

# Ankeny Parks & Recreation

## Adult Volleyball League Rules

### ***Introduction***

The City of Ankeny Parks & Recreation welcomes your team to our program. Please review the enclosed rules and materials with your team.

The Ankeny Parks & Recreation Department reserves the right to make changes to this document as necessary during the course of the season. Managers will be notified of any changes. If you have any questions or suggestions, please feel free to call the Parks & Recreation Office at 963-3570.

### ***Liability Statement***

The City of Ankeny requires a “**Release, Waiver & Hold Harmless Permission to Participate**” document be signed before participation in a city-sponsored or co-sponsored activity. Completion of registration will be considered your team players consent and agreement with the contents included in the document. The document can be found on the City’s website, [www.ankenyiowa.gov](http://www.ankenyiowa.gov) or can be provided to you at your request.

### ***Eligibility***

1. All players must be 18 years of age prior to the start of league play.
2. No player currently competing in that sport in high school, junior college, college or professional team will be allowed to participate.
3. The fee for participation by a non-resident is \$10 per person for each session.
4. Failure to pay the non-resident fee or failure to prove residency within the Ankeny City Corporate Limits will result in the forfeiture of all games played with said player and the expulsion of the player from that team. Another violation by the same team will result in expulsion of the team from the league.
5. All team and non-resident fees must be paid at the Parks & Recreation office before participating in the league.

### ***Conduct***

The Ankeny Parks & Recreation volleyball program is founded upon the pillars of fun, friendly competition, and integrity of all players. With that in mind, all players are expected to model these pillars at all times. If a concern is raised by any opposing player, this will be brought to the attention of the on-site scorekeeper by the opposing team captain, and listed on the day’s scorecard. Any such notes will be reviewed by Ankeny Parks & Recreation and researched as needed. Any suspensions or ejections from the league will be at the discretion of Ankeny Parks & Recreation.

In any day-of cases that arise where staff and/or players feel threatened or verbal/physical disputes occur, police should be contacted.

In the event of any disagreements between teams in terms of calls, the official ruling will always be to replay the point.

***Parks & Recreation encourages no children at adult volleyball games.*** If a child/ren does have to be present, they must be supervised by an adult at all times. All children must remain in the gym. If supervision is not provided, a team player will need to sit with the child/ren and the team will play short if necessary. If the scorekeeper has to stop the game to manage children, they have the right to ask the parents to take their children out of the facility.

### ***Roster/Roster Changes***

1. Roster changes can be made up to the third game of the season, by contacting Parks & Recreation. After the deadline a player may not play in the league or the season ending tournament. Roster additions must be on the official roster held at the Parks & Recreation Office. All fees must be paid when players are added.
2. If a person is on two or more rosters in the league, the player will be assigned to the first team they played for.

3. Roster Protest: If a team or the Department has a question about a player's eligibility, the following procedures should be followed:
  - A. Player in question must be protested to the scorekeeper before the game ends. The name of player(s) will be recorded by the scorekeeper on the scoresheet
  - B. If the player's name does not appear on that team's roster, the team will forfeit the game.
  - C. Single Elimination Tourney — each tournament player must have played in two regular season games to be eligible for the tournament unless approved by the opposing team.

### ***Facilities/Equipment***

It is imperative that all participants show respect and take care of all school facilities and equipment. The following guidelines must be observed:

1. Cleated or black soled shoes will not be allowed. Change into your game shoes at the gym so courts will remain in good shape all evening.
2. Participants without the proper gym shoes will be asked to leave or sit-out. You must have proper shoes to participate.
3. There is no smoking, food or drink allowed in the school facilities by participants or their supporters.
4. Alcohol is prohibited on school grounds, this does include the parking lot.
5. Please do not come to the gym more than 15 minutes before your game.

### ***Cancellations/Postponements***

1. If inclement weather occurs during the day, teams may:
  - Check [www.teamsideline.com/ankeny](http://www.teamsideline.com/ankeny)
  - Call the **Weather Hotline at 963-3575** after 4:30 p.m.
  - If Ankeny Schools are cancelled or let out early due to weather, then all activities scheduled that night will be postponed.
  - Managers will be notified of any scheduling conflicts due to school activities
  - If there is no school due to in-service, there **will be** games that night

### ***League Champions & Tournament Champions***

League Champions will receive t-shirts. The maximum number of shirts is eight (8) per team. Tournament champions will receive a plaque.

### ***League Standings***

League standings are updated the following morning after each night of league play. Players can attain this information by going to: [www.teamsideline.com/ankeny](http://www.teamsideline.com/ankeny)

### ***Tiebreaker***

In the event of identical league records, head-to-head competition will be used to determine the winner. If the teams split the head-to-head games, the team with the largest margin of victory in the head to head games shall be declared the winner. **If a tie remains, the team with the most total games won throughout the season will be declared the winner.**

## Ankeny Volleyball League Modifications & Clarifications of Rules

We will be using the USVB Rulebook with changes listed below and other league rules.

1. Any ball which hits the ceiling, supporting vents, raised baskets, or lights directly above the playing area is considered playable.
2. Any ball which hits the side basketball backboard, supports or cable is the judgment of the playing teams as to whether the ball would have been playable. The ball becomes dead and a decision will be made.
3. **Service Area:** The entire end line may be used. The server must start with both feet behind the court line and may step one foot over the back line with the follow through of the serve.
4. **Service of Ball** - The ball must be dropped (not being held in the opposite hand) on an underhand serve. Balls perceived as resting in the hand shall be deemed an illegal serve, with a side out.
5. Two (2) thirty second timeouts per game. No time out with 5 minutes left in the match.
6. Matches will consist of 3 rally games to 25 points with all games counting for league standings. There is a 27-point cap on the first 2 games. The third game will also be rally to 25 with no cap and win by 2 or time limit. If the game is called by time limit a team can win by 1 point. If the teams are tied, the game will continue until either team scores 1 point.
7. Tournament – Best of three. First two games, rally to 25, 27 point cap. Third game will be to 15 points, 17 point cap.
8. **Game Time – All games will start on time according to the schedule. First set forfeit if team does not have enough players by 15 minutes after scheduled game time. Three set forfeit if team does not have enough players by 20 minutes after scheduled game time.**
9. Teams are encouraged to have 6 players there for a match. If a team does not have six players, they can play with five or four. All players must be on the roster before playing any games.
10. Extra players can rotate into the game, but they must rotate into the same position for the game. No substitutions except for injuries. Rotation is allowed into either the middle back or serving position.
11. Receiving team of a serve is not required to bump the serve. Teams will make a judgment call on whether the handling was clean.
12. Teams will do odd/even to determine who will serve first.
13. **Let Serve** – If a ball contacts any part of the net or hitting into the net and continuing over, the ball will be deemed playable. This includes a ball skimming the net or hitting into the net and continuing over the net.
14. **Adjacent Court** – No player may penetrate the half court line before, during or after playing the ball. The rule applies even if the court is empty at the time of the infraction.
15. Any part of the body may be used to contact the ball. However, a kicked ball, meaning excessive swinging of the foot, will be considered a mishandled ball and would be called a dead ball.
16. Teams will be given 5 minutes to warm up and 55 minutes of playing time. The only time that this changes is if a school function delays the start of the match.
17. **Net Rule** – **Net violation should be called if a player's foot is COMPLETELY over the line or IMPEDES the play of another. If half of the foot is touching the line and it does not impede another player, this is not a foul.**

18. A player may not make contact with the net whatsoever.
19. No double hits are allowed when receiving a serve.
20. No double hits are allowed on first ball over if the ball is spiked.

### ***Co-Ed League Modifications***

1. Service
  - a. ***Co-Ed Recreation: Server does not have to contact the ball on the first toss if the toss is bad.*** However, the ball must hit the floor before being touched or caught by the server. This will allow a redo. This may happen only once per person per service rotation.
  - b. ***Co-Ed Competitive: The USVB rule for a single toss on serve will apply.*** Any ball tossed and caught or tossed and allowed to drop to the floor will constitute a side out.
2. Teams should always try to have 6 players there for a match. The rotation must alternate male and female. Teams cannot play with more men than women. If a team does not have the appropriate number of players, play with:  
**A. 4 women + 2 men    B. 3 women + 2 men    C. 2 women + 2 men**  
**It will be up to the opposing team whether 3 men + 2 women will be allowed.**
3. A female player must make contact, unless it is a one hit volley.