

City of Kirkland Parks and Community Services Indoor Volleyball Handbook



General Policy

The objectives of the Kirkland Parks and Community Services Volleyball League shall be to foster, develop, promote and regulate amateur volleyball; to provide proper safeguards in accordance with the spirit of true sportsmanship; to encourage the unification of all amateur teams; to advance the cause of amateur volleyball; and to promote and conduct annual volleyball programs. By participating in our league, you confirm that you understand that there is an inherent risk to physical activity that could lead to injury or death. For more information review the indemnification clause on your team roster.

The Kirkland Parks and Community Services Department will make decisions on any points not specifically covered in the rules; or revise any rule that is impractical or, if the intent of the rule is being misused.

COVID Safety Policy

For more information on our COVID Safety Plan visit: <https://www.kirklandwa.gov/Government/Departments/Parks-and-Community-Services/About-Parks-and-Community-Services/Play-it-Safe>

Contact Information

Inclement Weather Hotline: 425-587-3335

Parks Main Line (registration): 425-587-3336

North Kirkland Community Center: 425-587-3350

League Supervisor: Adam Quaintance, 425-587-3331 or AQuaintance@kirklandwa.gov

League Coordinator: Gianna Stagnaro, 425-587-3355 or gstagnaro@kirklandwa.gov

League website: <https://teamsideline.com/sites/kirklandwa/home>

City website: www.kirklandwa.gov

General Information

Organization

- Kirkland Parks and Community Services (KPCS) Indoor Volleyball rules will be used in conjunction with current USAV rules.
- The City of Kirkland does not provide insurance coverage for league participants nor accept responsibility for injuries. Medical bills incurred will be the responsibility of the individual. The City of Kirkland and its employees assume no responsibility of injuries incurred.
- For adult athletic leagues, a refund/credit will be granted if withdrawal is received **FOUR** weeks prior to the first schedule match. Refunds will not be given after that date.
- For adult athletic leagues refunds, there will be a \$75 cancellation fee withdrawn from the refunded total.
- There will be no refund of player's fees for any players dropped from a team's roster (preliminary or final) for any reason.
- **Lost or stolen items.** The City and/or the Lake Washington School district is not responsible for lost or stolen items.

Division Layouts

- Divisions are formed based on these criteria:
 - Order of registration
 - Division preference
 - Past Seasons Results
- League organizers reserve the right to place teams in certain divisions to promote competitive balance.
- Divisions offered:
 - Women's Upper/Intermediate, and Lower Division.
 - COED Upper/ Intermediate, Lower, and C Division.

Player Eligibility

- All players registered on a team must be 18 years of age. Players must be amateur and receive no pay for play for any team.
- Players may only play on one team per division in the City of Kirkland leagues.
 - Penalty: Forfeit of all games played by the ineligible player(s) from the time ineligibility occurred.
- League officials can restrict an individual from participating due to an injury that could become worse with further play.

Player Roster

- The number of players on a team shall not exceed **10** registered players, including the team manager. There must be a minimum of 6 players on each team roster.
- Managers must submit an official roster by the end of week #2.
- Penalty for any rule violation of team roster and/or player eligibility will result in a game(s) forfeiture, upon proper written protest by the violated team's TM.
- Players must be able to prove their identity at any time to the officials or a representative of the City. Rosters will be made available for inspection upon request.

League Structure

- The Kirkland Adult Volleyball League is "self-officiated".
 - Definition: Each player and team must call his/her own fouls/errors. If the opposing team believes an opponent is not calling their fouls accurately, the team manager should ask for a time out to discuss any issues with the other team manager. Only the team manager should discuss questionable plays. Unresolved disputes will require a replay.
- The regular season shall consist of 7 matches. Matches consist of 3 games played to 25 points (win by 2) with a 27 point cap. If the game is in progress at the time limit, that game counts IF one team has at least 13 points.
 - **When the "Last Serve Warning" is made, the win by 2 stipulation is void. The team with the most points is declared the winner.**
- If time permits, a 4th and 5th game can be played. Wins and losses are NOT recorded after the first 3 games. If time allows a 4th or 5th game, they will be played just for fun and will NOT count toward the final standings.
- **Rally Scoring.** A point is awarded upon the completion of every play.

Equipment

The Parks and Community Services Department will provide equipment standards and nets.

- **Balls.** Teams must supply their own game ball and other equipment as needed. Teams and players are responsible for the security of their personal items.
- **Pole Height.** All COED matches are played on net height of 7' 8 inches. Women's are played on women's height net; 7' 4 1/8 inches.
- A copy of the USAV rules are located on our volleyball website under downloads <http://teamsideline.com/sites/kirklandwa/downloads>
- **Footwear.** No street or black-soled shoes. Players must wear clean tennis or gym shoes at all times on the court. Bare feet are not allowed.

Rules and Regulations

The league coordinator has the authority to arbitrate and make final decisions and to act on policy questions not covered by these rules. The coordinator may call special meetings of the managers and/or team representatives to assist with these decisions.

- **COED Rosters.** COED teams will consist of 6 players, 3 men and 3 women. If a team cannot begin with this combination, they will be permitted to play with 4 or 5 players, at least 1 of the opposing genders. The game **MUST** start on time; grace period is only for those without enough players to start.
- **Defense.** Following the offensive set, the defense may arrange itself accordingly.
- **Rotation.** Each athlete specializes in a base position. The floor rotation order is determined by the starting line-up and must be maintained throughout the current game. Players rotate clockwise throughout the match, but once the ball has been served, the athletes move into their position. Upon the first side out of the game, the new team serving must rotate prior to serve. At the beginning of the game, you may decide to use only 6 players or rotate in extra players. If you rotate in extra players, **EVERYONE** must rotate out while keeping with the minimum men/women ratio requirement.
- **Libero players are allowed.**
 - **General Rules:**

The libero is intended to be a player who specializes in defense and serve reception. The libero can replace any back row player (then must be replaced by that same player). The libero is restricted to performing as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if, at the moment of contact, the ball is entirely above the top of the net. Libero cannot rotate to the front row. Libero must be designated prior to each set and there can only be one libero per set. If a libero is not designated prior to the set, then the libero may not be used for that set.
 - **Libero Serving:**

In one rotation, the libero may replace a player in the service position to serve. The libero may only serve in one position in the serving order. If the libero is in the set immediately prior to moving to a serving position there does not have to be a rally between libero replacements if the libero serves the next rally. Once the libero serves in a particular position in a set that is the only position where the libero is allowed to serve. However, the libero is not required to serve in that position for all subsequent rotations.
- **Serving order.** There is no serving order therefore, you may lineup in any order. Teams do not have to alternate male/female when serving.

- **Grace time, grace period.** Matches can either begin at 7:15, 8:20 or 8:50pm. Grace time is 10 minutes for the first game, five additional minutes for the second game, and five minutes for the third; after 20 minutes the match is forfeited.
- **Commencement of Play and Service.** The service zone is extended to include the full width of the 9-meter area behind the end lines. The ball is not required to leave the server's hand before it is struck. If it is decided before the match that the bleachers are in the way, you may take one step over the line. Prior and at the moment of service, it is illegal for players to wave arms, jump, stomp, cause distractions or form groups of two or more players for the purpose of forming a screen to conceal a serve. Receiving a served ball with an overhead pass using open hands is not necessarily a fault. The ball may contact various parts of the body consecutively, provided that the contacts occur during the one action.
- **Contact with the ball, three hits.** When the ball is played more than once by a team there is no requirement that a female player make one of the contact/hits. The ball may be played by anyone in any order on the team.
- **Play the ball headed into a different court.** You may go into an adjacent court up to its midpoint to play the ball only if that court is empty. If a game is occurring in the adjacent court, than you may not enter.
- **Pre-game communication.** Prior to the beginning of each match, both team managers will meet to discuss rules and expected conduct. A coin will also be tossed, winner of the toss can choose between first serve and choice of court side.
 - After the coin toss, teams should arrange themselves on the court as desired, with no more than two consecutive men (except under certain circumstances).
- **Time out and stoppage of play.** Time outs can be granted when the ball is dead. A team is allowed one 30-second time out per game. **There will be no time outs in the last five minutes of the match.** Play will stop for injuries. If volleyballs stray on the court, play will be immediately stopped and the point replayed. There will be a one-minute and thirty second rest period between games.
- **Rule modifications.** The following rules are either in the place of or modified from the USAV rules:
 - Contact with the Net (11.3) –
 - All contact with the net by a player is a fault. If a player's hair touches the net by mistake, no fault has been committed.
 - Players may NOT touch the post, ropes, or any other object outside the antennae, including the net itself.
- **Substitution.** In the event of an injury, a substitution may be made. The injured person may not return until the next game.
- **Liquids, etc.** No drinks (water is ok), gum, or food is allowed in the gym. Smoking is also prohibited.

- **Jewelry.** All jewelry must be removed or taped down before playing.
- **Children.** No children, 17 and under, are allowed in the gym unless directly supervised by an adult 18 or older who is NOT playing while providing supervision.
- **Entering building.** If a volleyball facility attendant is not present upon arrival, you must exit the building. Do not handle or setup equipment on your own.

Definitions of Violations/Penalties

- **Carries.** A ball momentarily comes to rest on any part of the body above the waist. The ball must be hit clearly with a snap to remain in play.
- **Simultaneous Contact.** If two or more players of the same team contact the ball simultaneously it is considered one hit. Players may not participate in the next play/hit.
- **Net Play.** If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play. The next play shall be considered the first of 3 hits.
- **Blocked Ball.** If one or more players are attempting to block and they are contacted by the ball, the player(s) is eligible to participate in the next play (touch). A block is not a hit and may not be counted on the consecutive hit rule.
- **Illegal Play at Net.** Players touches the net with any part of the body while the ball is in play. If the ball is driven in to the net and then into a player, no foul is committed and the ball will continue to play.
- **Double hit.** Play contacting the ball twice or more in succession with any part of the body.
- **Line foul.** Server crossing over the end line before contacting the ball.
- **Ball out of bounds/out of play.** A ball remains in play if it contacts a ceiling or other overhead objects above your playing area. The ball is out if it makes contact above the opponents playing area or above the teams playing area and crosses the plane of the net into the opponent's court.
- **Breaking the Plane.** Players are not allowed to break the vertical plane of the net while the ball is in play. The plane begins at the centerline and extends through the net. The ball must be contacted on your side of the net.
 - A player may reach over the net under the following conditions; when executing a follow through, when blocking a ball which is in the opponents' court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact) when attempting to block over the net and failing to contact the ball and a result of deceptive play by the opponents.
 - **A block is not considered a hit.**
 - A player in the back row may not come up past the spiking line to hit the ball, even when a team only has 4 or 5 players.
- **Let Serve are acceptable.** When a serve contacts the net yet still goes over, it is playable.

Standings and Playoffs

- Each team will make the first week of playoffs (semi-finals). The field will be separated by a consolation and a championship bracket. The top 4 teams in the season standings will be entered into the championship bracket to compete for the tournament prize. Each bracket is single elimination although teams are welcome to come to the final round and play for fun on one of the open courts (if available).
- Playoff qualifiers and seeding will be determined by:
 - Win/loss percentage
 - Tie breaker
 - Head to head record
 - Total points for
 - Coin toss
- Regular season rules apply for all playoff games unless otherwise noted.
- Teams playing in the playoff tournament are able to use only those players, which participated in a minimum of 2 regular season matches.
- In tournament play, home team will be determined by flipping a coin.
- During the tournament, winners will be determined by playing the best of 3 games to 25 points (cap of 27). Additional tournament play guidelines may be added only if approved by participating managers one week prior to the tournament.

Game Forfeit Procedures

Forfeited games shall be declared in the following cases:

- Grace time is 10 minutes for the first game, five additional minutes for the second game, and five minutes for the third; after 20 minutes the match is forfeited.
- A forfeit will be called if both teams don't have the minimum number of players at least 10 minutes past the scheduled start time. The team with at least the minimum amount of players will be declared the winner.
- A team has players that are not officially on the roster.
- A team participates in a game without having first turned in a completed roster form.
- Playing a team other than your scheduled opponent will result in a double forfeit.
- **Teams winning by forfeit will be credited with 3 wins, all scored at 25-0.**

Player Conduct

This player code of conduct applies to all participants including, players, team managers/coaches, spectators and sponsors involved in KPCS sponsored or co-sponsored adult leagues and tournaments. This code will be strictly enforced and applies to all participant conduct before, during, and after league and/or tournament games and practices. Participants will be held liable for damages caused by willful and destructive conduct.

- Any player, manager, or team guilty of unsportsmanlike behavior as judged by the on-site staff person or League Coordinator shall be suspended from the court for the present and for a minimum the next scheduled match. Should the suspended player participate in the next scheduled match or as a spectator act in an unsportsmanlike manner, the team will receive an automatic forfeit. Persons refusing to leave the court after a suspension will cause a forfeit for their team. Depending on severity of situation, stages of penalties involving unsportsmanlike behavior could range to suspension from any league play for one calendar year.
- Unsportsmanlike behavior includes, but is not limited to; verbal harassment, profanity, threats, posturing, body language, entering an opponent's court, or physical abuse of anyone.
- Individuals displaying repeated unsportsmanlike conduct and/or receives excessive formal protest may be expelled from participation.
- **No Alcohol or Illegal Substances.** Alcohol and illegal substances are prohibited in City of Kirkland or Lake Washington school district parks and facilities, parking lots and bleachers (Park Rule 11.80.210). Anyone suspected of consuming alcohol or illegal substances before, during or after the game while on park property will be removed from the premises, and the League Coordinator will be informed. Team sanctions may result. Police may be called if necessary. All adult sports leagues are non-smoking leagues. It is the TMs responsibility to monitor his/her players and spectators.

Protests

- The on-site game supervisor has the final say to expedite conflict resolution during game times.
- The only protests which will be considered by the League Coordinator are those which pertain to player eligibility and/or unsportsmanlike behavior. Protests must be submitted in writing to the League Coordinator within 48 hours of the incident.
- Judgment calls will not be considered for protest.
- The League Coordinator is available to hear constructive concerns regarding the league. **Communication regarding team issues must come through the TM.**