

League Manager: Courtney Kort

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League Website:

<https://www.teamsideline.com/cityofames>

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### **I. LEAGUE RULES**

- a. All matches will be played at Inis Grove Park (2500 Duff Ave) unless otherwise noted.
- b. USAV Beach Rules will be followed unless otherwise noted.
- c. All matches will consist of three sets, regardless of whether a team wins the first two. Each set will be counted in a team’s win/loss total.
- d. All sets will be played to 21 points (rally scoring). For regular season, teams do not need to win by 2 (first to 21 wins).
- e. There will be a time limit of 45 minutes for each match. Sets cannot end in a tie. Teams may be penalized for abusing the time limit to their advantage (i.e. stalling).
- f. No timeouts unless a player is injured.
- g. Please have an adult supervising any children you bring to matches. Do not let your kids run around the park unsupervised. Children should remain outside the playing/sand area.
- h. There is no tobacco allowed in the park (including smokeless). Beer, soft drinks, food items are allowed, but please keep them off the volleyball courts. Players may not consume Alcohol while playing. Dispose of any trash before leaving the park.

### **II. EQUIPMENT:**

- a. Ames Parks & Rec will provide a game ball for each court, as well as warm-up balls.
  - i. Official game ball will be a Wilson AVP OPTX.
- b. Officials reserve the right to ask players to remove any jewelry/accessories that may interfere with play.
- c. Teams are not required to wear matching uniforms.
- d. All players (M & F) must wear a shirt covering their upper body while playing.
- e. The net height shall be approximately 8 feet.

### **III. STANDINGS**

- a. Standings will be determined by total of Set wins (1 win for each set won)
- b. Tie breaker for standings will be...
  - i. Set Wins
  - ii. Head-to-Head Record
  - iii. Head-to-Head Point Differential
  - iv. Total Point Differential
  - v. Coin Flip

### **IV. PLAYOFFS**

- a. Playoffs will be double elimination.
- b. Playoffs will be 21-21-15 format – Win by 2 (NO CAP).
- c. No time limit for playoff matches

- d. Teams will be seeded according to final league win-loss record. League Manager may move divisions at their discretion to create competitive balance.
- e. Players must be rostered and have played a minimum of 1 match during the regular season to be eligible for playoffs (no un-rostered subs).
- f. Awards given for Regular Season and Tournament Champions.

**V. PLAYER ELIBILITY:**

- a. Players must be 17 years of age or older to participate.
- b. Any player currently playing on a high school, NAIA, NJCAA, or NCAA sanctioned team is ineligible.
- c. Players may not be rostered on more than one team per night.
- d. Teams short a player may pick up players with opposing team approval.
- e. The City of Ames does not discriminate on the basis of age, race, sex, gender identity, sexual orientation, or other protected characteristics. Participants are expected to register for and participate in the program that best fits their needs and abilities in good faith.
- f. The City of Ames Parks & Rec, or its employees or appointed agents, assume no responsibility for any personal injury or loss that any team member or spectator may incur as a result of these programs. Individuals are encouraged to have their own personal health/accident plan for any such injuries that occur. Players may be held responsible for unnecessary damage that may occur as a result of misconduct in a facility/park.

**VI. FEES & ROSTERS:**

- a. League fees will be set following the Captains Meeting and must be paid in full by the set deadline.
  - i. Teams will not be included in the schedule until fees are paid in full, unless arrangements are agreed upon with the League Manager.
- b. Rosters are due before the Captains Meeting.
- c. After rosters are submitted, roster changes must be made via a Roster Add Form.
  - i. Must be submitted BEFORE the new player participates.
  - ii. Roster additions for non-resident players must include necessary fees.
- d. Players can be added until the final regular season match.

**VII. GENERAL GAME RULES:**

- a. One official per match will be present to make in/out, net, and carry calls. Because no linesmen are used, a point will be replayed if a call cannot be made or agreed upon. Teams are expected to assist officials with violations they might miss (nets, touches, in/out, etc).
- b. At the beginning of each match, there will be a five-minute sign-in period where team captains must complete the scoresheet and coin toss to determine which team will serve and which will receive (teams may choose to serve, receive or a side).
  - i. Teams will change sides for each set.
- c. A team must have four eligible players to begin and finish a match (minimum of 2 females). If four players are not present five minutes after the scheduled match time, the team will forfeit set one. If four team members are not present 10 minutes after the scheduled match time, the match will be forfeited.
- d. Teams may have a maximum of six players on the court at a time, but will be permitted to substitute players during rotation by following normal USAV substitution procedures.
  - i. No Libero will be allowed.
- e. After the first service in a set, the player to serve is determined as follows:
  - i. When the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the right-front position to the back-right position will serve.
- f. **Server may allow the ball to drop one time with a re-serve.**

- g. **Open hand tips will be allowed for 6v6 divisions only.**
- h. The 10-foot line applies; no one from back row can attack or block beyond the “line”
- i. If there is interference by other courts, the rally will be stopped and replayed.
- j. All players must be in their respective positions until the ball is served. Players may qualify as front-line spikers only when they are in the front row. Back-line players may spike only if they leave the court behind the attack line. Under no circumstances, may back-line players block.
- k. Contact with the ball, whether digging, setting, or spiking, must be instantaneous or will be called a “carry.” A contact may be made with any part of the body.
- l. Simultaneous fouls by opposing players cause a “double foul” and will be replayed.
- m. The defensive team may not block or spike a serve. Front row must keep their feet planted to return a ball. Players will be called for attacking a serve if they leave their feet and make contact with the ball above the net in an attempt to return the ball.
- n. On the first hit for each team, multiple contacts (one continuous attempt), including fingertip action, are legal.
- o. The offensive team must always have the opportunity to play their three hits. A set may not be blocked over the net (unless it is directed over the net); but if any portion of the ball breaks the plane of the net, either team may hit it. If there is a defensive block on the third hit, the blocker’s arms may cross the plane of the net to block the ball.
- p. NET PLAY
  - i. A served ball that contacts the net and remains in play is legal.
  - ii. Contact with the net between the antennae during the action of playing the ball is a fault, even when unintentional.
  - iii. There is no center line. Fault will be called only if a player impedes a defensive or offensive player from the other team by crossing what would be the center line at officials’ discretion.
- q. Teams that win their division may be moved up one division the next season.
  - i. League Manager reserves the right to move teams between divisions at their discretion.
- r. *COED SPECIFIC RULES*
  - i. Teams will play with an equal number of males/females, or more females.
  - ii. Teams must line up in rotation alternating M/F. If more females are playing, they may play side by side. Teams may not line up M/M (with the exception of playing 3M-2F).
  - iii. When the ball is played more than ONCE by a team, at least one female player shall make one of the contacts. Contact during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball.
  - iv. If a team is playing short handed, they may play with one extra male (i.e. 3m-2f). Coed teams must have a minimum of 2 females to play. Rules for female contact will still apply.
  - v. No lineups of 4M-2F, 3M-1F, 5M-1F, etc.
- s. *4v4 SPECIFIC RULES*
  - i. Sunday leagues will be un-officiated. Players are expected to call their own faults, in/out, violations, etc. We expect a high level of sportsmanship and respect for your opponent.
  - ii. Open hand tips/dinks at the net are not allowed. Palm or knuckles must be used.
  - iii. Three sets to 21 using rally scoring. Teams must win by 2 with no point cap or time limit.
    - 1. Teams are responsible for recording scores for each set.
  - iv. Serve/side may be determined by any method agreed upon by the teams.
  - v. Teams must have each gender represented on the court at all times. There is no requirement for each gender to make contact.
  - vi. Players are not required to rotate but must rotate service in M/F order when applicable.
    - 1. Teams playing with substitutes (more than 4 players) should rotate positions.

## **VIII. PLAYER CONDUCT**

- a. Captains are responsible for ensuring all players, fans, etc., know and follow the Ames Parks & Recreation Code of Conduct (see attached).
  - i. Violations of the Code of Conduct will be subject to discipline by the League Manager.
  - ii. Repeated offenses may result in your team's removal from the league with no refund.
- b. Sportsmanship Ratings
  - i. To ensure an enjoyable playing environment, team sportsmanship will be monitored. Teams will be given a sportsmanship rating by the officials and/or Site Supervisor for each match. All teams will begin each match with a "2" rating. Based on your behavior, you will stay at a 2 or reduced to a "1" or a "0".
  - ii. Teams must average a score of 1.75 or better to participate in the end of season tournament. There is no refund for teams who fail to qualify for tournament.
  - iii. Any team receiving a "0" rating will be subject to the following.
    1. 1<sup>st</sup> Offense: Warning
    2. 2<sup>nd</sup> Offense: 1 Match Forfeit
    3. 3<sup>rd</sup> Offense: Removal from league with no refund

## **IX. PROTESTS**

- a. Protests based on questions of the official's judgement will not be considered. The only protests ruled upon must concern misinterpretation of playing rules, ground rules, or player eligibility.
- b. Protests should be made directly to the League Manager in writing, accompanied by a \$25 protest fee. If the protest is successful, the fee will be refunded.
- c. Protests should be verbalized to the official as soon as the issue in question arises, preferably before the match begins when possible.
- d. Protests during postseason play will be determined on site and must be resolved before the match may continue.

## **X. CANCELLATIONS/FORFEITS**

- a. Captains will be notified of any cancellations by Parks & Recreation staff. Captains are responsible for relaying cancellations to their teams.
- b. Captains must notify League Manager of any forfeits with adequate time to notify the other team (usually by at least Noon the day of match). For weekend matches, forfeits must be communicated by 4:00pm on Friday.
  - i. For forfeits communicated in appropriate time, the League Manager will attempt to reschedule the match when possible. If the match is unable to be rescheduled, the forfeit will stand.
  - ii. Forfeits communicated after the deadline, or not communicated at all, will result in a forfeit fee equal to the "per match fee" and must be paid to the opposing team. Teams who fail to pay forfeit fees may be ineligible for tournament.
  - iii. For playoff matches, there will be no fee or rescheduling. The opposing team will automatically advance.
- c. Forfeits inappropriately communicated will result in a "0" sportsmanship rating.

**Subject to Change**

*Updated: 4/30/2026*

# Ames Parks & Recreation Code of Conduct



*The City of Ames Parks & Recreation Department has adopted a Code of Conduct which applies to all persons participating in any way in any City of Ames Parks & Recreation programs. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.*

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, gender identity, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. Park rules related to alcoholic beverage use will be enforced. No alcoholic beverages are permitted in the playing area in parks or within any facility. Vaping and tobacco products are not allowed in any city facility or park. Anybody under the influence of alcohol or drugs who presents a danger to themselves or others will be removed from competition.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated.
6. Refrain from foul, abusive, profane, or vulgar language. Be mindful of families and children in your vicinity and keep your language appropriate for all participants.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids (to learn fundamentals, techniques, sportsmanship, teamwork, and have fun); they are not for adults! Therefore, all kids always deserve a right to fairness.
9. Adult sports leagues are designed to provide competition in a safe setting that allows participants to stay active and build community. Do not allow competitive nature to take away from the experience of your teammates or fellow participants.

## ***Youth Coaches***

10. Agree to conduct yourself in a manner that would be an example and a role model.
11. Agree to support and work with assigned team throughout the designated season and agree to hold regular practices (at least once a week) and show up to scheduled games.
12. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
13. Promote teamwork, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.