

Aberdeen Parks & Rec



**Aberdeen Parks & Recreation
200 East Market Street
Aberdeen, WA 98520
360-537-3230**

General Info:

1. Players must be at least 18 years of age to play in this league. **NO EXCEPTIONS!**
2. There is no grace period. If the required number of players to begin a match is not present at game time, the team will forfeit its first game of the match. The second game of the match will start 15 minutes after the forfeit of the first game. If again the team which forfeited the first game does not have the required number of players to begin, or elects not to play with the players available, the match will be declared a forfeit. If game #2 is played, the match will be played with the forfeit counting as a loss.
3. A pre-game coin toss will determine either choice of court or serve. A game consists of 25 points, but must be won by two points. The third game (if necessary) will be played to 15 points. Games will be scored as 'rally scoring'. The teams exchange sides of the court at the end of each game. The team that did not serve the first game will begin the second game with the service. If a match requires a third game, a flip will take place to determine who serves/or court to start the third game.
4. Substitutions may be made by one of two methods. First is according to the rules of NAGWS Volleyball, whereby any player substituted for may return to the game only to his/her original position on the rotation. For the recreation volleyball league, however, a continual rotation will be permitted.
5. Each player must wear a shirt with numbers separate from the other players on the team on either the front (3") or back (6"). The penalty will be one point for each uniform violation in the first game, and the loss of serve or side-out for the remaining second and possible third game.
6. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled.
7. The last day for players to transfer to another team will be Monday, September 26th. Transfers must be approved through the Aberdeen Parks & Recreation office before the player is eligible with the new team. The office hours are Monday – Friday, 8:00 a.m. – 12:00 p.m. and 1:00 p.m. - 5:00 p.m.
8. All matches must be played as scheduled. **Matches will not be rescheduled.** A match consists of the best 2-out-of-3 games. Each team is allowed two 30-second time outs per game.
9. If a match is protested, it must be submitted in writing no later than 5:00 p.m. the day following the match in question. All protest must be accompanied by \$20. If the protest is allowed, the money will be refunded. If not, the team forfeits the \$20.
10. Any player caught smoking or drinking on school property will be suspended for the remainder of the season. This will be strongly enforced! If any team is a continual abuser of this policy, the entire team can be suspended.

General Rules of Play:

- A. You must have at least as many females as males on the court at the same time.
- B. If the ball is hit more than once on a side, the ball must be hit at least once by a team member of each gender before the ball is hit over the net.
- C. It is illegal for players to contact the net.
- D. If the ball is played from outside the court and is hit over the net, it must clear the plane of the side boundary line or be judged a side-out or point. When two courts are in use, the play is dead once the ball and/or player extends into the adjoining court.
- E. Back row players cannot leave the floor to block; the front row may. The back row player also cannot spike inside the 10 foot line. It is legal to jump from behind the 10-foot line if you are a back row player and wish to become an attacker.
- F. You can serve anywhere from behind the end line.
- G. Attacking is not allowed during service.
- H. Net height will be set at 7' 11 5/8"
- I. There will be no playing off walls, only ceilings.

Individual Sanctions:

Offenses committed by coaches, players, and/or other team members may result in the following:

1. Warning: For minor unsporting offenses, such as talking to opponents, spectators, or officials, shouting or unintentional acts that cause a delay in the game, a warning (yellow card) is issued and is recorded on the scoresheet. A second minor offense must result in a penalty.
2. Penalty: For rude behavior or second minor offense, a penalty (red card) is issued by the first referee and is recorded on the scoresheet. A penalty automatically entails the loss of service by the offending team if serving, or if not serving, the awarding of a point to the opponents. A second act warranting the issue of a penalty on a player or team member by the first referee result in the ejection of that player or team member.
3. Ejection: Offensive conduct (such as obscene or insulting words or gestures) toward officials, spectators, or opponents results in an ejection (red and yellow cards together) of the player from the match and the remaining matches of that evening. Ejected individuals must leave the gym for the evening. An ejection from a match will result in a minimum of a two match suspension. At that time, the ejected individual must set up a meeting with the Aberdeen Parks & Recreation Department and be successfully reinstated to the program.
4. If a player is expelled from three (3) games during the season, he/she will not be able to play for the remainder of the season. If a team incurs a total of eight (8) expulsions during the season, that team will forfeit the remainder of the season.