



City of Surprise
Parks & Recreation Department
Rules and Guidelines for Adult Co-Ed Indoor Volleyball

Team Managers are responsible for informing all team members of the contents of this manual.

PROGRAM INFORMATION

LEAGUE FORMAT: Teams will play one match per week. All teams will be invited to play in a single elimination tournament one week after the last game of the regular season. The League Coordinator will keep current standings and provide weekly updates via email.

AWARDS: Awards will be based on the number of teams registered in the league. Individual awards will be given to the League and Tournament Champions. (max 12 individual awards per team)

COMMUNICATIONS: Unavoidable game cancellations due to weather, facility emergencies, or unforeseen circumstances beyond our control will be announced through the rainout hotline no later than 1 ½ hours before the first scheduled game of the day. In most cases, games will be made up at the end of the season. Information about rained out games can be obtained by calling 623.222.7246 on game day.

GOOD OF THE LEAGUE RULE: Current National Federation (High School) Rules will govern play except for the modifications listed below. The City of Surprise Parks & Recreation Department reserves the right to change any rules or regulations at any time before, during, or after the season that are in the best interest of the City of Surprise. If a change is made, all team managers affected by the change will be notified. In addition, the Parks and Recreation Department reserves the right to add additional rules and regulations at any time.

LEAGUE POLICIES

ALCOHOL/SMOKING: The consumption of alcoholic beverages during a city league game is strictly prohibited at any time on or around the complex, gym, or recreation center.

Consumption of alcoholic beverages in these restricted areas will result in players/spectators involved being EJECTED from the game and/or complex by staff. Offending team will automatically forfeit the current game. Player/spectator will be suspended for 1 or more games.

There is no smoking or vaping allowed in the restrooms, on or around the complex, gym, or recreation center. Offenders will be asked to cease. Failure to comply may result in players/spectators involved being EJECTED from the game and/or complex by staff. Player/spectator will be suspended for 1 or more games.

CONDUCT: Parks and Recreation Staff and/or Umpire has the power to eject a player or spectator and forfeit a game without warning for any conduct deemed unbecoming or detrimental to the game. Any player assaulting an official or city employee will be automatically suspended from all City of Surprise Adult Sports Programs, and legal action may be taken. When a player is listed on the team's roster, it is understood that the team manager will notify them of all rules and regulations as well as the conduct regulations.

EJECTIONS: Players ejected from the game must leave the playing grounds immediately and have no contact with the umpires, staff or participants. Any player ejected from a City of Surprise game faces an automatic one-game suspension. Additional action also may be taken including, but not limited to, probation and total suspension. Each incident will be reviewed, and a decision on the length of the suspension will be made in a reasonable length of time.

FORFEITS: If a team (at least 2 female and 2 either gender) is not there at game time, the first game of the set will be forfeited. After ten (10) minutes, the entire match will be forfeited. After a team's second forfeit they will be notified by phone and given a warning. If they should forfeit again during the season, they may be dropped from the league. **Teams should contact the league coordinator if they anticipate forfeiting their games.** No refund will be given to teams being dropped from the league. In the case of a tie in the league standings a team with a **forfeit** during the regular season will automatically take a lower tournament seed.

PLAYING TIMES: Teams must be able to play at any of the scheduled game times.

SCOREKEEPING: The City of Surprise Parks and Recreation Department will provide the official score keeper. Both teams are responsible for knowing the score and bringing any discrepancies to the attention of the Parks and Recreation staff member.

Please initial the final score on the official score sheet at the end of each game.

When two teams are tied for a position in the final league standings, the team's records against each other will determine standings. If still tied, the team with the longest CURRENT Win streak will be awarded the higher seed. If still tied, a coin flip will determine the top standing.

TEAM ROSTERS: The team roster must contain a minimum of 4 and no more than 12 players. All players must be at least 18 years of age prior to participating. All participants must sign the team roster. The roster must be submitted prior to participation. Players may be added and/or deleted from the original roster **prior to the start of the last game of the regular season**. Changes made to the original roster must be written on the appropriate drop/add form before the new player participates in a game.

TEAM MOVEMENT: A player may not appear on 2 rosters or play for 2 teams in the same division.

LEAGUE RULES

EQUIPMENT: The City of Surprise Parks & Recreation Department Division will provide the official game ball. Uniforms are not provided/required, but designating two different team color T-shirts is encouraged.
Net Height-Eight (8) feet

GAME LENGTH:

Matches will be the best two (2) out of three (3) games, played to twenty-five (25) by rally scoring. Game three (3) will only go to fifteen (15). There will be one (1) thirty (30) second timeout per team per game.

LINE-UP:

There are a maximum six (6) players per team on the court during a game. At no time can male players outnumber female players in the game. A team may play with no fewer than four (4) players. If a team plays with 5 players than 3 of those players must be female.

"Direct Substitutions" are not allowed, with an exception for an injured player. Any player that enters a game must stay in regular rotation while adhering to the gender ratio, until the conclusion of that game. It is at the team's discretion to play some or all of their officially rostered players in each new game started. Players arriving after the game has started can enter the game at the next dead ball.

INJURIES:

If a player leaves a game due to injury or illness and does not return, his/her spot on the official scorebook can be taken by a bench substitute. If a substitute is not available, and injuries limit the players to 3 or less, the game shall be forfeited.

BLOOD RULE: A player, manager or official who is bleeding or has blood on his/her uniform shall be prohibited from further participation in a game. Bleeding must be completely stopped before an individual can resume play. If a player's clothing is blood soaked, it must be changed.

GAMEPLAY:

- Ball hitting on line is in bounds
- Ball hitting overhead obstacle or basket support is in bounds if hit on your own team's side and if is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then out.
- Ball hitting net on serve is a live ball.
- Server must be behind line
- Server may serve under-hand or over-hand.

NO JUMP SERVES ALLOWED

- Teams rotate clockwise upon receiving serve
- Contact with the ball must be a "clear" hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
- Teams change courts and serve at end of each game.
- Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
- Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
- Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being shortly held it is a double fault and played over.
- When players on opposing teams commit fouls simultaneously, it is a double foul and played over. Points are not scored on a double foul.
- Touching net at any time is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court. Any player that touches the net after spiking a ball, the play will be whistled and called a side out.
- A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.
- A player may step on the centerline but not on the floor in the opponents' court. Any part of a player's body may be in the air below the net and beyond the centerline if he/she does not interfere with opponents play by either touching ball or opponent.
- Three hits maximum each side; except when ball touches blockers hand(s) (three more hits are legal).
- A player cannot attack or block the ball directly off the serve.
- Unsportsmanlike conduct is at the judgement of the game official, and can be called for any reason the official deems necessary. Any unsportsmanlike conduct will result in a loss of point and side out for the first offense. The second offense from the same player will result in a loss of point and side out plus ejection from the game and facility. The game may not resume until the ejected player has left the facility. Any ejected player is automatically suspended from his/her team's next regular season or tournament match. Refusal to leave the facility in a reasonable amount of time (as determined by the official or City of Surprise on-duty staff) will result in the offending party's team forfeiture of the current match, and can result in additional suspensions for the involved player(s) and or team manager(s).
- Any "chatter" on court amongst or between teams must remain free of inappropriate language and non-aggressive. Taunting is not allowed and may be seen as unsportsmanlike conduct by the official.
- Decisions by the official and City of Surprise staff are final. No Protests of any kind.
- Excessive protest will be considered "unsportsmanlike conduct".



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CODE OF CONDUCT:

1. When registering your team, it is understood that you are participating in a RECREATION program. The intent of City of Surprise recreation leagues is for players to have fun and enjoy themselves. Participants are expected to demonstrate sportsmanship before, during and after all activities sponsored by the Parks & Recreation Department.

Should an official feel that player(s) are demonstrating unsportsmanlike conduct or their conduct is detrimental to others around them, they will be penalized for their misconduct. At no time shall any player verbally or physically abuse a City of Surprise staff, which included the officials. An official at any time may require a player(s) to sit out a designated number of innings. An official may issue a warning to the player(s), or eject player(s) right away depending on their discretion.

2. The officials will penalize unsportsmanlike conduct by a player, coach, substitute or team spectator. If there is a flagrant conduct violation, the officials will penalize the team by removing the offending player(s) from the game, and they will be ejected from the park. Any spectator or team follower may also be removed from the park. Failure to comply with official's direction to leave the field can result in forfeiture of the game. A player or team can also be dropped from the league if they become a problem. Coaches and players will be responsible for their team followers and must make every effort to control them.

3. The Code of Conduct attached to the end of these rules should be understood by all coaches/managers and players. It is the coach's responsibility to make sure that their players fully understand the consequences they will suffer if these rules are violated. When a player is listed on the roster, it will be understood that they will be informed, by the manager, of all rules and regulations as well as the Code of Conduct.

4. Players ejected from a game must leave the park immediately. Any player ejected faces an automatic one game suspension. Additional action may also be taken, including but not limited to, probation or total suspension. The Parks & Recreation Department reserves the right to determine the length of the probation and/or suspension. Each incident will be reviewed, and a decision on the length of the suspension will be made in a reasonable amount of time.

5. Profanity will not be tolerated (this includes casual profanity). Guilty parties are subject to one warning, or possible immediate ejection from the game.

6. Any player ejected two times during a season may be suspended for the remainder of the season. Participants must control their actions at all times.

Manager's Name (Print) _____

Manager's Signature _____ Date _____