

EQUIPMENT/THE COURT Playing Area:

- The ceiling is in play as long as the ball stays on the side of the net that played the ball into the ceiling. The same player that played the ball into the ceiling must not be the first player to play the ball when it comes down from the ceiling.
- The basketball hoops that hang over onto the volleyball courts will be played as an extension of the ceiling. The basketball hoops at the back of the courts will be played as out.
- All other walls, bleachers, benches, etc. will be played as

The Net:

Net Height is as follows:

- Men's: 8ft. (+ or – 1 inch)
- Women's: 7ft. 4 inch (+ or –1 inch)
- Coed: 8ft. (+ or –1 inch)

The Ball:

Both teams will use the ball provided by the City Of Fountain Recreation. Teams may agree on an alternate legal ball, but both teams must be in agreement on that alternate ball. If there is a disagreement, then the City Of Fountain Recreation ball will be used.

Composition of Teams:

- A team may have two (2) players to start and finish a game. Special considerations:
- Coed teams must keep an equal or greater number of women on the court at all times. There may not be more men than women on the court at any time. Game will be considered a forfeit if team does not enough women to start a game.
- The coed serving order must alternate between sexes. (2 men cannot serve back to back).
- If the ball is played more than once (coed), a female player must make one of the contacts.

Player Eligibility:

- Minimum age for participation is 16 years old
- Players are allowed to play on one team per division.

Substitutions:

- Players must substitute for the same gender (male for male, female for female).
- Teams can either continually substitute in one court position (i.e. middle back)
- Or teams can call for substitution between points at any time during the game. In this case, players may only substitute for the same person as they came out of the game for.

Team Captains:

Each team representative or coach shall designate to the official(s) who is the team or floor captain. Once this person is designated, he/she is the only person who shall address the official(s)

Ejected Players: Player(s) and/or team(s) ejected from the contest will be suspended from the team's next two (2) played match/game. This does not include the match from which the player was ejected.

It is the responsibility of the team representative, coach and/or manager to know, understand and abide by the rules and regulations of volleyball as the officials and/or site supervisors carry them out.

At the discretion of the official or the site supervisor, the ejected player(s) may remain at the contest area unless inappropriate behavior continues after the ejection. An ejected player(s) may not coach in the game in which he/she has been ejected but may participate as a coach during the suspended games. Players and teams are reminded that further penalties may be imposed due to severity of the action.

Every year players are ejected and sometimes suspended for the entire year for unsportsmanlike conduct. Problems usually arise when players insist on arguing with the official. Arguing judgment calls with the officials is the fastest way to be ejected from a match. Our program goals are the pursuit of recreation and fair play; obscene public displays will not be tolerated.

Forfeits: A team with two (2) forfeits may be dropped from the league, without a refund. Forfeits may be declared for one of the following infractions:

- Illegal players (players not on a roster, players using an assumed name or ineligible players) participating.
- Misconduct by players, coaches or team managers before, during or after the contest.
- Not having the required number of players to play a complete match.

SCORING /Duration of the Match:

- Matches/Games start promptly at the time scheduled.
- Scheduled match time is forfeit time. Teams without the required number of players will forfeit the first game of the match. After 15 minutes, the second game will be forfeited and the match will be over.
- Because of limited use in school gymnasiums, all matches will have a time limit imposed. Time limit is one hour.
- Only if time permits, teams will be able to warm-up prior to game time. Both teams will be permitted to use the court. If time does not permit a warm-up, the teams will be required to take the court with no warm-up.

Number of Games:

- Matches will consist of the best 2 out of 3 games.
- The first two games will go to 25 points with rally scoring, winning by at least 2 points, with a cap at 27 points. The third game, if necessary, will be rally scoring to 15 points with a cap at 17 points and does not need to be won by 2.

- There is no switching at 8 in the 3rd game. Teams will stay on their selected side the entire game.
- The time limit for the match is 45 minutes and play will end at the limit to keep the matches on time.

Rally Scoring:

In the rally point system, every service results in a point. (The only exception is when a replay is awarded).

League Standings:

You can ask your site supervisor for updated information. If position rounds are being used, then the win/loss records will be included in the teams overall standings. If teams are tied in the final standings; then the following procedure will be used:

1. Best overall Win/Loss record.
2. Head-to-head played matches between the tied teams to break ties.
3. Least amount of points scored against from head-to-head play.
4. Play-off games between the tied teams.

SCORING SCENARIOS:

The following are possible scenarios and the procedures for handling the situations that involve the time limit or scoring in the third (3rd) game.

- If 2 teams have split games and plenty of time remains; teams will be allowed to play to a 15-point game to conclude the match.
- If 2 teams have split games and plenty of time remains; in the (3rd) game time expires with the score 12- 9; the game will end at this point and the match is concluded. (The reason, the 8-point minimum and time limit have been reached).
- If 2 teams have split games and plenty of time remains; in the (3rd) game time expires with the score 8- 8; the 2 teams will play 1 additional rally point to determine the victor and to end the match.
- If time runs out in the (2nd) game of the match and the score is tied; then 1 additional point will be played (rally score) to determine the winner of the game. If the winner of the first game is also the winner of the (2nd) game, the match is over. If the 2 teams split records, an 8 point rally score game is played.

NOTE: Only the match officials determine when time has expired

INDIVIDUAL SANCTIONS :

Individual Sanctions: The following acts of team members are subject to sanction by the referee:

- Addressing officials concerning their decisions.
- Making profane or vulgar acts, remarks, or gestures.

- Committing acts or gestures tending to influence the official(s).
- Disruptive coaching or actions by any team member.
- Crossing the vertical plane of the net with any part of the body with the sole purpose of distracting an opponent while the ball is in play.

Degree of Individual Sanctions:

Offenses committed by team members may result in the following sanctions by the first referee:

Warning: For minor unsportsmanlike offenses such as talking to, shouting at or other disruptive acts that interrupt the conduct of the game the following will apply.

- A warning (yellow card) is issued and recorded on the score-sheet. A second minor offense during the same game by the same team member will result in a penalty (red card).

Penalty: For rude behavior, a second minor offense or other more serious offenses, a penalty is issued by the first referee and recorded on the score sheet. A penalty (red card) automatically entails:

- The loss of service, if the offending team is serving.
- Awarding a point to the opponents, if the offending team is not serving.

Expulsion:

A second act warranting the issuing of a penalty to the same team member, during the same game, results in expulsion. Extremely offensive conduct directed towards an official, spectator or other players will result in expulsion of the team member from the game in which the offense occurred.

- Once the expulsion (red & yellow card held together) has occurred, the expelled individual must leave the court and team area until the next game of the match.
- A second expulsion during the match results in the disqualification of the team member(s) and no further penalty will be assessed.

Disqualification: A second expulsion during a match or any attempted and/or actual physical aggression towards an official, spectator or opponent results in disqualification of the team member for the remainder of the match.

- Signaled by the yellow card and red card held apart; the disqualified players must leave the site and no further penalty will be assessed.

NOTE: *An ejected player will sit out the next two (2) matches; not including the match from which they were ejected. Any player, team representative or coach, who in the opinion of the League Director, is a detriment to the purpose of the league, will be barred from the league and possibly other adult sport activities.*

GENERAL RULES OF QUESTION /Tossing Error:

- The service tossing error rule is no longer in effect.

- The server will only have one toss of the ball to execute the service. Allowing the ball to fall to the floor will result in an illegal service and loss of the rally.

Change of Service: The team, which received the ball for the first service of the game, shall rotate one position clockwise prior to their first service

Successive Contacts: A player may have successive contacts of the ball during blocking as well as during a single attempt to make the first hit coming from the opponents; provided that the fingers are not used in a passing action to direct the ball.

Attacking the Serve: It is illegal for a front row player to attack a served ball while the ball is completely above the height of the net.

Attacking over Opponent's Playing Area: A player is not allowed to attack the ball on the opponent's side of the net. If the ball has partially crossed the plane of the net and the player attacks the ball in which they follow through causing the attacker hand to cross the net, this is not considered a fault.

Blocking:

- Blocking a serve ball is not permitted.
- Blocking a ball above the opponent's playing area shall be legal: 1. After the offensive team had completed its attack (3) hits. 2. If an opponent directs the ball intentionally over the net. 3. If the ball is falling near the net and no team member can retrieve the ball. 5
- A player making the block has the right to the next contact, in which this contact is considered the first of the team's three hits.
- In coed leagues, a back row player may not block or participate in a block.

Time-Outs: Teams are allowed two time-outs per game. Each will not exceed the thirty -second limit.

Hits in Coed

- There may be three hits per side in coed.
- Of the three hits, a female player must make one of the hits.
- If the ball is hit by a male player, and stays on your side of the court; a female player must hit it before returning.
- A male player may return the hit on the first hit from your side of the court.
- Be aware that if the ball stays on your side of the court after the first hit, a female player must hit the ball within the next two hits.
- A female player may make all three hits.

Children at the Site Location: Youth will be allowed to watch if supervised by a person 16 years of age or older, or if a supervisor can show proof of attending a babysitting class. They must stay in the gym and sit on the side of the court. Spectators will not be allowed to sit on the bleachers. THIS IS A SAFETY ISSUE FOR THE CHILDREN, SPECTATORS, AND PLAYERS. GAMES WILL NOT PROCEED IF CHILDREN ARE IN THE

GYM UNSUPERVISED. THIS MAY RESULT IN FORFEITURE OF GAMES OR MATCH. If the supervision rule is not followed by the participants, the elimination of this rule will happen and youth will not be allowed in the gym.

RULES GOVERNING LEAGUE PLAY Team Representative's Responsibility :

- Team representative or playing captains are responsible for the discipline and proper conduct of their team members.
- The team representative or playing captain will be the only player(s) who may address the official in all instances.

Players Code of Conduct:

- No team member shall lay a hand upon, shove, strike or verbally threaten or abuse an official, player, spectator, or staff person. Anyone who strikes at another will be banned from further participation in all adult sports programs for one year.
- No team member shall refuse to abide by an official's decision.
- No team member shall make obscene gestures or objectionable demonstrations of dissent at an official's decision.
- No team member shall be guilty of using unnecessarily rough tactics against an opponent.
- No team member shall appear in the contest area acting in a way, which he/she appears to be under the influence of alcohol or drugs.
- No team member shall possess or consume alcoholic beverage while the team or player is participating in the game on the Widefield School District grounds.
- No team member shall use tobacco on the playing surface, in the team area or inside any facility/site-Widefield School District #3 grounds.
- Only the designated team representative may discuss, in a polite manner, calls or rules with the official(s). Only clarifications will be discussed. Complaints regarding judgment calls will result in an ejection.
- No player will intentionally attempt to defy the rules or procedures outlined in this rulebook. 6
- Spectators, who in the opinion of the official or site supervisor are detrimental to the goals of the program, will be expelled from the contest area. The team, in which the spectator belongs, will be penalized if there are any further problems. Grounds such actions include but are not limited to: obscene language or gestures, inciting players to fight, alcoholic beverages in the stands, and extreme verbal abuse against the official(s).

Safety: For the protection and safety of all participants, wearing jewelry is NOT RECOMMENDED and players will be asked to remove all jewelry. If the article cannot be removed, it must be taped. All items that the official believes to present a danger to the player or other participants must be covered with no exposure.

Be aware of the following:

- a. Wearing hard splints or other types of potentially dangerous protection on the arms or the hands will be PROHIBITED, regardless of how padded they are.
- b. Any device that could increase a player's ability to hit the ball in a forceful manner will be PROHIBITED.
- c. Wearing a soft bandage to cover a wound or to protect an injury shall be PERMITTED.
- d. Wearing an air filled cast on the lower extremities or a protective knee brace is PERMITTED, provided there is no exposed metal or hard, abrasive parts. Padding is required to cover any exposed areas.
- e. Headgear is interpreted to mean no hats. A sweatband of soft pliable material or a bandanna is PERMITTED.

Note: It is not the official's or the supervisor's responsibility to provide tape or padding. The players must provide these items for themselves.

Rescheduled/Make-Up Games: Locations have the option to cancel City Of Fountain Recreation – Adult Sports leagues to accommodate for school functions or other special interest groups. If a game is cancelled, team representatives will be notified immediately regarding the cancelled game and the site supervisor will inform the team representative of the rescheduled/make-up game.

Alcohol and Drug Policy

- Participants and spectators are not allowed to bring alcoholic beverages into any facility/site on the Widefield School District #3 grounds or buildings.
- No player or coach shall appear in the contest under the influence of alcohol or drugs.
- If a player(s) is found to be under the influence of alcohol and/or drugs, the following penalties may take place:
 - The minimum penalty is that the player will be immediately suspended from further play.
 - The maximum penalty is that League Director will suspend the player and/or the team from further league play.

Blood on Uniforms:

Team representatives and officials are instructed that when an injury occurs where blood is evident and flowing, the injured player must be removed from the game, until the blood flow has stopped, been cleaned up, as well as any uniform apparel that was contaminated with blood must be replaced or removed. Officials are instructed to give "reasonable amount of time" for these requirements to be completed. If a player is unable to meet these demands, the player(s) must be removed from the game. Teams are reminded that they may play with 5 or less players, if a player should happen to be removed due to an injury.

Protests :Protests are not accepted within the structure of the City Of Fountain Recreation–Adult Sports Program. Protests are not conducive to our goals. Player eligibility and procedures in the general policies of our Volleyball Rulebook are subject to review and carry the necessary penalties.

Evaluations :

Although protests are not allowed, written comments concerning rules, officials, ejections or specific situations are gratefully accepted. These comments are used to evaluate situations and may have an impact on future programming.