



Co-Ed 6's Volleyball Rules and Policies

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***Captains are responsible for their team's knowledge of the rules and code of conduct.**

FUSION: www.recreation.cr.gov OR mobile app RockREC

This is our registration software for team captains. Captains will have access to the following:

- Invoices/payments
- Communications regarding team/weather

TEAM FEES:

ALL team fees are being collected up front at time of registration. If other arrangements need to be made, administrative staff needs to be contacted and they will assess the situation.

Payment options:

- Captains can pay online with credit card at time of registration.
- If paying with check or cash, you may register at the recreation center front desk OR the Miller Activity Center Front desk.

If you register after the deadline, you may be subject to a \$50 late fee.

TEAMSIDELINE:

Game schedules and standings will be located here:

<https://www.teamsideline.com/sites/castlerock/schedules>

- You do NOT need an account on TeamSideline
- You will be notified via email when schedules are posted online
- Scores/standings are updated weekly

FACILITY RULES:

1. No food, drinks, or tobacco will be allowed in the facilities. **WATER ONLY in gyms!**
2. Everyone must remain in the gym and may not enter other school areas (cafeteria or classrooms).
3. All players and spectators must park in the parking lot. (Not in "FIRE LANES".)
4. No individual is permitted on the top row of bleachers that have not been pulled out for use.
5. Warming up is only permitted in the gym, not in the hallways.
6. The middle school gym is not available for warm-up until 6:20 pm. Players will not be allowed in the building until this time and are expected to leave the facility immediately after their match.
7. At the Recreation Center, players/spectators/children are not allowed to use the weight equipment, play in the hallway or be in the racquetball courts. Also, when at the Recreation Center, players must check in at the front desk by saying "volleyball" before they go downstairs.
8. **Players/Spectators/Children:** Castle Rock Athletics strongly discourage bringing children to games. Guidelines for children who must attend adult matches are below. (This is part of the facility guidelines set forth by the school district and your assistance enforcing this policy is greatly appreciated.)
 - Children must remain on the same court as their parent.
 - Children may not play any active games or activities. Please bring something inactive such as homework or a portable game system.
 - Children may not be unaccompanied in the hall and must be escorted to the restroom.
 - If children leave your court unescorted, your team will receive only one warning. Any subsequent offenses will **result in awarding a point and the serve to the other team.**
 - Failure to follow this policy after having 1 point given to your opponent will result in a forfeit of your match, removal from the facility, and the possibility of your team being removed from the league.

Player Ejections

Any time a player, participant, or spectator is ejected from a game, the manager/captain of that team is automatically ejected at the same time **IF** they are not visibly seen controlling their team/fans. If at any time a player(s), or persons are ejected from the game, it will be an automatic 2 game suspension. Ejected persons must leave the premises immediately. The game will not be stopped as the ejected player leaves the facility. Ejected players or persons may not sit around and watch any game after being ejected. Failure to leave the facility premises immediately could result in the notification to local authorities and the game being forfeited.

- **Two ejections** in the same year is an automatic suspension for the remainder of the year.
- Each team needs to have an assistant captain in place should the captain be ejected and suspended.
- Ejection from a game may result in additional game suspensions depending upon the severity of the unsportsmanlike conduct.
- **NO APPEALS!**
- Indefinite suspensions will serve a minimum two-year suspension from all league play. After two years an official petition for reinstatement can be submitted. The statement should include accountability for the incident that took place, and what actions or steps will be taken by the participant to prevent future negative interactions within our program.

Elastic power The Castle Rock athletics staff reserves the right to establish guidelines for any and all rules or infractions not covered in the above league rules. We reserve the right to refuse participation to any individual or coach if they do not obey the rules and regulations and/or keep within in the spirit of sportsmanship.

League Investigations

Unfortunately, there are times when the league must investigate player incidents for the safety and security of all participants in the league. All participants are expected to fully assist the Athletics Supervisor or their designee in finding out what actually occurred. Failure to assist or untruthful statements could result in the player or team being removed from the league.

Spectator Conduct:

All team captains/managers are required to control their spectators. This includes children playing near the ball field. Game suspensions, with the game clock running, will be enforced for any violations. Forfeits will be enforced if the violation is not corrected.

PLAYER ELIGIBILITY & ROSTERS:

- 1) **Rosters:** All players must sign and fill out team roster/waiver for each season to be eligible to play, hard copy rosters will be kept on site at facility.
 - A) A complete team roster (completed waiver forms) is required for all teams (maximum 18).
 - B) Rosters must be completed 2 weeks prior to start of tournament. Players may be added to your roster only up through final week of the regular season and only to roster limits. Anyone being added within the 2 weeks prior to tournament time will need to do an online waiver.
 - C) It is the responsibility of the Team Captain to make sure all of their players have signed the roster and read the rules. By signing the team roster, players are also signing a liability waiver.
- 2) **Player Eligibility:** All players must sign the roster prior participating in the league. Players must be 18 years of age or older and NOT playing on high school team. Players must have a valid picture ID. Rosters may be checked and picture ID's will be used to determine legal players. If any player refuses to or cannot show proper identification, the game will be declared a forfeit. To be eligible for the tournament, a player must have played in at least one regular season match.
- 3) **Roster Protests:** Only the team captain may request a roster check. A team caught with illegal players on the floor will automatically forfeit. Player eligibility protests and forfeits are not retroactive to games played prior to a protest. Roster protests must be made before the game is over to supervisor/official(s).
- 4) **Roster Additions:** Teams may add players through the last regular season game.
- 5) No person may play or substitute for more than one team in the league. Players may not play on a "Rec" and "Comp" team in the same session or on an additional team in the same league. This includes substitutes. Use of illegal player shall result in forfeit of the match.
- 6) **No "Comp" Level Players playing in "Rec" Level League:** This rule is in place to protect participants from an over-aggressive attack. The power of a person's spike is a judgment call from the official; therefore, this call cannot be argued. If a spike is too excessive, the entire team will be given a yellow card-penalty. If it occurs again, that specific player will be given a red card-expulsion. Once the red card-expulsion is issued, that player has to sit out the rest of that game. If that specific player does it again, that player will be given a yellow & red card-disqualification. The disqualification results in an immediate ejection. If

ejected, the player will have to leave the facility. On all cards (yellow, red, and yellow & red), it will be an automatic side-out and a point for the other team. When a card is issued during a game, it remains in force for the entire match, not just for that game. This is strictly an issue regarding safety, which is our first priority.

- 7) **Transgender participants** are eligible to play on a team that matches the gender on their state or federal issued identification document. Since this is a coed league, all are welcome.

PLAYERS ON THE COURT:

1. **Coed Rule:** Play will consist of six (6) players on the court; minimum of 3 females and no minimum requirement for males, but males CANNOT exceed amount of females. During play if there is more than one contact on a team's side, a female must make one of the contacts before the ball goes back over the net.
2. **Rotation:** The rotation must alternate male/female, unless more females are on the court then two females may line up next to each other.
3. **Extra Players:** Free substitution shall be allowed on any dead ball.
4. **Starting Play With Fewer Than 6 Players:** Teams may begin play with as few as 4 players. No "ghost rule" is used in this situation.
 - a. **4 Players:** When playing with 4 players, at least two of the players on the court must be female. Examples: A team may have 3 females and 1 male on the court at one time or 2 females and 2 males. But, a team cannot have 3 males and 1 female on the court during play.
 - b. **5 Players:** Teams beginning a game with 5 players:
 - i. **COMP League:** At least 3 of the players on the court must be female.
 - ii. **REC League:** At least 3 of the players on the court must be female.
 - c. If this rule is abused or used to gain an advantage, the referee can require the team to play with 4 players: 2 males and 2 females.
5. **Shortage of Players at Game Time:** If a team does not have four eligible players by five minutes after game time, the first game will be a forfeit. The team then has 15 minutes (from game time) to have at least four eligible players before the remainder of the match is a forfeit. Teams may scrimmage for fun during the remainder of the allotted game time. Referees will not officiate forfeited matches.

GAME PLAY:

1. **Starting Play:** The home team (usually listed first on schedule) has choice of serve or side for first game. A coin toss or rock paper scissors determines third game.
2. **Scoring:** Each match consists of three games to 21 points, rally scoring (a point is awarded every serve). A team must win by two points, with a cap at 23 points. All three games count toward final league standings.
3. **Time Outs:** Each team is allowed two 30 second time-outs per game.
4. **Jerseys:** Identical jerseys are NOT required. Teams may wear them if desired.
5. **Net:** Net height shall be 7' 11-5/8".
6. **Jewelry:** Any jewelry deemed unsafe by a referee must be removed. Medical alert identification tags taped to the player's body are allowed.
7. **Blood Rule:** Any participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing must leave the game. The participant may not return until the bleeding has stopped, the wound has been bandaged, or the effected clothing has been changed.

8. **Tie Breakers:** Tie breaking system for league play will be determined by: Winning Percentage, Head-to-Head, Head-to-Head Differential, Common Opponents, Total Points Differential, Strength of Schedule, Lowest Number of Forfeits, or by a Coin Toss
9. **League Awards:** Individual awards OR a team discount will be given to league tournament champions and runners-up.

RULES:

Current U.S.A.V. (United States of America Volleyball) rules shall govern all play, except when Castle Rock Parks and Recreation rules apply.

1. **Serving:**

- Only one toss is allowed. (There is no re-toss allowed)
- The ball may touch the net while crossing it.
- A served ball may not be blocked or attacked above the height of the net and in front of the 10-ft Line.
- A serve may be set as long as it is not lifted or carried.

2. **Coed Rules:**

- If the ball is contacted more than once by a team, a female player must make at least one of the contacts. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team. Contact of the ball during blocking shall not constitute playing the ball.
- When only one male player is in the front row at service, one back row player may be forward of the Attack/10-ft Line for the purpose of blocking (not attacking). Be aware to not overlap in the rotation prior to the serve being made.

3. **Ceilings/Overhead Objects:** Ceilings/Dividers are **NOT** considered out of play. A ball will remain in play if it comes into contact with the ceiling/divider or other overhead objects above the playing area. However, the ball is out of play if it comes into contact with the ceiling/divider or other overhead objects above if it comes down in the opponent's playing area or crosses the plane of the net into the opponent's court before being touched again. Volleyballs contacting baskets/dividers outside of the playing area will be considered a referee's judgment call on whether or not a player could have made a legal play on the ball.

4. **Playing the Ball:**

- The ball may touch any part of the body.
- The ball may touch various body parts, provided that the contacts take place simultaneously.
- During the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

5. **Attacking the Ball:** A player is not allowed to attack the ball on the opposite side of the net. Blocking the ball across the net above the opponent's court shall be legal provided that such block is:

- 1) After a player of the attacking team has spiked the ball, or in the referee's judgment, intentionally directed the ball towards the opponent's court, or
- 2) After the opponents have completed their allowable three hits, or
- 3) After the opponents have hit the ball in such a manner that the ball would, in the referee's judgment, clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball, or
- 4) If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

6. **Contact with the net:** A player may contact the body of the net provided they do not interfere with play or gain an advantage. Contact with the top tape of the net or the top portion of the antenna is illegal.

7. **Setting:** A double contact (on 2nd or 3rd contact) or a held ball are illegal. A double contact occurs when the setter's hands do not touch the ball simultaneously. A held ball has prolonged contact with or comes to rest on a player

- There is no rule in indoor volleyball about the "spin on the ball." While spin may indicate a double contact, a set should not be called based on the spin alone. Also, ugly is not necessarily illegal. Even if it looks bad, it should not be called unless there is an actual double contact.

STARTING A GAME/FORFEIT PROCEDURE

- 1) Game time is forfeit time.
- 2) ****Upon the FIRST occurrence of a forfeited game without 24-hour notification to the Athletics Department (adultathletics@crgov.com), the team that forfeited will be fined \$50-\$70. This is the cost of one game. This fine will be paid to Castle Rock Athletics and the opponent will receive a credit. The card/check/cash payment must be made by start of tournament. IF payment is NOT received, your team will be ineligible to play in the tournament and or may be removed from the league and future participation in Castle Rock Parks & Recreation Adult Athletic activities.**
- 3) **Teams that give the opposing team manager AND the Castle Athletics Department 24-48 hour notice will be given consideration for make-ups and no fine.**

PARTICIPANT CODE OF CONDUCT

The Town of Castle Rock Participant Code of Conduct applies to any player, manager, coach, sponsor or anyone affiliated with the team. Remember, although competitive in nature, we are all here to recreate and be observed by friends, family, and other citizens of Denver. Our goal is to maintain a program we all can be proud of.

- 1) No player, manager, coach, or sponsor shall bump, push, shove, lay hands on, strike or threaten other participants, umpires, league officials, scorekeepers, or any employees of the program.
- 2) No player, manger, coach, or sponsor shall make derogatory remarks or statements about decision rendered by the game's officials. Protests of rules are allowed, but only in regard to application or interpretation (not judgment calls). The team manager or coach must file a written protest to Town of Castle Rock Athletics Staff within 48 hours. The staff will make a decision within 72 hours from receiving the protest.
- 3) On site reports will be completed for all ejections. The Castle Rock Athletics Staff will review all ejection report forms and determine if any further actions are warranted. Written notification will be sent out to all involved parties within 72 hours.
- 4) No player, manager, coach, or sponsor shall participate in the game when inebriated.

NOTE: VIOLATIONS OF ANY OF THE ABOVE RULES OR CODE OF CONDUCT MAY RESULT IN REMOVAL FROM THE PROGRAM.