



CITY OF JANESVILLE

Wisconsin's Park Place

RECREATION DIVISION

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2024

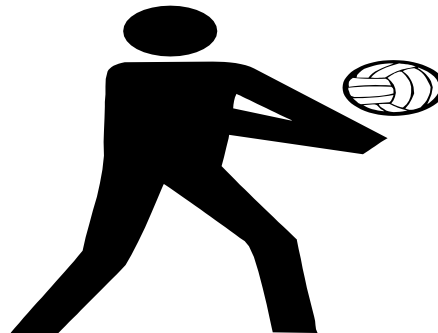
Men's & Women's Indoor Fall Volleyball Rules



Rainout Line

(608) 447-4007 ext. 6 or

<https://rainoutline.com/search/dnis/6084474007>



18 N. Jackson Street

PO Box 5005

Janesville, WI 53547-5005

(608) 755-3030

Office Hours: Monday-Friday 7:30am-4:30pm

www.janesvillewi.gov/recreation

www.teamsideline/janesville

Thank you for participating in the Recreation Division's Adult Sports! Please read the rules and share them with your teammates.

KIDS IN THE GYM.....

The Recreation Division will permit children under 13 in the gym, provided they are **directly supervised by a non-participating adult** (18 & over). Children must remain either on the bleachers or the sidelines for the duration of the match. They cannot run in hallways or hang out in locker rooms. They should not run around or play with the balls. While on the bleachers, they should refrain from running up and down them. Any unsupervised children will not be able to stay in the gym. This policy will be enforced. Team managers will be responsible for notifying the players on their team and will be asked to address any issues as they arise.

Tuesday-Women's Leagues

Classic and American at Marshall
Urban at Franklin

Thursday-Men's Leagues

Classic and American at Marshall

INDIVIDUALS LOOKING FOR A TEAM LIST

The Recreation Division maintains a list of players interested in playing on a team as a regular member or sub. Please contact our office for their name, phone number, email, and skill level.

SCHEDULES/NOTIFICATIONS THROUGH TEAM SIDELINE

The City of Janesville Recreation Division is utilizing www.teamsideline.com/janesville for schedules, standings, and other league highlights. If you listed an email address you will receive notifications of cancellations, schedule updates, playoffs, etc. **Only Team Managers will receive email notifications; and they are responsible for passing on the information to all team members.** Please call the Recreation Division office if you wish for your email address to be removed from the schedule, or if you did not add an email address initially, but would like one included. No password is required to log in. Simply go to www.teamsideline.com/janesville. Not only can the team manager access the site, but all players can as well. This is a tool we are using to better service our adult leagues. This technology will allow for us to input league standings the morning following league play. The standings will be generated the following morning, complete with winning percentages, streaks, etc. We have the ability for people to sign up for texting communication. If you chose to sign up, texts would be sent to you that are pertinent to your league/team, including schedule changes, cancellations, or forfeits. There is even an option to print off extra schedules (by round), find team manager information, etc. If you need help navigating through this site, do not hesitate to call Sara, Recreation Programmer at (608) 755-3013.

Good Luck in Game Play!!!

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RULE HIGHLIGHTS

LEGAL PLAYERS- Allowing players to play who are not on your roster may result in forfeiting the game. The opposing team may protest illegal or ineligible players. **Protest of illegal players must be done before the conclusion of the game while the player in question is present otherwise game stands. If the supervisor is notified after the completion of the game, no action will be taken on the illegal player.** In addition, players can only be permanent roster members of one team in one league. **Players must be able to provide proper I.D. when requested by the site supervisor. Teams must make sure that all players are listed on their roster with first and last name, address, phone number, and shirt size to be legal. All players first and last names must be signed in prior to play.**

MANAGER RESPONSIBILITIES- Please check your rosters and play with only the players registered. At the end of the match each team's manager or designated team representative is expected to review the score sheets and initial approving the three scores and the list of players who played that evening.

SIGNING IN PLAYERS-Team managers **must** sign in first and last names of all players present to play. **New 2024:** Print first and last names legibly.

All games in this league will be self-officiated. We ask all managers to help in calling their team's play. Teams should be consistent in calls from the first game to the third game and throughout the entire season. If conflicts arise or there is a dispute between players/teams, please replay. Please stop the dispute/conflict immediately and just replay the last play.

The rosters will no longer be frozen. Players can be added up until the last week of regular play, however, **regular and substitute players must have played in at least two regular season matches to be eligible to play in playoffs, which**

includes championship game. No continually removing and adding players to and from roster...will have to use them as a sub. All changes must be made at the Recreation Division office or with the onsite volleyball supervisor.

SUBS- Substitute Player Policy: Teams may use subs up to six (6) times during the season. Multiple subs can be used in one night, but must be designated on the sign-in sheet at game time. If a team is scheduled a double header and has a substitute play both matches, then the team is using two of their subs in one night. Subs do not need to be listed on the roster. Please see rule #45 for further confirmation.

PLAYERS MAY SUB UP AND DOWN- Individuals may only be a permanent player on one fall volleyball team, but players may “sub” for any team (another team in their league, or on a team in the higher or lower league on their night of play). These players would be used towards the included sub fee, and teams must still abide by the 6 one time use sub rule.

SIT WHILE COURTS CHANGE OVER- Players must refrain from warming up with volleyballs (remain seated in bleachers) until the custodial staff has set nets, divider, and bleachers up and are off the courts.

OUTSIDE DOORS CLOSED- The outside gym doors need to remain closed at all times.

INCLEMENT WEATHER- All games are cancelled if the School District of Janesville is closed. Cancellations are posted on our Rainout Line, (608) 447-4007 ext. 6 or <https://rainoutline.com/search/dnis/6084474007>, as well as on the team sideline website. Cancellation decisions will be made after 4:30p.m. Unless we cancel the games, your team is expected to show up; otherwise, you will forfeit your match.

THE RECREATION DIVISION'S VOLLEYBALL GAME RULES

The men's and women's volleyball leagues will follow the rules set forth in the United States Volleyball Association Rule Book (USVBA) with the following exceptions:

A. Any reference to the **team uniforms**. This program does not require the teams to have matching uniforms.

B. Any reference to the **court and equipment conditions**. This program uses school equipment and facilities. While this is adequate, it may not be regulation as described in the USVBA Rule Book.

C. Any reference to the **official's duties**. This program is self-officiated. Each team is expected to make their own calls. **We ask all players to announce the score prior to serving the ball.**

D. Any reference to the **team composition and substitution**. This program does allow a team to play with a minimum of four players. Teams may substitute or rotate players into a game. If rotating players, you may rotate in or out of no more than two designated positions at one time. No substitutions will be allowed if you decide to rotate except for an injured player. Whatever method is chosen it must be used for the entire game. Teams may switch methods between games.

E. Any **changes** as described in this booklet.

FACILITIES, PLAYING AREA, & EQUIPMENT

1. Each school facility has **special features** that make each court unique. The volleyball supervisor can point out these features and explain the rules and how they apply to each court if needed. A ball is out of play and a play-over directed if it contacts overhead objects or the supports less than 15' above the playing area and would have remained playable if the object had not been present. (This rule applies only to the team playing under the obstruction and does not include the opposing team. If the opposing team hits these obstructions the ball is considered dead.)
2. We will try to set the net height at the regulation height for men's (7', 11-5/8") or women's (7', 4-1/4") play. We will also attempt to have antennas put up for those leagues that request them when playing at Marshall Middle School. In using school facilities and equipment, it is sometimes impossible to set the exact height of the nets. **DO NOT TRY TO TIGHTEN THE NETS.**
3. The **game ball** will be provided by the Recreation Division. All games will be played using this ball unless both teams agree to use another ball prior to the start of play.

PARTICIPANTS IN COMPETITION

4. All players must be at least **18 years of age and out of high school.**
5. All regular/permanent players must be listed on the **team roster** (with complete information, addresses, phone numbers, shirt sizes, etc.) and have paid the fees necessary to play.
6. A maximum of six and a minimum of four players may be on the court at the start of play.

RULES OF PLAY

7. A match will consist of 3 games to be played to completion. A game is won by either team when the score is 25 points with a two-point advantage. The two-point advantage is not required when the scores go over 26. In this situation the first team to score the 27th point wins the game. Teams will be required to rally score all three games. Matches will be allowed 60 minutes of game play. Points are awarded for every rally won, regardless of which team is serving. If game is incomplete after 60 minutes of

play, the team winning by 2 or more points will be declared the winner.

In case of a shorter time frame due to school games lasting longer than expected, etc., the volleyball supervisor has the discretion to call 3 games to 21, with a 23-point cap.

8. If, for any reason, a match should be interrupted and called off by the supervisor, any completed games will stand. Any games not completed will be replayed.
9. In order to **keep matches on schedule**, the volleyball supervisor will begin the 60 minutes five minutes after the scheduled start time. The first five minutes is warm up time.

Note: These times are guidelines and hopefully will be followed most evenings; however, some matches may last longer than one hour, or school sporting events may last longer than expected; thus, changing the time frames. In these cases, the volleyball supervisor will set the playing times.

10. If the three games are completed in less than the time allotted, the two teams may play for the duration of the playing time.

Addition of late player to game: If a team has the minimum number of players (4) they may start. Players that come after the start of the game may enter the rotation when they arrive.

11. Each team will be allowed one, one-minute time-out per game.
12. The team listed as the “**away**” team on the schedule will serve first. The other team will receive choice of side. This will alternate for the next two games.
13. A team will **forfeit** if they do not have the minimum requirement of players (4) after their five-minute warm up time. At five (5) minutes after the scheduled starting time they forfeit their first game. At fifteen minutes after the scheduled starting time, they forfeit the second game. At twenty minutes they forfeit the third game and match. Any team forfeiting more than two matches may be dropped from the league without refund. **Also, a team that forfeits without notifying the Recreation Division office and their opponent by 4:00PM on game day will be assessed a \$10.00 fee. This will be due to the Recreation Division office before their next scheduled game. Failure to pay will result in forfeiture of the next scheduled game.**

Note: Game times are guidelines and hopefully will be followed most evenings; however, school functions may change the time frames. In this case the volleyball supervisor will set the playing times.

If a team forfeits their match, the forfeit team receives 0 points and the opposing team receives 25 points (or the point cap). This may be needed if there is a tie at the end of a round to determine seed ranks for the multiple team playoff.

14. All players except the server must be within the team playing area.
15. All leagues have the option to serve overhand.
16. The server shall stand behind the rear boundary line and anywhere between the left and right-side lines. Rotation does not occur until the first server from both teams has completed their first term of service. Please remember that courts have limited space. Feet must be behind the line at contact of ball.
17. Each member of a team shall service in turn. The server shall continue to serve until side-out is declared. If a team has served out of order, the team loses the service and any points gained during such out of order service. The players of the team at fault must immediately resume their correct positions on the court.
18. No overlapping of adjacent players front-to-back or side-to-side at the instant the ball is contacted for the serve. No part of one player's body touching the floor shall overlap any part of an adjacent player's body touching the floor. After the ball is contacted for the serve the players may move from their respective position. **To clarify:** after the serve players can switch positions, but if a back-row player has switched to be up front, they are a setter and can ONLY bump or set and cannot attack the ball (jump to block or spike).
19. **Service Returns**

All service returns can be bumped using a locked forearm position or set using fingertips. The hands must be linked together throughout the reception of the ball. They may not be blocked or spiked. It is not allowed to attack a served ball. Note: a one arm return with a closed fist is legal providing the player's body is in motion. Example-diving to get a short serve or leaning to the side for a sideline serve. A closed hand must be used in this case. This rule applies to all leagues. Exception: All leagues may use open

hands to receive the serve. This means the serve may be cleanly set by the fingertips.

A. Service returns may not be blocked or spiked. It is illegal to block a served ball, even if it has fully passed the vertical plane of the net and cause the ball to return to the opponent's area. Attempting to block a served ball is not illegal if the ball is not returned to the opponent's area. Such contact shall count as one of the team's three allowable hits.

20. **“Let Serve” Rule**

It is no longer a fault if a serve hits the net. This rule allows continuation of play if a served ball touches the net and then crosses the net to the opponents within the crossing space.

In other words, if the ball dribbles over the net, it's playable just like any other ball that contacts the net on the way over. If the ball fails to clear the net, it will become dead when it either hits the serving teams' court or is contacted by a player on the serving team.

21. Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent's area. **Forearm passes must be executed with hands connected. If one hand is used, it must be with a fist (closed hand) or the back of the hand as in a dig.**

If a player contacts the ball above the head and shoulders, it must be a clear attempt to either: “set” or “tip” the ball using fingertips, “spike” the ball using one open hand, or “pass” the ball using locked hands, or forearms. It is illegal to slap the ball with two open hands.

22. The ball may touch any part of the body when hitting the ball, including the foot. This means that kicking the ball is legal and counts as a hit.
23. Balls must be distinctly batted; the ball may not be lifted, pushed, or thrown. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or carrying the ball shall be a form of holding.

24. On hard driven service balls (the first hit of the team) players may have the ball contact any number of parts of the body consecutively provided that the contacts occur during one action. A first hit includes: a) the serve (i.e., hard driven service balls), b) an attack hit from the opponent, c) after a block from one's own team or the opponent. **Double hits are no longer a foul on service returns only.**
25. When two players of the same team contact the ball simultaneously, this is considered one play and either player may make the next play on the ball.
26. Players may leave the boundaries to play a ball during actual play, but the ball must pass over the plane of the net.
27. A ball, other than service, may be recovered from the net if the player avoids contact with the net.
28. Touching the net with any part of the body while the ball is in play is a foul. It is not a foul, however, when the ball is driven into the net causing it to touch an opposing player. It is not a fault if, after spiking a ball, that player's hand follows through over the net so long as it does not touch the net or an opposing player.
29. If opponents contact the net simultaneously, it shall constitute a double fault and shall result in a replay.
30. A ball which is hit and contacts the ceiling on the same side of the net from which it was hit may be played for a legal return. A ball contacting the ceiling on one side and passes over the net to the other side is an illegal return resulting in side-out or point.
31. Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponents' area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the center line.
32. If any part of the ball touches the boundary line, it is considered good and in bounds.
33. The ball cannot make contact with the antennas. If the ball touches any part of an antenna, the play is dead, and the point goes to the other team.
34. A ball penetrating the vertical plane of the net over or below the net, whether over or outside the court, may be returned to the

attacking team's side by a player of the attacking team provided the ball has not completely passed beyond the vertical plane of the net when such contact is made. A ball which has penetrated the vertical plane above the net may be played by either team. **Players may not reach over the net to play the opposing team's ball.**

35. Blocking is the action close to the net which intercepts the ball coming from the opponent's side by contacting the ball before it crosses the net, as it crosses the net, or immediately after it has crossed the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. A blocked ball is considered to have crossed the net.
- A. Blocking may be legally accomplished by only the players who are in the front line at the time of service.
 - B. Multiple contacts of the ball by a 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.
 - C. 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.
36. A back-row player who is inside the attack zone, or its assumed extension, may play the ball directly into the opponent's playing area if, at the moment of contact, the ball is not completely above the level of the top of the net. If a back-row player jumps from the floor clearly behind the attack line, the ball may be spiked or intentionally directed into the opponent's area, regardless of where the player lands after hitting the ball.
Note: A team of any size may designate up to 3 front row players.
37. Spiking is allowed from both front row players and back row players. However, back row players must spike from behind the 10-foot line. When a player leaves the ground, both feet must be behind this line. The feet can land in front of that line.

GENERAL POLICIES

38. The volleyball site supervisor will conduct the men's and women's leagues. They will provide volleyballs, antennas if at Marshall

Middle School, and score boards, maintain the score sheets, provide first aid assistance, and other related assistance. **The volleyball site supervisor will not be doing any officiating or scorekeeping. These are the responsibilities of each team.**

39. The site supervisor will be available to answer any of your questions. If additional information is needed, you may contact Sara at the Recreation Division office, (608) 755-3013. All volleyball players may only play on ONE team in the men's and women's program. This includes the play-offs, which includes the championship game, at the end of the season.
40. All players' fees must be paid prior to playing in the volleyball program. All team fees must be paid at the Recreation Division office. All team changes must be made at the Recreation Division office or on site with the volleyball site supervisor.
41. A minimum of four and a maximum of 15 players may be registered on the team's roster. Up to ten players and the sub fee are included in the team fee, and any players over ten cost an additional \$10 each.
42. A player or team expelled from the league will not receive a refund.
43. A player or team dropping out of the league on their own accord will not receive a refund.
44. **All games in this league will be self-officiated. We ask all team managers to help in calling their team's play. Teams should be consistent in calls from the first game to the third game and all season long. If conflicts arise, please replay.** No swearing is allowed. Please be courteous if a player on the opposing team asks you to move from their field of vision during a serve or questions an illegal hit. **If there are any questions, if conflicts arise, or there is a dispute between players/teams the play needs to be replayed, and teams need to respect the other team's question, stop the dispute/conflict immediately, and just replay the last play.** Talk with the volleyball site supervisor if you need rule clarification or the other team is refusing to replay, do not continue play. We always want to stress good sportsmanship in all our leagues and want everyone to be courteous to their opposing team players.

45. **Substitute Player Policy**

When a substitute is used it must be designated on the sign-in sheet at game time. Substitutes can be used up to 6 times during the season. The substitute fee is included in the team fee. You may use more than one sub per evening, but each one counts towards your 6-sub allotment. For example: If a team is scheduled a double header and has a substitute play both matches then the team is using two of their 6 subs in one night. Then they will have 4 of the 6 subs left to use for the rest of the season. **Subs must have played in at least two regular season matches to be eligible to play in a play-off and championship game.** Subs used towards the included sub fee (up to 6 during the season) are those not listed as one of the players on the permanent roster; up to 10 players can be listed on the roster, which is also included in the team fee.

46. **Players May Sub Up and Down**

Individuals may only be a permanent player on ONE volleyball team in the men's and women's program, and players may "sub" for any team (another team in their league, or on a team in the other league (higher or lower) on their night). These players would be used towards the included sub fee, and teams must still abide by the 6 one-time use sub rule. When players sub up or down, they would not be listed as one of the ten permanent players on that team's roster they are subbing for.

47. **The rosters will no longer be frozen.** Players can be added up until the last week of regular season play, however, **regular and substitute players must have played in at least two regular season matches to be eligible to play in playoffs and championship game.** No continually removing and adding players to and from roster...you will have to use them as a sub. All changes must be made at the Recreation Division office or with the onsite volleyball site supervisor.

48. Teams cannot reschedule games on their own or at any time during the season. If a team does not have enough players to play (minimum of 4 needed) they will have to forfeit their match.

49. **Determining a League Winner**

League play in the volleyball program consists of two rounds. The winner of the first round will play the winner of the second round. All ties in either the first or second round will be played off

on the evening designated as play-offs on the schedule. If the same team wins both the first and second round, they will be declared the winner. Second place will be determined by the number of total games won overall. If there is a tie in games won, we will then conduct a play-off consisting of the best 2 out of 3 games. In the event of a three-way tie at the end of a round, a playoff will be played between all three teams. To determine which team receives a bye is determined on the head-to-head competition in that round. If the tie is still not broken, the team with the least number of points given up during the round will receive a bye. If the tie is still not broken, the team with the most points scored during the round will receive a bye. In the event of a four-way tie at the end of a round, a playoff will be played between all four teams. The #1 through #4 seed ranks for the four-team playoff will be determined on the head-to-head competition in that round. If the tie is still not broken, then the team with the least number of points given up during the round receives the higher seed ranking. If the tie is still not broken, then the team with the most points scored during the round receives the higher seed ranking. The winning team will move up a league and the losing team will move down a league at the conclusion of the season. Please be honest in your team's competitiveness and place your team in the appropriate league.

50. First place teams are moved up a league, last place teams are moved down a league at the conclusion of the season. After 2 consecutive years of a team winning or losing a league, that team will have to move up/down no matter what (there is a chance this may not happen at the Recreation Division's discretion if needing to keep an equal/manageable number of teams in the league(s)) to give other teams an opportunity to win. We will require teams to move, and this may require switching school locations in some cases.

51. **Playoffs**

Play-off schedules will be available by **4:30PM** on the day after the last evening of play in each league. They may be obtained by calling the office at (608) 755-3030. We will also email these schedules to the team managers of the teams playing in the play-offs. **To be eligible for the playoffs, a player must have played in at least two regular season matches.**

52. Manager Responsibilities

Each evening the team manager must sign in their players (first and last names). Please list only the players who are present and will be playing that evening. Players who arrive late should take it upon themselves to sign in. **If players are signing themselves in, please make sure they are printing their first and last name legibly.**

53. The use of illegal players by a team will result in a game suspension. In this case the games will be called a forfeit and the opposing team will receive a win. Please check your rosters and play with only the players registered. **Protests (of illegal players or illegal hit or play) must be done before the conclusion of the game while the player in question is present and while the play can be replayed otherwise game stands. If the supervisor is notified after the completion of the game, no action will be taken on the illegal player or hit/play. At the end of the match each team's manager or designated team representative is expected to review the score sheets and initial approving the three scores and the list of players who played that evening. These will then stand as they have been reviewed and verified.**

CODE OF CONDUCT

54. Smoking is not allowed at any of the school sites. This includes the gymnasium, hallways, locker rooms, and the school grounds. If you wish to smoke, please do it inside your vehicle. Also, please do not discard any cigarette butts in the school setting. The Janesville School District has passed an ordinance prohibiting smoking and frowns upon any indications that smoking has taken place at their facilities.
55. Alcoholic beverages are not allowed on school grounds or at any Recreation Division volleyball site.
56. Please refrain from foul or vulgar language.
57. **Bloodborne Pathogen Rule-** Any player who has free-flowing blood present will need to leave the court. A time-out (not counted against the team) must be called. The wound must be completely covered and cleaned up before play can resume.

58. Please do not use the hallways for warm-up. Some have glass doors and if anything is broken your team is responsible for damages.
59. On certain evenings, middle school activities may run later and to avoid injuries, players must refrain from warming up with volleyballs until the custodial staff has set nets/divider/bleachers up and are off the courts. Please be respectful to the custodians and remain seated in the bleachers while you are waiting for them to get everything set up.
60. Most of the gymnasium sites have hallway gates and limit the access to the building; however, sometimes the hallways are open and occasionally some of the players like to run laps in the hallways. The schools have asked us to refrain from doing this. Please help us by staying in the gym area.
NOTE: Black-soled shoes, food, and beverages are **not** allowed in the gymnasiums.
61. Under no circumstances can we have the outside gyms doors wedged/propped open. The outside gym doors need to remain closed at all times.
62. Parking is available at all sites, but the custodial staff cautions all volleyball players about parking in handicapped parking zones and other no parking zones. **They will not hesitate to call to remove vehicles from unauthorized parking spaces. Franklin Middle School also has additional “no parking” zones and does not allow any parking beyond the dumpster in the back area.** Please keep this in mind when parking your vehicle.
63. **Inclement weather**—All games are cancelled if the School District of Janesville is closed. Cancellations are posted on our Rainout Line, as well as on the team sideline website. **Teams can call the Rainout Line at (608) 447-4007 ext. 6, or sign up for email and text alerts here:** <https://rainoutline.com/search/dnis/6084474007>, or download the free Android and iPhone Rainout Line app to check the status of a game in the App Store or Google Play. **Once the free app is downloaded, search for City of Janesville Recreation Division. Cancellation decisions will be made after 4:30p.m. Please do not call the office.** Unless we cancel the games, your team is expected to show up; otherwise, you will forfeit your match.



64. Please treat the school facilities with respect. Your behavior can enhance or limit our school use for future seasons/programs. Please help the Recreation Division by being a good user of school facilities. From time-to-time accidents can happen and school equipment or the facility can become damaged. In these cases, please notify the volleyball site supervisor so arrangements can be made to contact the school officials. If something happens during a Recreation Division program, we would rather explain the situation to the school officials the next day, rather than having the school try to determine how and when the damage occurred and come to us asking questions.

65. **PENALTIES FOR VIOLATIONS OF CONDUCT**

- 1.) Verbal warning by onsite volleyball supervisor
- 2.) Individual player ejection from game
- 3.) 1-3 game suspension (forfeits given)

We hope you enjoy participating in the Recreation Division's Adult Volleyball Program!