Green Hill Manor Volleyball Rules (Updated 04-21-2026)

All players who participate in the league are to be expected to adhere and understand these rules. We need to be consistent on how the rules are called. Captains of each team will be responsible for the enforcement of all league rules and policies.

http://HTOsports.com/GHMV

General

1. Bring a laid-back and fun attitude. Relax, chill out, have fun.
2. Competitiveness is fine, however whenever in doubt, be a good sport and give the benefit of doubt to the other team or just "do it over." All arguments just use up sunlight. All participants are expected to conduct themselves appropriately.
3. ***There is no insurance or liability coverage for individuals or teams participating in the league. Individuals and spectators participate and/or attend at their own risk.***
4. All players must be at least 18 years of age and their class graduated from high school; a parent "waiver" may be applied for if the **individual ONLY meets one of those ~~does not meet both~~ requirements, not both requirements.**
5. The teams need to consist of players that are deemed "local." *A "local" player is defined as an* ***individual:***
    a. *Who lives in the areas that feed into CMES (if you had elementary-aged children, would they go to CMES?),*
    b. *or within the last year were on the CMES staff,*
    c. *or within the last year were a CMRC coach or volunteer/leader in an Adamstown based organization (i.e. Pack 651 Cub Scouts)*
    d. *Or currently works in Adamstown (fire dept., Stup's, etc.).*
    e. *Has an Adamstown address*
    f. LEGACY LOCAL - must have played in the league at least 5 years AS A LOCAL, but is now considered non-local (i.e., moved out of the neighborhood). Once designated Legacy Local, they keep that status.
    g. Note: the CMES boundaries change as of July 1, 2018. Currently the "local" player also still includes the old CMES district as well
    h. "Grew-Up" rule (must meet all criteria):
        i. A Child of a Local or Legacy Player who has played in the league for 5 years or more
        ii. Meets the age and graduation requirements or has a waiver to rule 4
        iii. Grew up attending league games that their parents participated in
        iv. Now live elsewhere, i.e., job or moved out of their parents' house
6. A Maximum of 3 "outsider" players are allowed on a team. Rosters will need to be submitted and will be verified
7. There is the possibility of being an honorary local and possibly other exceptions to the rules. These will be case by case and each case must show the **merit** of why a person should really be allowed to play or allowed to play as local.
8. Home Courts need to be in the Green Hill Manor Neighborhood or an approved close vicinity. There are no "traveling" teams allowed, each team must have a home base, if not a dwelling, then Green Hill Manor Park or such should be utilized.

Games

9. Games will start at 7 pm, until August when games will start at 6:45.
10. **A team on the court is to consist of at least 4 players, at least 2 of which must be female. If the team does not have 4 players (2 females) by 15 minutes after the scheduled start of the 1st game (7:15), it will be considered a forfeit for the first game, and thereafter the team must have 4 players (2 females) at the onset of each of the other games, or they will be forfeits as well.**
11. We will be using "rally scoring"; i.e., a point is made on every play including side out. Each match will consist of 4 games to 25 points with the winner of a game, the first team to 25 pts and they must win by 2 points.
12. No time-outs except for beer, injury, parenting issues or pets.
13. No mass substitutions, however teams can rotate in one or two players at a time. Other than injury or parenting issues, substitutions should only occur when you have possession of the serve.

Play

14. **If there are 3 hits on a side, a female must touch the ball at least once, 1 or 2 hits on a side do not require a female to touch the ball.**
    a. Unless – if a team plays with 3 or more women– the "girl rule" is not in effect. The team must commit to this prior to an individual game and be maintained throughout the game unless an injury occurs. If you plan to sub in and out and go from 4/2 to 3/3 and back, you cannot use this waiver of the "girl rule".

b. **So, in other words, 2 guys/2 females, 3 guys/2 females, 4 guys/2 females – "girl rule" is IN effect**

15. Foot faults - players should serve the ball anywhere behind the end line.
16. No player is to attack or block the serve. In other words, if the first return hit is from the front row on a server the return must go up.
17. Returning a serve can be received with open hands. It cannot be lifted, carried, or held. Double hits are allowed on any First Ball over the net.
18. Contact with the net by a player is a fault when it is made during the action of playing the ball, or it interferes with the play.
19. It is not permitted to penetrate the opponents' space under the net if this interferes with the opponent's play.
20. Back Court players may not move into the front court to spike any hit or block.
21. Service for the first game is determined by a volley. The later games are started by the loser of the previous game.
22. Roofing – you can only cross the plane above the net if the ball is coming over to your side.

Other

23. Both teams are to e-mail Jason (holyknees@comcast.net) or text @ 240-285-8295 by **11 pm on the game night** with the scores and a general comment regarding the match: Great, Fine, Issues.
    a. **The comments will stay anonymous, and the point here is to give a voice to those having issues, but also to remind teams of their behavior at the games, this is a neighborhood league.**
24. If a team is a no-show more than once during the regular season, they may not be able to play in the tournament. If you do not have enough players for a particular game, try to get substitutes. If you still do not have enough, still show up to play and "borrow" players from the other team or play a "mix-it-up" game with the other team.
25. The Golden Ball tournament is deemed part of the season and only teams and players who played during the season are eligible to play. Your tournament team can only consist of players who have played at least two nights for your team in the league during the regular season.
26. Scheduling – Teams we will be scheduled games over 10 weeks (May 27th – Jul 29th). With the tournament on August 2nd. There may be Thursday games scheduled this year. Any rained-out games should be played **within 10 days**, otherwise it is officially cancelled. If a game is postponed by a team and not played within 10 days, that team forfeits the game. The first option should be the next day, Thursday. If there is an odd # of teams, then some teams may have a bye week. No team should have to play more than twice a week.
27. The League will be broken up into multiple divisions, intra-divisional records will be used first toward seeding in the Tournament. The Divisions will be based on past results, needs and pre-season selection.
28. Official Court Size is 29'6'' x 59' - some variation is ok; Official **Net Height 7'11" (mens)** – needs to be consistent across home courts. BYOB & SFYK (snacks for your kids) and clean up after yourselves.
29. If a team breaks the above rules, they may be subject to being asked not to attend the tournament.
30. All rule changes will come through Competition Committee, teams will have an opportunity to provide input.
31. Competition committee will need to have an odd number of people and majority rules.
32. "One Hit Wonder" Rule – a group can field two teams and randomize or have a core set of players on each team with floating players, however for the tournament, said individuals will need to be on one roster or the other, and should have played at least two games for said roster during the season. In the spirit of the league, a "super" team should not be constructed for the tournament, but the same manner of selecting players should be applied to the tournament teams.
33. **(The official ball to be used at the tournament, will be the King of the Beach volleyball) – During the season home teams can decide on the ball to use or work with the other team.**
34. **No cleats may be worn during play.**

Key Dates

N/A – Interest Meeting (I will get information off line)
May 08, 2026 – Final Date for teams to sign up and provide name and home court
May 16, 2026 – Schedule will be out by this date, initial Rosters will be due
May 27, 2026 – First Game
July 29, 2026 – Last Game
August 01, 2026 – Tournament - **Tournament Format (start 10 am)** Based on the # teams, **Round Robin, Golden Ball Tournament**