

ADULT VOLLEYBALL LEAGUE RULES

I. OBJECTIVES:

The objectives of the Carmichael Adult Volleyball League is to promote and conduct a positive leisure-time activity which encourages fitness, healthy competition and an atmosphere conducive to fun and fellowship.

II. RULES:

All games in the Carmichael Recreation & Park District's Adult Volleyball League are governed by the current Official Rules of the USAV (USA Volleyball) except as specified herein.

III. PLAYER'S CODE OF CONDUCT:

All players, managers, coaches and spectators will abide by the Carmichael Player's Code of Conduct. It will be the Manager's responsibility to see that all players on his team are aware of and abide by the Code of Conduct.

IV. OFFICIALS:

- A. Officials assigned to games have complete charge of the gymnasium and games. They have the authority to banish players, managers or spectators from the game, the player's bench and the gymnasium for misconduct, delay of the game or for the good of the game. Officials include the two referees, the timer and scorer, and their assistants.
- B. Official's decision is final except as to misinterpretation of rules.
- C. Officials will submit a report to the League Supervisor within 24 hours after any game in which a protest is filed or when it has become necessary to banish players from a game. **Any player who continues to direct remarks toward the officials or opposing players after being banished from a game will be suspended from further play in the league. This includes players who abuse game or league officials after a game is completed.**
- D. League Supervisor and Recreation Manager make all decisions on protests and their decisions are final.

V. SCHEDULE:

- A. Games will be played as called for by schedules made up by the Carmichael Recreation & Park District.
- B. Game time will depend upon the number of teams in the league. All games will be played at the La Sierra Community Center and will be posted on the season schedule before the league starts.

VI. REFUND POLICY:

- A. Please refer to the Carmichael Recreation and Park District Refund Policy located on the CRPD website at www.carmichaelpark.com.
- B. No refunds will be granted for no-shows.

VII. ROSTERS AND PLAYERS:

- A. All players **must be 18 years of age or older** and signed up on the **Official Team Roster** which the team manager may pick up at the La Sierra Community Center Office or from the scorekeeper at their game. If a player is not on the roster the official will not allow them to play.
- B. Any team without a completed team roster turned into the gym supervisor will be ineligible for play-offs or league championships. Without a completed team roster all team games will be considered a forfeit at the end of the season.
- C. There will be no gender crossing in CRPD Leagues. Men's Leagues are for Men, Women's Leagues are for Women, Coed Leagues are for both.
- D. Teams using unregistered or ineligible players will forfeit the game in which said players took part to the opposing team. Responsibility for enforcing this rule lies with the gym supervisor who has the ability to check rosters before each game. The opposing captain or any official may request a check of a player's identity.
- E. If a player's identity is in question, the player will be required to submit identification to the scorer. If the player is unable to prove their identity, they will not be allowed to play in the game. Any player unable to identify themselves prior to the game will be required to come to the La Sierra Community Center Office on the day following the game and present valid I.D. Failure to do so will result in the forfeiture of the previous day's game.
- F. Each team can only carry up to the maximum number of players on their roster allowed for each league.
 - 1) 6's Leagues may have 8 permanent players and 5 substitutions listed on their roster.
 - 2) Quads Leagues may have 6 permanent players listed and 5 substitutions listed on their roster.
 - 3) Players can be listed as a permanent player on only one team per league per night.
 - 4) Players may be listed as a substitute for only one team per league per night.
 - a. Players designated as subs for a team may only compete in a maximum of 3 games per season for that team. If a sub player is needed for more than 3 games, that player must be added to the permanent player portion of the roster.
 - 4) In addition to rostered subs, teams can use players from the same league if the opposing manager approves prior to the game.
 - a. Managers have every right to decline substitutes from the same league.
- G. All players must be added by the 5th league game. Changes must be made with the Gym Supervisor at the game.
 - 1) In cases of player injury, pregnancy, illness, or other circumstances which may cause permanent players to be removed from rosters and subs added to permanent player roster after the 5th game, managers must contact and get approval by the league supervisor at least 24 hours prior to your game.
- H. Only players listed on the roster as a permanent player are allowed to play in playoffs. Managers must have subs added to permanent roster in order for the sub to play. Subs can only be listed on one roster per league as a permanent player thus can only play on one team per league during playoffs.
- I. The Carmichael Recreation & Park District has the final authority in determining a player and/or team eligibility.
- J. Players who play in current high school, junior college, college, or semi-pro rosters **ARE NOT ELIGIBLE TO PARTICIPATE IN THE CARMICHAEL PARK DISTRICT B or C LEAGUES.**

- K. A-league skilled players are not eligible to play in B or C Leagues. District representatives may approach manager if teams look to have A-league players. The identified A-league players at that point would no longer be allowed on the team's roster.
 - 1) Using players from higher skill divisions goes against this principle and the purpose of our league. Managers are responsible for making sure their team only has players at the skill level they are registered for and not having players from our higher skilled leagues play on their lower division teams.
 - 2) Players who are listed on another roster in a higher division will be handled on a case by case basis. Generally, they may not play in any lower leagues.

VIII. LENGTH OF GAMES:

- A. Warm Up Period – Teams are allowed a 3 to 5 minute warm up period between games dependent on time. This excludes the first game of the night.
 - 1) Warm up balls will be provided by CRPD. Please ask the Gym Supervisor for them and return them prior to game time.
- B. Game time is the scheduled time of play.
- C. A match will be three games to 25 points, with rally scoring being used.
 - 1) If the first two games of the match last 40 minutes or more from game start time (not scheduled time, but the time the game actually started play), the third game will be up to 15 points with rally scoring being used. There will be a 17 point cap. Both teams will be notified before the start of the third game.
 - 2) Officials must write down the start times of all the games on the score sheet.
- D. There is one minute between games.
- E. The Carmichael Park District reserves the right to reschedule any games.

IX. FORFEITED GAMES:

- A. **IF YOUR TEAM NEEDS TO FORFEIT**, please call the La Sierra Recreation Office at 916-483-7826 before 4:30pm or email mzimmerling@carmichaelpark.com
- B. Forfeit time is 5 minutes after game time for the first game, 10 minutes for the second game, and 15 minutes after game time is match forfeit. If players are finishing a game on a different court for a different league, the above rules do not apply. The first game begins when the players are ready so teams aren't penalized for having players participate in other leagues.
- C. A team that forfeits more than twice in a season may not be allowed to register for the following season, the decision will be made by the league supervisor after reaching out to the team manager.
- D. Teams forfeiting two successive games may be dropped from the league pending review by the league supervisor – LEAGUE ENTRY FEES WILL NOT BE REFUNDED.

X. PROTESTS:

- A. Teams may protest a game based on the misinterpretation of a playing rule. Judgment calls cannot be protested.
- B. All protests must be declared immediately following the point in question and recorded in the official scorebook. Protests should include all the facts pertaining to the point in question.
- C. All protests must be made by phone or in writing within 24 hours after the protested game has been played. If the following day is a holiday or weekend, the time limit is the day after such holiday or weekend. All phone protests must be followed by a written protest. Any protest filed after the 24 hour limit will not be accepted.
- D. All protests must be accompanied by a deposit of \$10.
- E. If the protest is upheld, the \$10 will be returned. If the protest is denied or disallowed, the \$10 deposit will be kept by the recreation department.
- F. Protests will be reviewed by Carmichael Recreation & Park District, providing the protest is accepted. The protest action is final.

XI. PLAYOFFS AND CHAMPIONSHIPS:

- A. League playoff information will be noted on the schedule.
- B. Playoff notification and brackets will be completed after the last scheduled games and qualifying team managers will be notified.
- C. Playoff and championship games are best of 3.
- D. Playoff game maximum point cap remains the same as league play.
- E. Each team receives 2 timeouts per match in all playoff games.
- F. Team rosters will be checked prior to the start of playoff games. Only players listed on team roster as permanent players are permitted to play. Subs cannot play in playoffs unless the league supervisor has been notified at least 24 hours prior to the game and the circumstance justifies a change in the roster (illness, injury, pregnancy, etc.). If a sub is allowed to be added to a team's roster as a permanent player, that sub cannot play on any other teams in that league during the playoffs.
 - 1) Honor the game and only use players from your roster who have been playing all season with your team. Using players only for playoffs goes against the goal of the league.
- G. If teams are tied for a spot in the playoffs, the tie breaking method will be as follows: 1) Winning Percentage, 2) Head-to-Head, 3) Head-to-Head Differential, 4) Lowest Number of Forfeits, and 5) Coin Toss.
- H. After a team has won the championship for a league three seasons in a row, that team must move up one level for the following season. It is then under discretion of the league supervisor as to if or when that team may return to the lower league (i.e. injuries, different players on team, etc.).
- I. **CHAMPIONSHIP PRIZES** – The league champion has two choices for prizes. The manager can either choose to have a championship coupon worth \$50 off league registration for any adult sports league or championship t-shirts for each individual player. The t-shirt max for the 6's league is 8 and for the quads leagues is 6.

XII. LEAGUE SPECIFIC RULES:

A. REVERSE COED QUADS VOLLEYBALL RULES

- 1) Ball contact will be called by USA Volleyball Indoor Rules (with the following exceptions):
 - a. No open hand dinks (must use roll shots, knuckles, etc.).
 - b. Sets over the net must be square with shoulder.
- 2) Teams will consist of a maximum of 4 persons (2 males and 2 females) to a minimum of 2 people.
 - a. 3 females to 1 male are allowed if absolutely necessary. In this case, a woman must be designated in the "male" spot and stay in that role the entire game.
- 3) Any combination of the players may play the ball over the net.
- 4) Male players may jump serve.
- 5) Male players cannot follow through under the net from an attack line approach.
- 6) Male players inside the attack line must put a distinct arch on the ball if they play it over the net.
- 7) Male players may not block.
- 8) Teams are not penalized for redirected blocks by women players.

B. WOMEN'S QUADS VOLLEYBALL RULES

- 1) Ball contact will be called by USA Volleyball Indoor Rules (with the following exceptions):
 - a. No open hand dinks (must use roll shots, knuckles, etc.).
 - b. Sets over the net must be square with shoulder.
- 2) Teams will consist of a maximum of 4 women to a minimum of 2 women.
- 3) Teams are not penalized for redirected blocks.

C. COED 6's VOLLEYBALL RULES

- 1) Coed ball may be hit directly across by either male or female team members but if there is more than one hit, a female must touch the ball before it goes over. A block does not count as a contact.
- 2) Coed inter-change is allowed. Back row male may block if there are 2 females in the front row and can only block male players and cannot attack. Otherwise, only front row players may attack.
- 3) Teams will consist of a maximum of 6 players (3 men, 3 women) to a minimum of 3 players. You can have more women than men playing on the court but there is a maximum of 3 men players.

D. WOMEN'S 6's VOLLEYBALL RULES

- 1) Teams will consist of a maximum of 6 women to a minimum of 3 women.
- 2) Teams are not penalized for redirected blocks.

E. RULES FOR ALL LEAGUES

- 1) For safety reasons, players must remove all jewelry prior to the start of play.
- 2) A lift will be called if a player obviously throws, catches, or slings the ball.
- 3) A foot fault will be called if the player's entire foot is beyond the center line.

- 4) All line shots are considered good.
- 5) Players may not touch the net during play. Hair contact is allowed on the net. If the ball knocks the net into the player, it is allowed.
- 6) Balls may be played out of the net.
- 7) It is legal for a player to hit the ball with any part of their body.
- 8) Back row players may not hit the ball over the net from in front of the ten foot line if the ball is completely above the plain of the net.
- 9) Attack blocking the set is not permitted.
- 10) Blocks do not count as a hit.
- 11) Balls can be played off the roof as long as the ball lands on your own side of play. If a ball hits the roof and goes to the other side of the net, the play is blown dead, and the ball is considered out. The side baskets are considered the "roof" and can be played on as described above. If the side baskets are lowered and the ball is obviously hit towards the wall and bounces back into play off the basket (change of direction), the ball is called out. This is a judgement call by the official.
- 12) On the third hit over, players can completely place their hands over the net for a block as long as the third ball striker touches it first.
- 13) 6's Leagues must rotate on all side outs (includes first serve).
- 14) Multiple contact is allowed on any first ball (no double hit can be called) over the net provided the ball is not lifted.
- 15) Sets and Double Calls – We allow an official judgment call on spins if the setter is making an "athletic attempt" on the ball.
- 16) There will be no timeouts for substitutions except in the case of an injury. An established serving order must be set before the game begins.
 - a. Substitutes can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
 - b. No free substitution will be permitted, except when a team is short starting player(s), when the player(s) shows up they may enter after a side out in any position.
- 17) Teams are allowed to play with personal balls if both managers agree to it prior to the game. Game balls cannot be switched during game play unless there is an equipment failure.
- 18) A game shall be won by the team which has scored 25 points and is at least 2 points ahead, with a game maximum of 27 points. Thus, if score is tied 26 all, the next team to score a point wins.
- 19) Each team will be permitted one 30-second time out per match
- 20) Rally scoring consists of one point being scored on every serve regardless of who is the serving team.
- 21) The serving team will be determined by a coin toss. The winner has the choice to serve or choose sides.
- 22) The team not serving first for the first game will serve first the second game. Teams will subsequently alternate.
- 23) Manager must initial the official score sheet after their match to confirm the score was recorded correctly.
- 24) Players must be in their starting positions during the serve then they may move about the court.

- 25) Officials will allow adequate time for teams to set up defensively before blowing the service whistle.
- 26) Let serves (Serves touching the net) are legal.
- 27) It is illegal to serve out of order or before the whistle is blown.
- 28) When a serving error is made, all points served during that serve will be forfeited, if discovered during play. When the error is discovered after the serving turn is completed, no penalty shall be assessed. Positions, however, must be returned to the proper established order.
- 29) No blocking or spiking the serve will be allowed.
- 30) Only one toss is allowed for serving, and you have 8 seconds to serve after the whistle has blown.
- 31) Entering the adjacent court is not permitted if that court is occupied.
- 32) Officials shall blow the whistle and stop play if a ball from the other court rolls into their court. Play must immediately stop until the ball is off the court. A replay will occur.
- 33) Pursuit Rule – The ball that has crossed the net plane to the opponent's free zone (playing area that doesn't include bleachers, walls, etc.) totally or partly through the external space may be played back within the team hits, provided there is no game on an adjacent court. For safety reasons, no pursuit rule if more than one game is being played.