



## Parks & Recreation Department ADULT VOLLEYBALL RULES AND REGULATIONS

The City of SLO Parks and Recreation Department follows the USA Volleyball official rule book and Rules of Play. Some of the USA Volleyball rules have been modified to better serve our local Volleyball league. Rules outlined in this handbook supersede any USA Volleyball rules. All other rules not mentioned in this book default to the USA Volleyball rules. USA Volleyball Rule Books can be obtained by contacting Recreational Sports staff or at <https://usavolleyball.org/play/rules-of-volleyball/>.

### REGISTRATION

- A. **WHERE** – Registration occurs at the City of San Luis Obispo Parks and Recreation Department Office, 1341 Nipomo Street. (9 am to 3:00 pm Monday-Thursday and Friday by appointment). All leagues are filled on a first-come, first-served basis. No space is guaranteed for any team. Mail in registration is not accepted. Registration closes when all slots are filled.
- B. **FEES** – Payment is due at time of registration. All checks and money orders for league fees should be made payable to “City of San Luis Obispo.” Any returned checks will result in the team being dropped from the league. Visa, MasterCard and American Express are also accepted. All fees must be paid in full.
- C. **REGISTRATION** – Please indicate first and second league preference (final placement will be determined by the league director). Game nights are not guaranteed. Inappropriate team names will not be allowed (this includes play on inappropriate words or slang). Team names that are deemed inappropriate will be re-named by staff. A Manager’s Agreement must be turned in by each team prior to the start of the season. It is included with the In Person Registration Forms, but if registering online, you will need to print one off from Team Sideline (under the Downloads Tab) and turn it in with your Team Roster Form.
  - **IN PERSON** – A registration form must be completed in full and presented at the time of registration. Payment will not be accepted unless accompanied by the registration form.
  - **ONLINE** – Registration is also available online at <https://www.slocity.org/government/department-directory/parks-and-recreation/sports-for-adults> with a link posted on the Team Sideline league website.
- D. **MANAGERS MEETING – ALL TEAMS** are required to have a manager or team representative attend the Managers Meeting prior to the start of each league. For future leagues each year, all NEW Teams are required to have a manager or team representative attend. Meeting days and times will be noted on the league Registration Form. If a manager fails to attend a Manager Meeting or sign and turn in the Manager Agreement the team will be dropped from the league and fees will not be refunded.

### COMMUNICATION

Parks and Recreation Adult Sports Staff value comments and encourage communication regarding issues involving the league. However, due to the sheer number of players in the league, it can be difficult to field all correspondence. Therefore, we ask that Managers are the spokesperson for the team and all team communication is funneled through the manager. Correspondence received directly from players will generally not be responded to.

## ELIGIBILITY

The team manager/coach is responsible for enforcement and adherence to the following eligibility rules:

- Players in all adult sports leagues must be 16 years of age to participate in the league. (Players under age 18 must complete a minor waiver/parental release form to play).
- All players must bring identification to each game. At any time, players may be asked to prove identity. Managers are strongly encouraged to keep copies of players' identifications to alleviate any problems during identification checks.

## ROSTERS (Adding and Dropping players)

- EACH SEASON** a team roster must be completed and signed by all players by the start of the first league game. Teams that falsify the roster will be disqualified from the league and fees will not be refunded. Any team without a signed roster at the start of the first league game will not be allowed to play and will forfeit all games until a team roster is turned in.
- Coed (male, male-identified, female, and female-identified individuals, and other gender identifications) rosters are limited to 12 players.
- A player's name and signature on the team roster confirms full understanding of the waiver and release of liability form as well as all league rules and regulations.
- Adding Players** -- If a roster has not exceeded the maximum player limit, players may add names to the roster by filling out an add form. Add forms must either be turned into the office or to the umpire prior to the player playing in a game. There is no fee for adding players.
- Dropping Players** – If a roster has reached the player limit and the Manager wishes to add a player, players may be dropped from the roster by filling out a drop form. Drop forms must either be turned into the office or umpire. PLEASE NOTE: once a player is dropped from the roster they may not be added back to the roster for the duration of the season. There is no fee for dropping players.
- No roster changes can be made after the 5<sup>th</sup> week. In some instances, players may be added and dropped after the 5<sup>th</sup> week, but it is at Parks & Recreation staff's discretion. Contact Parks & Recreation Adult Volleyball staff if you wish to make a change after the 5<sup>th</sup> week.
- Any player wishing to change from one team to another during the season must obtain written permission from both team managers and the league director. Approval must be obtained from the San Luis Obispo Recreation Department and add/drop forms must be submitted.
- Players cannot be on two different rosters within the same league on the same night. Any player in violation of this rule will be suspended for one game, and all teams involved will forfeit all games the player has played in.

## MAKE-UPS AND FORFEITS

Games cancelled due to a forfeit or other unforeseen circumstance are a possibility. Staff will do their best to schedule make-up games; however, because of the tight schedule make-ups are not always possible. Forfeited Games will be scored 3-0. Therefore, teams will not receive a credit/refund for cancelled games, nor will they be charged for forfeited games. The league fee reflects this possibility. Any team forfeiting two games in a season without giving prior notice will be dropped from the league and fees will not be refunded.

## RULES OF PLAY

**All Volleyball games are governed by the USA Volleyball Association official volleyball rules (<https://usavolleyball.org/play/rules-of-volleyball/>.) with the following exceptions:**

1. It is absolutely mandatory that any child brought to the adult volleyball program is under adult supervision at all times. Please cooperate!!
  2. There will be absolutely NO FOOD, TOBACCO PRODUCTS or the DRINKING of ANY BEVERAGE, (EXCEPT WATER) in the gym during this program. Disciplinary action will be taken if this is not followed.
  3. All players must wear gym shoes. No bare feet, stocking feet, rubber or leather-soled shoes shall be allowed on the gym floor. Gym Balconies, Mats, Chairs and All Other Equipment are OFF LIMITS.
  4. Stretch headbands and/or eyeglass holders are the only head gear permitted. (No Hats, Visors)
  5. The City of San Luis Obispo and the facility we utilize are in no way responsible for lost or stolen valuables.
  6. The gym will open 15 minutes prior to the first scheduled matches. There shall be no admittance before this time.
  7. FORFEITS: A team will forfeit the first set of a match at the scheduled set time if less than 4 players are present, minimum of 1 self-identifying female. A team will then have 10 minutes to put 4 players on the court to start the second set of the match. If the team does not have enough players after these 10 minutes the match will be forfeited. A team must start and finish a match with a minimum of 4 players. A team with less than 4 players shall forfeit.
  8. SIX PLAYERS, 3-front/3-back row at the time the serve is contacted constitutes a regulation team. If 6 players are present, 6 must play. If only 5 players are present 3 must be front row at the serve. If only 4 players are present 2 must play front-row and 2 back-row at time of serve. ONLY front row players may block or spike. If a 5th and/or 6th player arrives that player must enter in the center back position on the first dead ball. Other players must rotate in as described below.
  - 10a. ROTATION: Teams must rotate all players present into the set in the same order each time. Rotation is made in the center back position (or the position immediately after the server) each time a team gains the serve.
  - b. SUBSTITUTION: May be used in lieu of rotation. Teams must so inform the opponent prior to the MATCH and must use this method the entire match. A player may enter a set 3 times with start counting as 1 entry. A substitution can be made when the ball is dead with the incoming player replacing the player leaving the set. A re-entering player must assume a position in the same position in relation to teammates as the original entry.
  11. ALL LEAGUE TEAMS are responsible for calling your own violations. Be fair & be consistent. Decide together what is going to be called prior to the match. DISAGREEMENTS SHALL BE REPLAYED.
- RALLY SCORING: A match is won by the team that wins the best of three sets. The first 2 sets of a match are scored with rally scoring. First team to 25 points and must have a 2-point advantage. The deciding set (set 3) is rally scoring to 15 and must have a 2-point advantage. Teams change sides when one team has scored 13 points in sets 1 and 2 and 8 points in set 3. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains

the right to serve. Each team is responsible for keeping the score and should decide which side the scoreboard stays on. The server shall announce the score prior to each serve attempt. The team listed first on the schedule serves first in the 1st and 3rd (if needed) sets of the match. The team listed second selects which side of the court to begin play. Teams shall begin the next set of the match on the same side that they finished the previous set.

12. **TIME LIMIT**- One 30 second time-outs are permitted each team during each set.

13. A PLAYER MAY NOT:

A. Block a serve

B. Contact the ball twice in succession (except if 1st contact is a block or a double hit when the ball 1st crosses the net or during the 1st hit the ball may contact various parts of the body consecutively, provided that the contacts occur during one action/motion.)

C. Contact the net or cross under the net, while ball is in play. (Foot must completely cross the line.)

D. Hold or catch the ball

E. Serve out of regular turn

F. If a back row player: move into the front row to block or spike. (Exception in co-ed, see Rule 18 below)

G. Contact the ball until the ball has broken the plain of the net EXCEPT when following through a hit made on player's own side, attempting a hit, faking a hit, blocking or attempting to block a ball if the opponent has had the opportunity to complete their attack (block = arms length from net)

14. A team may not contact the ball more than three times before returning it. EXCEPTION - a block does not constitute a hit, and the blocker may participate in the subsequent hit and a block is not one of a team's 3 hits.

15. **CO-REC VOLLEYBALL RULES** - all other rules are in effect – in addition:

A. Serving order and position on the floor shall alternate self-identifying male/female. (Unless only 5 players present)

B. When the ball is played more than once by a team, one of the hits must be made by a self-identifying female.

C. One back row player may block, but not spike, when there is only one self-identifying male player in the front row. This player must raise his hand prior to each serve.

D. Sets may be played with 5 players; at least 2 must be self-identifying female.

E. Sets may be played with 4 players; 2 self-identifying females and 2 self-identifying males OR 3 self-identifying females and 1 self-identifying male.

F. Teams can only play short-handed if the missing positions cannot be filled by other rostered players who are present.

G. A ball landing on any boundary line is good. ANY DISAGREEMENTS SHALL BE REPLAYED.

H. A ball hitting the ceiling or other obstruction above the offending team's court may be played by the offending team. A ball that hits a ceiling obstruction or wall before crossing the net is out of bounds and a point/side out is awarded. The Scoreboard in the corner is considered part of the wall.

I. Any ball that hits the immovable backboard that hangs into play will be no point and replayed.

16. Teams are permitted a MAXIMUM OF 5 MINUTES to warm-up, if time permits. No warm-up if behind schedule!!

17. Winning teams must record scores at [www.TeamSideline.com/slo](http://www.TeamSideline.com/slo) immediately after winning your match. Failure to report your results by the following week's matches could result in a loss for both teams.

**LEAGUE PLAYOFFS** will be based on overall won/loss records. If there is a regular season tie, the tie will be broken by the following:

- (A) Win-Loss record in head-to-head matches between tied teams, if the tie still remains then;
- (B) Point differential in the regular season set between the tied teams in head-to-head competition, if the tie remains then;
- (C) Plus/minus points for the entire season;
- (D) Coin toss.

### **18. DEFINITIONS**

A. **LEGAL HIT**-contact with the ball by a player's body above and including the foot, which does not allow the ball to visibly come to rest even momentarily. B. **BLOCK** - a play approximately an arm's length from the net in which a player(s) whose hand(s) are raised above the head attempts to: (1) Prevent the ball from crossing the net; (2) return the ball immediately; (3) deflect the downward motion of the ball

C. **LEGAL BLOCK** - Blocking a ball, which is entirely on the opponent's side of the net, is permitted ONLY after the opponent's team has had an opportunity to complete its attack. The attack is considered complete when: (1) The attacking team has completed its 3 allowable hits; (2) the attacking team has had the opportunity to spike the ball or, legally and intentionally directs the ball into the opponent's court; (3) the ball is falling near the net and no member of attacking team could reasonably make a play on the ball

D. **"BALL"** - When a player from either team calls out "Ball," play must stop immediately for safety. A person must call "Ball" immediately every time that a ball from another court enters your court. Be consistent! E. **NET BALL** – A ball that hits the top of the net during a rally or at the serve and drops in- bounds on the other side of the net, scores a point for the team that hit/served the ball.

### **APPENDIX A. PROTEST PROCEDURES**

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#### **PROTESTS THAT MAY BE CONSIDERED ARE:**

Use of an illegal player may be protested at any time and can affect games already played. The San Luis Obispo Parks and Recreation Department will determine the player's status and notify all managers affected by the decision. Penalty for use of an illegal player is a one year suspension of the player from all City league games. Teams using an illegal player will forfeit all games in which the player participated in.

#### **PROTESTS THAT WILL NOT BE CONSIDERED ARE:**

Protests that are based solely on the disagreement of an Umpire's decision, for example: accuracy of

judgment, technical calls or protests regarding a ruling which would have little or no affect on subsequent play or the final outcome of a game.

**THE PROTEST MUST BE FILED WITHIN 24 HOURS**

A formal written protest must be received in writing at the San Luis Obispo Parks and Recreation Department Administrative offices (1341 Nipomo Street) within 24 hours of the game in question.

**DECISIONS REGARDING PROTEST** are made at the league commissioner's discretion and cannot be appealed.

**APPENDIX B. DUTIES OF THE GYM SUPERVISOR**

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The San Luis Obispo Parks and Recreation Department furnishes one game official. The gym supervisor is an employee of the City of San Luis Obispo and is completely in charge of the game. Discussion of any game or official's decisions is made with team managers only.

**TEAM AGREEMENT** - Scorekeepers are not provided; therefore the gym supervisor will use a flip score to keep track of runs scored. Team subs will be responsible for tallying their teams' rally scoring points.