the required number of players after 15 minutes.

6. TIME OUTS:

a. Each team is allowed one 30 second timeout per set.

b. No timeouts inside the last five minutes of match time.

c. A timeout not used will not be carried over to the next game.

7. If a team forfeits two matches, they may be removed from the league.

## OFFICIATING

1. THPRD will provide officials for matches.

2. In the event there is no official available, teams will be assigned to referee matches they are not playing.

3. All calls will be at the discretion of THPRD staff.

## MATCH TIMES:

Matches will start at 6:20pm at the earliest and play will end by 10pm at the latest.

All matches will be timed by on-site THPRD staff.

## RULE SUPPLEMENT

1. HOLE RULE (OPEN 6s ONLY): \*Coach with 6 players decides if rule is implemented before start of match\* When playing a game with 5 players, a hole will be used in the place of the missing player and all other players must rotate and play like there are 6 players on the court. When the "hole" comes to serve, the team with 5 will rotate and return the ball to their opponent. The next server for the team with 6 is the next server.
2. ROTATION ORDER (OPEN 6s ONLY): No more than two men or two women will be allowed to play the front row at any time. Teams can play with no more than 3 men or 3 women.
  - a. Teams must have 4 players to start a match.
    - When playing with 4 players, the server is the backrow player.
  - b. Team players must line up next to a player of the opposite gender. Two players of the same gender cannot be next to each other.
  - c. Women touch rule is not in effect.
3. EXTRA BLOCKER (OPEN 6s ONLY): OPEN teams can bring up an additional blocker from the back row to help block (Teams cannot have 3 players of the same gender playing front/back row at the same time).
  - a. This player may ONLY block above the plane of the net.
  - b. This player is still counted as a back-row players and cannot attack the ball over the plane of the net unless they start their attack behind the 10ft line.
  - c. This player can still set, pass or play defense if needed.
  - d. When a back-row player is moved to the front row then a player from the front row must move back to play defense (Only 3 players may block at any time).
  - e. The player that moves to the backrow to play defense is still a front row player and may still attack as such.
4. PURSUIT: There is no pursuit (chasing the ball across the net / outside of the poles) for safety
5. DOUBLE CONTACT: Multiple contacts by one player attempting to play the ball will now be allowed on a second contact if the next contact is by a teammate on the same side of the net.
6. ASSISTED HIT: Within the playing area, a player is not permitted to take support from a teammate or any structure/object in order to hit the ball. However, a player who is about to commit a fault \*touch the net, cross center line, etc) may be stopped or held back by a teammate.
7. UNDER: A center line fault (Under) occurs when an opponent crosses the line with his/her foot or hand completely. If any part of the foot or hand is touching the center line, no fault occurs. However, if the player interferes with play, that constitutes a violation. Any time a player crosses the center line outside of the antennae, that is legal.
8. Non-Binary Athletes will be able to choose which binary ruleset to play under for the game.

#### Reverse OPEN Rules:

- a. Men may attack the ball as a backrow player. If the attack is made in front of the 10ft line, the ball must have an upward trajectory.
- b. Men can block Men (directional blocking is OK, including free ball overs)
- c. Men can fake block a Woman as long as there is no ball contact above the plain of the net
- d. Setting a serve or any first ball is OK
- e. Block does NOT count as a touch
- f. A serve may be taken with open hands so long as the player does not catch or throw the ball
- g. Directional block is OK
- h. Directional Set over is OK (does not have to be square)
- i. Open hand tip is OK (Men must be behind the 10ft line)
- j. Must rotate servers
- k. Does not need to rotate positions
- l. A net violation occurs when any part of the body or clothing of a player touches the net. This includes any accessory that the player is wearing. Any net touches outside of the antennae is allowed and is not a net violation
- m. Maximum of 2 Men on the court
- n. If there are more than 2 Women, then they must notify the other team and official of designated sub playing as Man for the night. NO CHANGING back and forth.
- o. Rally Scoring
- p. Let serves are OK
- q. Women's Net Height is Used
- r. Non-Binary Athletes will be able to choose which binary ruleset to play under for the game.

#### PLAYOFFS

- 1. Top 4+ teams will advance to the playoffs within their division.
- 2. Playoffs will be single elimination.
- 3. 1<sup>st</sup> place teams of the playoffs will be awarded.
- 4. No subbing from other teams in the playoffs. Exceptional substitution may be requested prior to playoffs and be approved by the Program Coordinator. All subs must be confirmed before the start of playoffs.

#### Equipment

- 1. THPRD will provide warmup and game balls.

#### MISCONDUCT AND NO TOLERANCE POLICY

Please note that unsportsmanlike conduct includes but is not limited to the following: (a) disrespectfully addressing or contacting an official or staff person or gesturing in such a manner as to indicate resentment; (b) using profanity; and (c) baiting or taunting opponents or staff.

Team managers will be responsible for the conduct of their players. Abusive language used by any player or players either on the court or on the bench. Continued abusive language will result in ejection from the gym. If player or players refuse to leave the gym, the game will be forfeited to the opposing team. Striking another player, official, or gym/field supervisor while in the facility or on the premises of the facility will result in automatic and permanent expulsion from the league. The manager of the expelled player will be notified by email.

Team managers will be responsible for the conduct of their spectators who accompany their team to the matches. The gym supervisor will warn any spectator using abusive language or displaying inappropriate behavior. Continued abusive language or inappropriate behavior will be cause for stopping the game with the clock still running and the play will not be restarted until the spectator leaves the premises. If the spectator refuses to leave, the game will be terminated and both teams will receive a loss in the standings.

Tualatin Hills Park & Recreation District reserves the right to remove any player or team from the league. Refunds will not be provided.

#### Other

Insurance - Insurance will not be provided by THPRD



# Tualatin Hills Park & Recreation District

ROSTER MUST BE TYPED OR PRINTED NEATLY



## Adult Volleyball Registration

Women's 6s Mon ☐    Open 6s Wed ☐    Open 6s Sun ☐  
RO4s Tue ☐    Men's 6s ☐

NAME OF TEAM: \_\_\_\_\_

MANAGER/COACH: \_\_\_\_\_

CONTACT PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Open 6s - minimum of 6 players and a maximum of 12,  
RO4 – minimum of 4 players and maximum of 8 players

Players must be at least 18 years of age or finished with high school.

|   | OUT | IN | PLAYERS NAME | THPRD CARD NO. |
|---|-----|----|--------------|----------------|
| 1 |     |    |              |                |
| 2 |     |    |              |                |
| 3 |     |    |              |                |
| 4 |     |    |              |                |
| 5 |     |    |              |                |
| 6 |     |    |              |                |
| 7 |     |    |              |                |
| 8 |     |    |              |                |
| 9 |     |    |              |                |
| 1 |     |    |              |                |
| 1 |     |    |              |                |
| 1 |     |    |              |                |

For Staff use only:

Submitted Date \_\_\_\_\_ Time \_\_\_\_\_