

City of Lakewood

Adult Volleyball Rules



Lakewood Recreation

General Information

Welcome to the City of Lakewood Adult Women's Volleyball Programs.

The City of Lakewood offers non-sanctioned Volleyball leagues for the recreational enjoyment of all participants. All decisions made by the Lakewood Recreation Programmer are final and not subject to protest or refund of league fees. The volleyball league(s) shall follow the volleyball rules described in the **USA Volleyball Rule Book** and all City of Lakewood's Municipal Codes with the following clarifications.

Deposit

All teams are required to pay a deposit in order to be registered for a league. All deposits are non-refundable once league schedules have been made.

Fees

All teams are required to pay in full before the 3rd game of the season. No exceptions! Any team with an outstanding balance after that point will forfeit remaining games until balance is paid in full.

Team managers and/or coaches are responsible to make all team members aware of the league rules. League rules are available at the Charles Whitlock Recreation Center, or online at www.teamsideline.com/lakewood

All players participating in this program assume the liability of the inherent risks involved in this physical activity. Participants are encouraged to consult their physician prior to engaging in any physical activity.

Inclement Weather and/or Questionable Conditions:

- A. Call the weather hotline at 303-987-7079 (#2) or Charles Whitlock Recreation Center at 303-987-4800 for game updates.
- B. We ask that only Managers/Coaches call the recreation center and notify their players. Please call if there is any doubt about playing.
- C. Referees can only delay a game. Only the onsite supervisor can officially cancel a game(s).

Roster Requirements

- A. Team rosters must be entered before the start of their first game following the "Steps for Team Managers on Teamsideline" document. Rosters will not be accepted unless all information requested is completed.
 1. Players not enrolled on team rosters will not be able to participate.
- B. All team rosters will be frozen three (3) weeks prior to the completion of the regular season. To submit a team's frozen roster, team managers must use the "Submit Roster" button on Teamsideline.
 1. **4v4 League Modification:** The 4v4 League will have OPEN rosters during regular season league play. However, 4v4 Team Rosters must submit their frozen tournament rosters.
- C. If, at any time, a team is unable to complete the season due to a lack of eligible players, such shortage being the result of injuries or employment transfer, the Recreation Programmer may allow a team to add additional players.
- D. Teams using ineligible players will automatically forfeit all games in which said player participated. All players are required to have some form of identification with their pictures on

it at all games. If the opposing manager and/or the onsite supervisor/scorekeeper suspects that an ineligible player is being used, that player's I.D. will be checked. If that player is ineligible, or no I.D. is produced, an immediate forfeit shall be called. Player(s) who violate this rule shall be removed from the game immediately.

- E. **NEW:** Participants can play on multiple teams in the same league on the same day ONLY during regular season - League Play. Players will NOT be able to play on two different teams in the same league during any point during the end of season - Tournament Play.
- F. **NEW:** There are no guarantees to scheduling conflicts. There will be no rescheduling of games if teams cannot roster a full team due to a player's dual roster enrollment.

Make Up Games

- A. Make-up games may be scheduled at any time. Original schedules may change, so please check the www.teamsideline.com/lakewood web page regularly.
- B. The responsibility of finding out make-up times is the duty of the team manager.

Blood Rules

- A. A player, coach, or referee who is bleeding or who has blood on his/her uniform shall be prohibited from further participation in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The referee shall:
 - a. Stop the game and allow treatment if an injured person would affect the continuation of play.
 - b. Immediately call a City of Lakewood staff to the injured player.
 - c. Apply the rules of the game regarding substitution, re-entry, and short-handed player if necessary.
 - d. Teams should bring their own first aid supplies. The City of Lakewood only supplies band-aids and ice packs.

Starting a Game / Forfeit Procedure

- A. All games will start at their scheduled time, or as soon the preceding game finishes.
- B. A 6v6 league team must have at least four (4) legal players properly registered on the court [at least three (3) for 4v4 leagues], ready to play at the scheduled game time or their opponent has the option to:
 - a. Ask for an immediate forfeit **OR**
 - b. The official may use both the team's timeouts to wait for a fourth player in 6v6 leagues or third player in 4v4 leagues to arrive. If they do not have enough players after the timeouts are used, the team will forfeit the first game. The official will wait 15 minutes prior to calling the next two games.
- C. Teams cannot be forced to start earlier than scheduled but may start earlier if both teams and City of Lakewood staff agree.
- D. Teams will be allowed to use the court for a limited time to practice in the event of a forfeit. The court must be vacated 15 minutes prior to the scheduled start of the next game.

Forfeits

- A. Non-Appearance Forfeit: When a team fails to show up for their assigned game without notification. The team must pay a \$25.00 fee prior to participating in their next scheduled game.
- B. Failure to pay the forfeit fee shall result in another Non-Appearance Forfeit and another \$25.00 fee will be assessed.
- C. Exceptions: If a team must forfeit, the team **MUST** contact the Recreation Programmer by 4:00PM the day of the game. If notified properly, there will be no forfeit fee charged to the team.
- D. If a team has 3 forfeits during the season, the team is automatically dropped from the league.

Equipment

- A. **GAME BALL:** The City of Lakewood shall provide the official game ball.
- B. **CASTS:** Plaster or other hard substances in their final form may not be worn during the game. Any exposed metal may be considered legal if covered by some sort of material or padding and taped.

Players

- A. All players must be eighteen (18) years of age to participate.
- B. **For 6v6 Leagues:**
 - a. Teams should play with six (6) players but are permitted to **start** with as few as four (4) players. Teams must finish with no fewer than three (3) players.
- C. **For 4v4 Leagues:**
 - a. Teams should play with four (4) players but are permitted to **start** with as few as three (3) players. Teams must finish with no fewer than two (2) players.
- D. If a player is ejected from a game, they must be replaced with a legal substitute or a side-out will be declared each time it is the ejected players turn to serve.

The Game

- A. **Warm-Ups:** In most instances, areas off the court are provided for warm-ups. Please refrain from hitting the ball against the wall near the court during warm-ups. Each team will receive 5 minutes for on court warm-ups if time permits. Each team should provide their own volleyballs for warm-ups.
- B. **Service:** The server may serve from any point behind the back line, provided that the server is between the sidelines. A player cannot touch the end line when serving until after contact with the ball has been made. No re-toss is permitted.
- C. **Screening:** At the moment of the service, it is illegal for players of the serving team to jump, or to place themselves in the way of the view of the opposing team for the purpose of forming a screen with which to mask the server's action.
- D. **Back Row Player:** A back row player may be utilized as a back row hitter if they takeoff for their jump behind the 10-foot line. A back row player is permitted to land in front of the 10-foot line. A back row player may not contact the ball above the plane of the net while standing in front of the 10-foot line.
 - a. **4v4 League Modification:** In our 4v4 Leagues, the server is the only back row player. Therefore, this rule applies only to the server position.
- E. **Substitution Position:** Any substitute shall take the position of the player whom they are replacing. No change shall be made in the relative positions of the other players when a

substitution is made. After a player has re-entered the game, they shall be in their original position in relation to their teammates. The official will make out-of-rotation calls if they feel the team was in violation. If the substitute is not immediately ready to play when request for substitute is made, then their team shall be charged time out. Only 1:1 substitutions are permitted.

- F. **Libero (6v6 Only):** Teams may play with up to two libero players. Players' must notify the official who are the libero players.
- G. **Injury:** Should an injury occur; the ball is in play until the referee sounds the whistle and the play has ended. If, in the referee's judgment, a serious injury has occurred, the referee may find it advisable to stop the play before it has ended and direct a replay. A player not ready to play when the whistle for readiness to play is blown must be substituted for without undue delay.
- H. **Blocking:** Blocking is permitted only by the players in the front row. Any player is considered as having the intention of a block if she is closest to the net and makes an effort to intercept the ball from the opponent by reaching their hand(s) higher than the top of the net. A contact made on the ball while blocking does not count as one of the three team contacts made on the ball.
 - a. **4v4 League Modification:** Blocking is permitted for all players in 4v4 Leagues.
- I. **Attacking (4v4 League Modification):** No offensive redirecting.
- J. **Net Contact:** A net violation will be called if contact is made at the top band of the net while making a play on the ball. "Incidental Contact" is not allowed (except for clothing or hair).
- K. **Touching the Ceiling:** It is legal to play the ball after it has touched the ceiling and comes back down on the team's own side of the court, provided that they have not used all of their three hits already.
- L. **Outside of Court:** A player may go outside the court while the ball is in play. They may cross the assumed extension of the centerline but may not return the ball into play without first having sent the ball back to his/her side of the court.
- M. **Playing the Ball:** The ball may contact any part of the body and remain in play, provided the official has determined that the ball was not caught, thrown, or double-contacted.
- N. **Reaching Over Net:** A player may not break the plane of the net to touch the ball until the opposing team has executed an attack.
- O. **Crossing the Center Line:** A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remain on or above the centerline.
- P. **Successive Contacts:** A player may not contact the ball successively, EXCEPT after a block.
- Q. **Simultaneous Contacts:** If two teammates simultaneously contact the ball, either player can make the next contact on the ball.
- R. **Match Play:** 3 games to 21 (win by two | cap at 23)
- S. **Team Time Outs:** Each team is allowed 2 (30 second) time-outs per game.
- T. **Entering the Court:** Substitutes, coaches, managers, and other team representatives shall not enter the court while the ball is in play. Local facilities permitting, the team bench shall be located on the side of the respective playing areas opposite the referee. Substitutes shall remain in the vicinity of the bench unless warming-up to enter the game.
- U. **Failing to Play:** The game shall be forfeited when a team refuses to play after the referee has called for the game to start. The next game of the match shall be called after fifteen minutes.
- V. **Missing Players:** Missing players are not considered "Ghost Players" unless the missing player is the result of an ejection.
- W. **Open Hand Receive:** You may open hand receive a serve in 4v4 leagues, following standard indoor rules.
- X. **Open Hand Dink:** You may not open hand dink in 4v4 leagues.

Awards

All **Matches** shall count toward league standings.

A. League standings will be used to seed teams in the end-of-season tournament.

B. Individual awards will be given to the team that wins the tournament.

Tiebreaker - The following will be used in the event of a tie between two or more teams during league play:

1. Head to head results between tied teams
2. Point differential between tied teams
3. Point differential for entire season
4. Total points scored during season
5. Least amount of points allowed during season
6. Coin toss

All tiebreakers will revert back to the first tiebreaker to determine second place once the first place team has been determined.

Note – If a team forfeits for any reason during the season, that team will be eliminated from the tiebreaker process.

Conduct

CODE OF CONDUCT

The City of Lakewood Community Resources Department supports and promotes an atmosphere of courtesy and consideration toward all individuals. Respectful behavior and interaction with others is expected of all patrons. Abusive behavior is not permitted in any Community Resources facility, activity, or program. B. Any Community Resources employee designated by the Director shall be authorized to enforce this Code of Conduct along with any other rules and regulations applicable to the facility, activity or program. Community Resources' employees are also authorized and encouraged to dispatch the City's Police Department any time patron or participant behavior is deemed to be in violation of the Community Resources' Code of Conduct. Violators may be subject to revocation of the privilege of using facilities or participating in activities or programs. Such determination will be made according to the City's exclusion procedures. There is a zero tolerance policy for violations of this Code of Conduct.

LAKEWOOD ADULT SPORTS ZERO TOLERANCE CONDUCT POLICY:

A. No player shall at any time lay a hand upon, push, shove, or **threaten to strike** another person. PENALTY: Player will be suspended from all sports indefinitely.

B. **All players will abide by the officials' and/or on-site field supervisors' decision.** If a player or manager is ejected from the game, that player or manager must leave the court immediately. The league supervisor may allow the player to remain in the area only if the ejected player exhibits sportsmanlike conduct. **Any ejected player shall remain suspended until their case has been reviewed as they will receive a minimum one game suspension and run the risk of being suspended for the remainder of the season or longer. Any ejected player will be reported to the Sports Programmer who will review the incident and notify the player of their disciplinary decision.**

C. No player, coach, or manager shall physically attack or act as an aggressor towards any person, player, spectator, referee, or City employee. PENALTY: Officials and/or Lakewood Staff are required to immediately eject player(s) from further play and report such player(s) to the League Officials.

D. All players, coaches, spectators, and managers will abstain from the use of profanity, obscene language, vulgarity, racial slur, verbal abuse- threats or unsportsmanlike conduct while participating/spectating in a City of Lakewood Activity. **Repeated or egregious violations will result in ejection.**

E. No player, coach, or manager will be allowed to participate if acting in an intoxicated manner. PENALTY: Suspension from the game and possibly the next game played. To be ruled upon by the referees and/or league officials.

F. Captains, managers, and/or coaches are held responsible for their team's conduct.

G. Teams are responsible for their spectators' conduct.

H. Anytime a game gets out of hand, the referees or league officials have the authority to call the game.

I. Elastic Power - Any and all situations not specifically covered in the rulebook shall be acted upon by the Adult Sports Programmer, and all such action taken shall be final.

PROTECT YOUR VALUABLES: As most of us know, parking lots can be a popular target for thefts. Avoid being a victim by taking care of your valuables. Below are a few tips for preventing break-ins or theft:

- a. If there is a suspicious person or activity near a vehicle, notify the facility supervisor or contact the police immediately.
- b. Remove all bags and items from view in your car. If possible, take your valuables with you.
- c. Do not leave your wallet, keys, or valuables unattended.
- d. Keep spare keys in your wallet, not in your car.
- e. Close all vehicle windows and lock all doors.
- f. Park in well-lit areas when available.
- g. Engrave your stereo and other valuables with your driver's license number, not your social security number.

Thank you again for playing with City of Lakewood Recreation Division and have a great season!