



Adult Volleyball League Rules & Regulations

LEAGUE STRUCTURE:

<u>Upper Competitive:</u>	Competitive and good skill level (High School/College experience)
<u>Lower Competitive:</u>	Moderately competitive and average skill level (Possibly some High School experience)
<u>Women's Division:</u>	Varied competitive and average to good skill level Women's height net (6" lower than average)

ROSTER ELIGIBILITY:

Players must turn 16 years of age by the end of the calendar year to participate. A roster (maximum of 12 players, minimum of six), will be due when the league fee is paid. Players may play in more than one league at a time. **Upper competitive players should not play in the recreational league. Lower competitive rosters may include upper competitive players, but no more than two upper comp players may play on the court at once during lower comp matches.** All managers and officials may challenge the eligibility of any player. To be eligible for playoffs players must have played in at least two regular season games (coach's honor).

Players whose names do not appear on the official roster shall not be eligible to play. **Addition of any players must be done at the Department of Library and Recreation Services registration office during regular working hours of 10:00 am to 5:30 pm, Monday through Friday.** Any teams playing ineligible players will forfeit the game. Further violation of this rule will result in the entire team being immediately dropped from the league and suspended from further competition. Roster additions are free of charge, with a maximum of four additions.

Players may be added or deleted to a roster through the first two weeks of league play. After the second week, all rosters are frozen and no player movement will be allowed unless approved by the league director for a fee of \$24. New players and players changing teams must register on the appropriate form at the Department of Library and Recreation Services registration office during regular work hours of 10:00 am to 5:30 pm, Monday through Friday. A player may move from one league level to another.

GENERAL RULES TO KNOW:

Playing Time - Each match will consist of a best out of three series. Rally scoring is to be used for all games. Games will be 25 points, win by two with a cap of 27 points. On third game of each match, a cap of 15 points will be implemented. No cap in playoffs in third game, must win by two.

Time-Outs - Each team will be allowed one 30 second time out per game. Time-outs will not run over from one game to the next.

Between Game Breaks - Teams will be allowed a two-minute break between games of a match.

Rule Book - The 2009 USVBA will be used for all situations not covered in this packet.

Protests - Protests will be taken care of at the time they happen. The official will, after all play is stopped, attempt to solve the situation. Only rule interpretation will be justifiable for protests and not an official's decision. In case the protest is not decided at this time, the team making the protest shall submit a check to the Department of Library and Recreation Services, made payable to the City of Paso Robles, for \$20 plus a written protest form. This must be in the Recreation Department, 600 Nickerson Drive, Paso Robles, by 5:30 pm on the next workday.

Good Sportsmanship - Good sportsmanship should be stressed at all times. Profanity will not be tolerated and the guilty party(ies) will be banned for the remainder of the game.

Sports Coordinator - In the event of any rule questions, the Sports Coordinator shall have the authority to institute new rules or enact changes to maintain the continuity of the overall sports program.

SCMAF - **The City of Paso Robles, Department of Library and Recreation Services does not carry insurance on its sports leagues.** Through the Southern California Municipal Athletic Federation (SCMAF) the Department does offer a full medical policy to \$25,000. The purpose of these funds is to aid uninsured players. To become eligible, team managers must fill out the proper form, with a check written to: SCMAF for \$85 for the medical coverage (Accident Protection Plan) and return both items to the Department of Library and Recreation Services before league play begins. For more information contact Chad Dawson, Adult/Youth Sports Coordinator at 237-3990. The Insurance is good for the whole calendar year. Your team will be covered all remaining seasons of our recreational volleyball league.

NO SMOKING, FOOD OR DRINKING is allowed in or around the Centennial park gymnasium

Centennial Park Gymnasium - Locker rooms are available inside the rest rooms. Games will be played at Centennial Park - Norris Gymnasium, 600 Nickerson Drive, Paso Robles. Players are responsible for their own personal items and items of value.

Responsibility - Team managers will be responsible for the overall conduct of their team and fans and will see that all players are familiar with all rules and regulations for the City of Paso Robles Volleyball League.

Game and Forfeit Time - A coed team must have four players to start a game. If only four players are present; **a team may play with more men than women only with the opposing team's permission; a team can always play with more women than men.** No more than three males on the court at one time. **GAME TIME IS FORFEIT TIME. NOTE:** There will only be a five (5) minute grace period for the first game). The official's watch is the official game time. If a team cannot field the minimum four

players at game time, that team forfeits the first game of the match. After a ten-minute grace period, if a team cannot field four players, the match is forfeited.

1st Forfeit = \$20 fee payable to the City of Paso Robles before the next game.

2nd Forfeit = \$40 fee payable to the City of Paso Robles before the next game.

3rd Forfeit = Dropped from this league with ****NO REFUND****

Forfeit fee will be waived if team manager contacts Recreation office by noon of game day.

RULE ALTERATIONS:

Each captain must be present for the coin toss to decide the serve or side.

Person serving can use whole back line to serve.

First serve on the receiving team must be the right front player and you must rotate.

Spike can be multiple contact.

Serve cannot be blocked or spiked on receiving. There is **NO** blocking at the net on a serve.

Serve may be received open handed.

Captain of each team is the only player to dispute a call. Violations of this and other unsportsmanlike conduct will result in the following:

1st violation - verbal warning by the official

2nd violation - a point will go to the opponent and side out

3rd violation - ejection from the gym and miss next week's game

Simultaneous contact between two players is permitted (not called a double hit - it is considered a single hit). Another player can set up for a hit if simultaneous contact occurred on the first hit. One of the two players can next hit the ball legally.

Substitutions must be done at the center back position.

Rotation: Rotation at center back after the serve. Player only comes in upon service rotation.

Players can only rotate on their team's service. Only one player may rotate in at a time and that player must enter at center of back line. **EXCEPTION:** An injured player may be substituted for at any time. However, that player may only rotate in to his/her spot at center back.

No net violations allowed at any time.

A blocker may touch the ball beyond the net, provided he/she does not interfere with the opponent's play.

You can have a foot or hand on the center line, but not **COMPLETELY** over the line.

It is the official's discretion to call balls that are lifted.

It is the official's discretion to call balls that are in bounds or out of bounds. Captains can use extra players to help watch boundary lines if both teams agree at the beginning of the match.

Back row attack: If back row player is inside their 10ft. line they cannot jump and hit ball over the net.

If a ball is hit more than once on a side, at least one hit must be by a female player.

Overhead obstructions remain in play if the ball doesn't cross the net.

EJECTED PLAYER:

Depending upon the violation, a player may be suspended for one game, two games or longer. The Sports Coordinator will determine the suspension time. The manager will be notified in writing the grounds for suspension and suspension time. A suspended player who plays a game during his suspension, shall cause his team to forfeit those games. Any player who is ejected for the second time in a season will be ineligible to participate for the remainder of the season.

LEAGUE CHAMPS:

The best overall record will determine league champions. In the event of a tie, head-to-head competition will determine the winner and all other league standings. If teams are still tied after the head-to-head tiebreaker, head-to-head games won will be considered. If still tied, total head-to-head points will be used.

AWARDS:

The regular season champion will receive individual t-shirt awards. Team awards will also go to the playoff champions. Team awards consist of (2) large pizzas.

LEAGUE DIRECTOR:

If you have questions or concerns, please contact Recreation Services for Adult & Youth Sports at Centennial Park, 600 Nickerson Drive, Paso Robles, from 11am to 5:00pm in the office or after 5:00pm on site, Monday through Friday or by calling 237-3990.

Revised & updated 1/19/10