



ADULT COED VOLLEYBALL LEAGUE

PROGRAM INFORMATION

TEAM FEE: \$375 PER TEAM Registration will be accepted at the following locations: Administrative Complex at Riverlakes, 3825 Riverlakes Drive; Greenacres, 2014 Calloway Drive; Riverview, 401 Willow Dr., or on line at www.norfun.org. A maximum of eight (8) teams from each division will be accepted.

LEAGUE CLASSIFICATION- "A", "UPPER B", & "LOWER B" Divisions.

PLAY WILL BE AT **RIVERLAKES RANCH COMMUNITY CENTER GYM**. All divisions play on men's height net (7' – 11 5/8"). "Women Must Hit" rule in force is in effect in all divisions except "A".

1. **"A" DIVISION** – Play level is considered competitive. Play will be on **TUESDAY**.
2. **"UPPER B" DIVISION** – Play level is considered recreational. Play will be on **THURSDAY**.
3. **"LOWER B" DIVISION** – Play level is considered novice. Play will be on **THURSDAY**.

Note: The League Director reserves the right to make any division changes prior to league play in order to balance out the leagues and position teams in the division must closely matching their ability. This may involve switching to a different night of play.

TEAM MANAGER RESPONSIBILITIES DUTIES & INFORMATION

1. **Managers are responsible for informing all team players of Rules & Regulations.**
2. **Managers are responsible for team players and fans.**
3. **Managers are responsible for contacting team players in the event of a game cancellation or time change.**

ELIGIBILITY & ROSTER REQUIREMENTS

1. **A player may play on only one (1) team in the same league on the same night.**
2. Players must have a legal picture ID in their possession at each match. NOR staff reserves the right to check player ID **prior** to the player's initial entry into the match. If a player is in question, he/she must provide a legal picture ID. Failure to provide the proper ID will make the player ineligible and cannot participate in the match.
3. Rosters are frozen after the first two (2) weeks of the season. **All rosters must be signed by each player.**
4. Player Adds Policy & Procedure:
 - During the first two (2) weeks of the season, players may be added to the team roster. Player additions must be completed by the team manager at NOR District Office, 405 Galaxy Ave. or with the game official. Add form must be completed before said player is eligible to participate.
5. Minimum age for participants is 18 years old. Players must be out of high school and may not be currently playing on a college/university team.

PROTESTS

1. Player eligibility may be protested. Rosters are available at each site.
2. Player eligibility protest must be made before the player in question has played one (1) point of the match.
3. All officials' decisions are final.
4. Team manager/captain is the only member of a team allowed to protest.

PLAYOFFS

1. At the conclusion of regular season play, a single elimination tournament will be played to determine the league champion. All teams are eligible.
2. Regular season rules will be enforced throughout the tournament.
3. League champions will be awarded twelve (12) t-shirts.
4. In the event of a tie for seeding position, the following tie-breakers will be used:
 - Head-to-head record
 - Head-to-head won-loss record
 - Fewest overall game losses
 - Overall game winning percentage
 - Flip of a coin

RESCHEDULED MATCHES

1. Rescheduled matches will be played at the end of the regular season before the league tournament.
2. Rescheduled matches could be played on different nights due to scheduling conflicts.

FORFEITS

1. For a team to be "ready to play" they must have at least 2 players, must have a minimum of two players and at least one must be a female. Once agreed upon, the match is deemed an official one.
2. If one team is not "ready to play" at match time (scheduled match time or end of previous match is running late, whichever is later), the team present will start earning one point for each minute. Once the late team is "ready to play" the game will start at the adjusted point score (i.e. if Team A is 5 minutes late then the first game will start at 5 to 0 in Favor of Team B. If the late team is not "ready to play" when the awarded points reach 25 then the late team will not only lose the game but also forfeit the entire match.
3. If both teams are not "ready to play" at match time (scheduled match time or end of previous match is running late, whichever is later), then both teams will start earning one point for minute. When one of the teams is "ready to play" the team will continue to earn points and the other team will stop earning points. Once both teams are ready to play, the game will start at the adjusted point score (i.e. if Team A is 5 minutes late and Team B is 10 minutes late then the first game will start at 10 to 5 in favor of Team A). If both teams are not ready to play when the awarded points reach 25, then the game will be deemed a double forfeit. If only one team is "ready to play" when 25 points are awarded, then the other team will not only lose the game but also forfeit the entire match.
4. If the matches are behind schedule, any team that has not played a match will have a maximum of three (3) minutes to warm up.
5. **A team will be assessed a \$25 forfeit fee if they are a "no show". The forfeit fee will be placed on the account of the manager.**
6. **ONE FORFEIT:** Warning of removal from the league should another forfeit happen.
7. **TWO FORFEITS:** IMMEDIATE DISMISSAL FROM LEAGUE.
8. **DOUBLE FORFEITS:** Should both teams be credited with a forfeit due to "No-Shows"
9. If the NOR OFFICE is notified 48 hours in advance by a team with a schedule conflict, they will be credited with a "loss" and not a forfeit.

Note: Forfeits due to reasons other than "No Shows" will be handled as described above. However, should a team be credited with their second forfeit, due to reasons other than a "No Show", the Recreation District reserves the right to decide whether or not to drop the team from the league.

CHILDREN

Parents are responsible for any children they bring to the gym. For safety purposes, please make sure ALL children do not interfere with games in progress and do not allow children to play in unauthorized areas (equipment room, restrooms, hallways, lobby area, etc...) IF THE GAME OFFICIAL HAS TO STOP PLAY BECAUSE OF CHILDREN INTERFERING WITH PLAY, THE FOLLOWING ACTION WILL BE TAKEN:

- First infraction – warning
- Additional infractions – point penalty

- Exception: If a child who disrupts play is from a team that is not currently playing their match, a warning will be issued to that team prior to the start of their next match.

RULES OF PLAY

USVBA rules and Code of Conduct govern play, with the following modifications listed:

1. NUMBER OF PLAYERS

- A team may not play with less than two players. At least 50% of the players must be female at all times, except if a team has only five (5) players, a team may play with a minimum of 2 players. The opposing manager has the discretion to waive the 50% female minimum rule. (See forfeitures #1)
- After the loss of a serve by the opponents, the serving team rotates one position. Substitutes enter the game at the center back position. The last player that served rotates out of the game.
- All players present, unless injured, must rotate in. Holding a player out so he can rotate only for one specified player is allowed. But players must rotate in during each game. No sitting out for a game is allowed (unless parents are sharing babysitting responsibilities).
EXCEPTION: "B" DIVISION ONLY- All players in attendance must participate in one of the first two (2) games of the match.
 - Participation is at least one (1) point in the game they are playing in.
 - As a courtesy, at the start of the second game, the official shall remind the manager as to who has not met the requirement. The ultimate accountability is the manager's responsibility. **Penalty: Match Forfeit.**

2. POSITION OF PLAYERS

- The right back player is the first server at the start of the game.
- The server must be in the serving area and cannot step over or on the line until the ball is hit.
- At the instant the ball is served, all players other than the server, must be in the proper playing area in their own court.

3. PLAYING THE GAME

- The match begins with a toss of the coin, the winner choosing the court side, serve or receive. Teams change court side between the 1st and 2nd game of the match. For the 2nd game of the match, the **LOSING** team will serve first. If the 3rd game of the match is required there will be a new coin toss with the winner choosing court side, serve or receive.
- Rotation is clockwise around the court.
- At the beginning of each new game the players may change positions.
- A team may play with 2 to 6 players.
- WOMEN MUST HIT RULE:** When the ball is hit by two males in succession on the same team, a female must contact the ball before it can be returned over the net. Two men on the same team may not contact the ball then return it to the opponent's court. If this does occur, point will be awarded to the opponents. This rule exists to encourage a team effort and discourage exclusive male dominate play. This rule is in force at all times. **Exception: "A" Division.**

f. MATCH SCORING METHODS:

All matches are best 2 out of 3. The first two (2) games of a match will be rally scoring to 25 points, win by 1, rally point. If a third game is needed, game 3 will be rally scoring to "15" win by 2,. Rally scoring is when the team that wins the rally earns a point regardless who served.

- Net serves are played.

4. Time between games of match shall not exceed 30 seconds.
5. SCORING – A point is scored by serving team when:
 - a. Opponents contact net or step over center line.
 - b. Opponents are guilty of unsportsmanlike conduct.
 - c. Opponents fail to return the ball in three hits.
 - d. Two males **MAY NOT** contact the ball in succession on same team and return over the net.
 - e. Penalty points will be awarded for players abusing equipment.
6. The ball should be clearly hit, not caught and/or thrown. It can rebound in any direction. At the first hit of a team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
7. The team receiving the serve may set the ball on the first hit and may not block or attack a served ball.
8. When a player receives a hard driven ball, he/she may have successive contacts with the ball, provided there is no finger action used during the effort and the ball is not held or thrown. The ball must rebound cleanly after contact with player.
9. **Service:** A player has a maximum of 5 seconds in which to serve the ball after the official's whistle.
10. Any back row player can attack the ball from behind the 10 foot line. The player must be clearly behind the line when contact is made with the ball. No part of the foot may touch the 10 foot line marking on the gym floor.
11. **DINKS:** ARE NOT ALLOWED THAT INVOLVE PROLONGED CONTACT AND/OR DIRECTIONAL CHANGE OF THE BALL.
12. Gaining an advantage by physical contact with cables or net standards is a violation.
13. If two (2) or more players touch the ball at the same time, it is considered one hit and either player may hit it again.
14. Each side is allowed no more than three (3) hits.
15. **The ball may be played with any part of the body, including the feet. Foot digs are allowed.**
16. **OUT OF BOUNDS:**
 - a. A ball hitting the line is good.
 - b. If ball contacts ceiling and rebounds on the same side, the ball is playable. If ball contacts ceiling or fixtures and goes over net, it will be side out or point. If the ball visibly comes to rest on inbounds backboards, the official will signal replay. (Exception - Riverview) *Balls hitting backboards or fixtures that are out of court boundaries are not playable.
 - c. Balls striking side walls will be treated the same as balls striking the floor.
 - d. Entering the adjacent court to play an out-of-bounds ball is not allowed.
 - e. Riverview Gym: Balls hitting backboards are NOT playable. Balls hitting the ropes are a replay
17. **Time Outs:** Two (2) 30 second time outs per match will be allowed for each team.
18. **Warm Up:** Warm up time will be five (5) minutes before first game of match. If the matches are behind schedule, any team that has not played a match will have a maximum of three (3) minutes to warm up.
19. **Rotating In:** All team members present must rotate in during every game and may not be sidelined for a game, unless babysitting responsibilities are being shared by two (2) team members. Players may rotate in for one specified player.

20. **Late Arriving Players:** May rotate in immediately at next dead ball, if team is playing with less than 6 players the late arrival must rotate in at the center back position. If team is already playing with 6 players, the late arriving player must wait until next rotation by their team or when the specific player they are rotating in for rotates out before entering the game.
21. The wearing of hard splints or other type of potentially dangerous protective device on the upper part of the body, arms or hands is prohibited, regardless of how padded. The wearing of a protective type knee brace, provided there are no exposed metal parts, is permitted. The wearing of a hard cast is prohibited on any part of the body. **NO HATS OR VISORS** may be worn by players. Please remove all watches and jewelry that could cause injury.
22. If the ball is served before the official whistles, the serve is canceled and a re-serve directed.
23. **Screening:** The players of the serving team must not, through screening, prevent the receiving player from watching the server or trajectory of ball. Screening is illegal and a fault.
24. **Position of Players at Service:** At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order as follows (the server is exempt from this requirement): In the front line, the center forward may not be as near the right sideline as the right forward, nor as near the left sideline as the left forward. In the back line, the center back may not be as near the right sideline as the right back, nor as near the left sideline as the back. No back line player may be as near the net as the corresponding front line player. After the ball is contacted for the serve, players may move from their respective positions.
25. **Held Ball:** When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered having been held. Scooping, lifting, pushing or carrying the ball shall be considered a form of holding. A ball cleanly hit with one or both hands from a position below the ball is considered a good play.
26. **Blocking:** Blocking may be legally accomplished by only the players who are in the front line at the time of service.
27. Multiple contacts of the ball by player(s) participating in a block shall be legal provided it is during one attempt to intercept the ball. Multiple contacts of the ball during a block shall be counted as a single contact, even though the ball may make multiple contacts with one or more players of the block.
28. Any player participating in a block shall have the right to make the next contact, such contact counting as the first of three hits allowed the team.
29. The team which affected a block shall have the right to three additional contacts after the block, in order to return the ball to the opponent's area.
30. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block.
31. Blocking or attacking a served ball is prohibited.
32. Blocking of the ball across the net above the opponent's court shall be legal provided that such block is:
 - a. After a player of the attacking team has spiked the ball or, in the official's judgment, intentionally directed the ball into the opponent's court; or
 - b. After the opponent's have completed their allowable three hits; or
 - c. After the opponents have hit the ball in such a manner that the ball would, in the official's judgment, clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball; or,
 - d. If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

33. **Crossing the Center Line**: Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault provided that some part of the foot remains on or above the center line.
34. **Yellow/Red Card Usage**
- a. Yellow Card is used by the official as a warning to a player, manager, and/or team with behavior that is unsportsmanlike, and if it continues a red card will be awarded.
 - b. Red Card is a player ejection and the minimum penalty awarded is immediate ejection from the gym and any remaining matches of the night plus suspension for the next two matches.
 - c. Note: A red card may be issued without a yellow card warning. Also, for verbal/physical abuse toward an official or participating in physical aggression toward another player or official. A minimum penalty of one (1) year suspension from all sports leagues will result.
35. One person on the court must be designated as team spokesperson and will be the ONLY ONE ALLOWED TO CONVERSE with the official. **ARGUING WITH THE OFFICIAL, BY ANY TEAM MEMBER OR USE OF ABUSIVE LANGUAGE BEFORE, AFTER, OR DURING ANY MATCH CAN RESULT IN IMMEDIATE PLAYER EJECTION AND FORFEIT FOR THE OFFENDING TEAM.**
36. **EJECTIONS**
- a. **ANY PLAYER EJECTED FROM A GAME IS AUTOMATICALLY DISALLOWED TO CONTINUE FOR THE REMAINDER OF PLAY FOR THE EVENING, MUST LEAVE THE GYM AND IS NOT ABLE TO PLAY IN THE FOLLOWING TWO (2) MATCHES.** THIS IS THE MINIMUM PENALTY THAT WILL BE AWARDED. A PLAYER WHO IS VERBALLY ABUSIVE OR PHYSICALLY -AGGRESSIVE TOWARD STAFF WILL BE SUSPENDED FROM PLAY FOR ONE (1) YEAR.
 - b. **MANAGER EJECTION** - Should a manager be ejected from a match for any reason, the minimum penalty will be relief from all manager responsibilities and suspension from play for the remainder of the season, plus placed on probation for 1 year.
- PHYSICAL AGGRESSION EJECTION** - regardless of who initiated the violence, any player involved in physically aggressive behavior will be suspended from all sports for one (1) year.

1. **No player shall:** At any time lay a hand upon, strike or threaten an official or any District staff person. Officials are required to suspend the player from further play and to report such player to the league director.

Minimum Penalty: Suspension for one year and placed on probation for one year from all sports.

Maximum Penalty: Suspension for life and/or assault charges filed.

2. **No player shall:** Be guilty of physical attack as an aggressor upon any player, spectator or District staff person. Officials are required to immediately suspend player from further play and to report such player to league director.

Minimum Penalty: Suspension for one year.

Maximum Penalty: Suspension for life and/or assault charges filed.

3. **No player shall:** Be guilty of an abusive verbal attack upon any player, official, spectator or District staff person. Officials are required to immediately suspend the player from further play and to report such player to the league director.

Minimum Penalty: Suspension from two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension from league play for the remainder of the season.

4. **No player shall:** Be guilty of using unnecessarily rough tactics in the play of the game against an opposing player. Officials are required to immediately suspend the player from further play and to report such player to the league director.

Minimum Penalty: Suspension from two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension from league play for the remainder of the season.

5. **No player shall:** Refuse to abide by an official's decision and/or argue with calls the official makes. Officials are required to immediately suspend the player from further play and to report such player to the league director.

Minimum Penalty: Suspension from two league games and placed on probation for the remainder of the season.

Maximum Penalty: Immediate ejection from the league and probation for one year.

6. **No player shall:** Appear upon District facility for play at any time in an intoxicated condition or consume any alcoholic beverage during any game time. Officials are required to immediately suspend the player from further play and to report such player to the league director.

Minimum Penalty: Suspension from two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season.

7. **No player shall:** Discuss with any official, in any manner, the decision reached by an official. Rule interpretations only may be questioned, and only by the Team Representative, at a time-out or dead ball interval.

Minimum Penalty: Warning by the official, with possible ejection from play with pending season long suspension and probationary period (length established by league director).

Maximum Penalty: Immediate game ejection with two (2) game suspension and season long probationary period.

8. **No Team Manager Shall: Violate any of the Rules of Conduct**

Penalty: Immediate suspension from league and relief of all team representative responsibilities. One year probation period plus one year suspension from serving as team representative in any sport.

9. If the Team Manager is ejected from any game for **ANY** reason, the following penalties will result:

Minimum Penalty: Immediate suspension from the league and suspension from all team manager duties for one year.

Maximum Penalty: Suspension for one year from all adult sports leagues.

NOTE: ANY PLAYER/INDIVIDUAL RECEIVING AN EJECTION MUST LEAVE THE GYMNASIUM. SITTING ON THE BENCH OR IN THE STANDS IS NOT ALLOWED. THE GAME WILL NOT CONTINUE UNTIL THE EJECTED PERSON LEAVES THE GYMNASIUM.

A SUSPENDED PLAYER MAY NOT SIT AT THE TEAM BENCH DURING THE SUSPENSION.