



CITY OF NOVATO
PARKS & RECREATION

ADULT SPORTS MANUAL

Volleyball

2023

FOR MORE INFORMATION PLEASE VISIT US ONLINE AT NOVATO.ORG/SPORTS
OR CONTACT SARAH BAILEY AT SBAILEY@NOVATO.ORG

I. VOLLEYBALL REGISTRATION INFORMATION

A. There will be no priority given to a returning team.

B. Teams will be accepted on a first come first serve basis. Registration is done all online on Novato.org/RegForFun.

C. Coed Volleyball

1. Space is limited to the first 8 teams. A waiting list will be established if a league is full.
2. League fee is \$775 per team, plus \$5 for each non-resident.

D. Reverse Coed, Mens and Womens Volleyball

1. Space is limited to the first 4 mens and womens teams and first 6 reverse coed teams. A waiting list will be established if a league is full.
2. League fee is \$775 per team, plus \$5 for each non-resident.

II. LEAGUE FORMAT

A. Teams may be moved to a different level depending upon last seasons finish. All decisions on the division the team will compete in will be decided by the Recreation Supervisor.

Division	Number of Teams	Game Night	Facility
Coed	4 - 8*	Sundays	Hill Gym
Reverse Coed	4 - 6*	Wednesdays	Hill Gym
Women's	4	Thursdays	Hill Gym

*Number of teams per division will be determined by the Parks and Recreation Department (due to facilities availability, registration, etc)

B. Each team will play two games to 25 points and each game will count in the standings. There will be a 50 minute limit per match in all divisions.

C. When league schedules are prepared we do not guarantee game times, and/or gym locations will be balanced.

III. LEAGUE FACILITIES

A. Hill Gymnasium, 1560 Hill Road

IV. TEAM ROSTERS

A. A completed roster is due at registration. Rosters must be completed online. Incomplete rosters will no be accepted.

B. Rosters must have a minimum of six and a maximum of ten players. Players must be at least 16 years old

C. Roster information is for City use only and will not be given to other parties.

D. Roster add/drop policy:

1. Players may be added to a team roster provided the roster limit is not exceeded.
2. To officially drop a player from the roster the team manager must remove them from their online roster.
3. Players may be added until the fifth week of the season. The Parks, Recreation and Community Services Department must approve any additions after the fifth week.
4. To officially add a player to the roster, a completed player contract add/drop form must be submitted to a referee at the gym prior to the game OR added to the online roster. The add/drop form must be filled out completely and include the signature of the player and captain.

V. PLAYER ELIGIBILITY

- A. All players must be at least 16 years of. The parent or guardian will need to sign the roster for players under 18 years old.
- B. Any player ejected from a game will automatically be suspended from his/her team's next game, playoff games included. Ejected player is required to vacate the game site immediately.
- C. A player must have participated as a player in at least 5 of the league matches in order to be eligible for any playoff game.

VI. TIE BREAKING PROCEDURES

- A. The following procedures will be used to determine final league standings when two or more teams finish the season tied:

Three or more teams:

1. Head to Head record among the teams involved in the tie.
2. Points scored/allowed differential in games between the teams involved.
3. Points scored/allowed differential in all games.
4. Flip of the coin.

After the tie is broken and we are down to two teams

Two teams:

1. Head to Head record among the teams involved in the tie.
2. Points scored/allowed differential in games between the teams involved.
3. Points scored/allowed differential in all games.
4. Flip of the coin.

VII. PLAYOFFS

- A. All playoff games will be set at the beginning of the season and may vary from the normal league schedule and subject to change.
- B. The higher seeded team in the playoffs shall be the home team.

VIII. AWARDS

- A. Coed Playoff Champions will receive ten (10) championship T-shirts (2 Med, 4 Lg, and 4 XL). Additional T-shirts may be purchased for \$15 each.
- B. Reverse Coed Playoff Champions will receive ten (10) championship T-shirts (2 Med, 2 Lg, and 6 XL). Additional T-shirts may be purchased for \$15 each.
- C. Womens Playoff Champions will receive ten (10) championship T-shirts (4 Med, 4 Lg, and 2 XL). Additional T-shirts may be purchased for \$15 each.

IX. MISCELLANEOUS INFORMATION

A. Insurance: Persons or players participating in activities sponsored by the Parks and Recreation Department are not covered in any way for personal liability or property damage. This means that players are competing in the leagues at their own risk and are advised to obtain their own insurance as their personal needs may require.

B. Sports Officials Needed: The City of Novato Parks and Recreation Department is seeking Adult Sports Officials. Applicants should have experience working in adult athletic leagues. Sports Officials are considered employees of the City of Novato. Please contact Sarah Bailey (415) 899-8271 for more information.

C. League information, including schedules, rules, standings, blank rosters, blank add/drop forms, and this manual are available on the City of Novato web site, Novato.org/Sports.

X. VOLLEYBALL LEAGUE RULES AND REGULATIONS

A. Official USA Volleyball rules for the current year shall govern play, with the exception of house rules.

B. HOUSE RULES:

1. Game time is forfeit time! (Second game forfeit time is 25 minutes after first game time.)
2. There will be a 50 minute limit per match in all divisions. Each team will play two games to 25 points and each game will count in the standings.
3. Forfeits will count as 1 ½ losses in the standings.
4. A team that forfeits four matches in a season will automatically forfeit its remaining matches in that season. The team will be eliminated from the playoffs and receive no refund of the registration fee.
5. All players must conform to the City of Novato Parks and Recreation Department Adult Sports Code of Conduct.
6. Any player ejected from a game will automatically be suspended from his/her team's next game, playoff games included. Ejected player is required vacate the game site immediately.
7. A player must have participated as a player in at least 5 of the league matches in order to be eligible for any playoff game.
8. Any team that uses an illegal player in a playoff game will be suspended for the next season.
9. Players may only substitute for other teams in the same division to avoid a forfeit during the regular season, but not during playoffs.

10. Players may not substitute from a higher or lower division within the same league.
11. No player is allowed to intentionally touch the ball with any part of the leg. (i.e. kicking, hitting with the knee.)
12. No player is allowed to touch the net inside of the antennas, or the antennas at anytime, regardless if playing the ball or not.
13. No food or drink is allowed in the gymnasiums.
14. All trash must be deposited in receptacles provided.
15. Smoking, vaping, alcohol and illegal drugs are prohibited at all times at all recreation events.
16. No hats shall be worn during games.
17. If combining B and C divisions, **only during the regular season** all C level teams will receive a 3 point handicap per game when playing B level teams.

Other house (gym limitations) rules will be explained prior to your first match.

C. COED RULES

1. The following are coed team combinations that are **ALLOWED** and **NOT ALLOWED**. Team formation shall alternate male and female unless team composition prohibits such an arrangement. (minimum 4 players)

ALLOWED

- 3 men and 3 women
- 3 men and 2 women
- 2 men and 2 women
- 2 men and 4 women
- 2 men and 3 women
- 1 man and 5 women
- 1 man and 4 women
- 1 man and 3 women

NOT ALLOWED

- 5 men and 1 woman
- 4 men and 2 women
- 4 men and 1 woman
- 3 men and 1 woman
- All men
- All women

2. The serving order and positions on the court at service shall be male and female alternated or vice-versa.

3. Alternating male and female service order must be maintained, except when there are only 5 players, in which case a male can be next to another male or female to another female but only on one position. A female player may only replace regular female players. A male player may only replace regular male players. All other player house rules and restrictions apply.

4. When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking. The remaining back-row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible. Please note: If a back-row player is not participating in a block, there is no restriction on both back-row male players being in the attack zone.

5. No female back-row player may participate in a block.

D. REVERSE COED RULES

1. The following are reverse coed team combinations that are **ALLOWED** and **NOT ALLOWED**. Team formation shall alternate male and female unless team composition prohibits such an arrangement. (minimum four players)

ALLOWED

3 men and 3 women

3 men and 2 women

3 women and 1 man (1 woman had to be designated as a man player)

4 women and 2 men (1 woman had to be designated as a man player)

4 women and 1 man (1 woman has to be designated as a man player)

NOT ALLOWED

5 men and 1 woman

4 men and 2 women

4 men and 1 woman

3 men and 1 woman

1 man and 5 women

All men or all women

2. The serving order and positions on the court at service shall be male and female alternated or vice-versa.

3. Alternating male and female service order must be maintained, except when there are only 5 players, in which case a male can be next to another male or female to another female but only on one position. A female player may only replace regular female players. A male player may only replace regular male players. All other player house rules and restrictions apply.

4. When only one female player is in the front row at service, one female back-row player may be forward of the attack line for the purpose of blocking. The remaining female back row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible.

Please Note: If a back-row player is not participating in a block, there is no restriction on both back-row female players being in the attack zone.

5. No male player may participate in a block.

6. Male players may attack the ball from above the height of the net as long as they are behind the 10ft line. A male player within the 10ft line may put the ball above and over the net as long as there is a noticeable arching ball trajectory.

XI. PROTESTS

A. Protest concerning ineligible players must be stated to the referee prior to the start of the game. The player in question will be noted by the referee on the scorecard.

B. All other protests must be stated to the referee at the gym and noted on the scorecard. Judgment calls by the referees during the game cannot be protested. All protests will be settled by the Novato Parks and Recreation Department.