

# City of Lakewood

## Adult Volleyball Rules

### General Information

**Welcome** to the City of Lakewood Adult Volleyball Program.

The City of Lakewood offers non-sanctioned Volleyball leagues for the recreational enjoyment of the participants. All decisions made by the Lakewood's Adult Sports Coordinator are final and not subject to protest or refund of league fees. The volleyball league(s) shall follow the volleyball rules described in the **USA Volleyball Rule Book** and all City of Lakewood's Municipal Codes with the following clarifications.

Team managers and/or coaches are responsible to make all team members aware of the league rules. League Rules are available at the Charles Whitlock Recreation Center, or by request to Lakewood's Adult Sports Coordinator.

All players participating in this program assume the liability of the inherent risks involved in this physical activity. Participants are encouraged to consult their physician prior to engaging in any physical activity.

### Inclement Weather and/or Questionable Conditions:

Charles Whitlock Recreation Center - (303) 987-4806

- A. We ask that only Managers/Coaches to call the recreation center and notify their players. Please call if there is any doubt about playing.
- B. Referees can only delay a game. Only the League Supervisor can officially cancel a game(s).

### Fees

- A. Team fees are due in full during the second week of league play. League fees are dependent upon the number of teams and games for the season. Each season will include a two-week double elimination tournament or a one-day single elimination tournament. Tournament information will be available as the season is wrapping-up.

### Roster Requirements

- A. A complete team roster. Rosters will not be accepted unless all information that is requested is completed.

- B. Team rosters are to be handed in by week two of league play and they must be kept up-to-date throughout the season.
- C. Team managers must submit all deletions or additions prior to game time. All roster changes must be made at the Charles Whitlock Recreation Center through the League Coordinator.
- D. If at any time the team is unable to complete the season due to a lack of eligible players, such shortage being the result of injuries or employment transfer, the Adult Sports Coordinator may allow a team to add additional players.
- E. Teams using ineligible players will automatically forfeit all games in which said player participated. All players are required to have some form of identification with their pictures on it at all games. If the opposing manager and/or the League Coordinators/Scorekeeper suspects that an ineligible player is being used, that player's I.D. will be checked. If in fact that player is ineligible, or no I.D. is produced, an immediate forfeit shall be called. All team rosters will be frozen three (3) weeks prior to the completion of league play.
- F. Participants may play on one team per league per day. Individuals may not appear on two Roster Forms on the same day/same league. If an individual wishes to transfer to another team that is playing in the same league/day - the team captain must authorize the "release" of the individual by contacting the Adult Sports Coordinator 24 hours before game day. Once the individual has been released from the original roster by the team captain, the individual may be added to another teams roster provided the rosters are not "frozen". An individual may transfer onto another team once per season/league.
- G. In order for a player on the roster to participate in the tournament they must have played two regular season games, prior to the tournament.

## Make Up Games

- A. Make-up games may be scheduled at any time. Original schedules may change, so please check the <http://www.lakewood.org/recreation> web page regularly.
- B. Make-up games will be scheduled as quickly as possible.
- C. Proposed make-up dates will be available after 12:00 PM the third working day after a rainout by calling the City of Lakewood Recreation Sports Office at (303) 987-4806. Managers should call as soon as possible so you have sufficient time to notify your team.
- D. The responsibility of finding out make-up times is the duty of the team manager.
- E. The schedules on <http://www.lakewood.org/recreation> will list all the make-up games. Teams are advised to check and confirm their rescheduled games. We will not accept an excuse of "we were told the wrong information." Check the schedules weekly.

## Blood Rules

- A. A player, coach or referee who is bleeding or who has blood on his/her uniform shall be prohibited from further participation in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The uniform rule violations will not be enforced if a uniform change is required. The referee shall:

- a. Stop the game and allow treatment if an injured person would affect the continuation of play.
- b. Immediately call a coach, trainer, or other "authorized person" to the injured player.
- c. Apply the rules of the game regarding substitution, re-entry, and short handed player if necessary.
- d. Teams are required to bring first aid supplies. The City of Lakewood only supplies band-aids and ice packs.

## Forfeit Procedure / Starting a Game

- A. All games will start at their scheduled time or as soon as possible if the preceding game runs over time.
- B. At scheduled game time a team must have at least 4 legal players (2 males/2 females or 3 females/1 male) on the court ready to play and properly registered or their opponent has the option to:
  - a. Ask for an immediate forfeit **or**
  - b. The official may use both the team's timeouts to wait for a fourth player to arrive. If they do not have enough players after the timeouts are used the team will forfeit the first game. The official will wait 15 minutes prior to calling the next two games.
- C. Teams cannot be forced to start earlier than scheduled, but may start earlier if both teams agree.
- D. In the event of a forfeited game, the teams will be allowed to use the court for a limited time to practice. The court must be vacated 15 minutes prior to the scheduled start of the next game.
- E. If the team is going to have to forfeit, they must call at least 6 hours prior to their scheduled game time or their game will be considered an unexcused forfeit. Two or more unexcused forfeitures will result in the offending team being dropped from the league, without reimbursement.

## Equipment

- A. **THE OFFICIAL BALL** to be used shall be provided by the City of Lakewood.
- B. **UNIFORMS:** Teams are no longer required to wear the same color shirts.
- C. **JEWELRY:** Players must remove all jewelry prior to entering the playing field. **Players may not "cover" the jewelry in an effort to hide the jewelry and play.** Any further problems concerning jewelry will be handled on an individual basis by the league supervisor or the Adult Sports Coordinator and their decision shall be final.
- D. **CASTS:** Plaster or other hard substances in their final form may not be worn during the game. Any exposed metal may be considered legal if covered by some sort of material or padding and taped.

## Players

- A. All players must be sixteen (16) years of age to participate.
- B. Teams should play with five (6) players but are permitted to **start** with as few as four (4) and must finish with no fewer than three (3) players.
- C. If a player is ejected from a game, he/she must be replaced with a legal substitute.

## The Game

- A. Warm-ups - In most instances, areas off the court are provided for warm-ups. While warming up, please refrain from hitting the ball against the wall near the court. On court warm-ups -- if time allows each team will receive 5 minutes on court warm-ups.
- B. Each team should provide their own volleyballs for warm-ups.
- C. **Service:** The server may serve from any point behind the back line. Provided that the server is between the sidelines. A player cannot touch the end line when serving until after contact with the ball has been made. No re-toss is permitted.
- D. **Screening:** At the moment of the service it is illegal for players of the servicing team to place themselves in the way of the view of the opposing team for the purpose of forming a screen with which to mask the server's action, or to jump.
- E. **Back Row Player:** Back row player may be utilized as a back row hitter if they takeoff for their jump behind the 10-foot line. A back row player is permitted to land in front of the 10-foot line. A back row player may not contact the ball above the plane of the net while standing in front of the 10-foot line.
- F. **Substitution Position:** Any substitute shall take the position of the player whom he/she is replacing. No change shall be made in the relative positions of the other players when a substitution is made. After a player has re-entered the game, they shall be in their original position in relation to their teammates. The official will make out-of-rotation calls, if they feel the team was in violation. If the substitute is not immediately ready to play when request for substitute is made, then his/her team shall be charged time out. His/her team may then use this time out. Only 1:1 substitutions are permitted and a male must sub for a male.
- G. **Injury:** Should an injury occur, the ball is in play until the referee sounds the whistle and the play has ended. If, in the referee's or umpire's judgment a serious injury has occurred, he may find it advisable to stop the play before it has ended and direct a play over. A player not ready to play when the whistle for readiness to play is blown must be substituted for without undue delay.
- H. **Blocking:** In Co-ed Volleyball it is permitted for a male player to come from the back row to assist with blocking, if and only if there was only one male in the front row. In both women's

and men's leagues blocking is permitted only by the players in the front row. Any player is considered as having the intention of a block if he (she) places one or both hands above their head while in a position close to the net, in an effort to intercept the ball. A contact made on the ball while blocking does not count as one of the three contacts made on the ball by the team.

- I. Net Contact: It will now be legal for a player to make "incidental contact" with the net provided that they are not involved with the play of the ball. If a player's hair or T-shirt contacts the net but the player does not contact the net the official may not call a net violation. If a player is blocking, hitting, setting or digging, they are involved with the play of the ball and the official will likely consider net contacts violations.
- J. Touching the Ceiling: It is legal to play the ball after it has touched the ceiling and comes back down on the team's own side of the court provided that they still have one of their three contacts remaining.
- K. Outside of Court: A player may go outside the court while the ball is in play. They may cross the assumed extension of the centerline, but may not return the ball into play without first having sent the ball back to his/her side of the court before sending it, across the net between the antennas, to the side of the opposing team.
- L. Playing the Ball: The ball may contact any part of the body and remain in play, providing the ball was not lifted or double contacted.
- M. Reaching Over Net: A player may not break the plane of the net to reach for a ball. A player may reach up to a ball to contact it, providing the ball was partially on their side of the net when the contact was made. A player may not interfere with the set in order to make a block. On the third hit a player may cross the plane of the net to play a ball.
- N. Crossing the Center Line; A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remain on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.
- O. Successive Contacts: A player may not contact the ball successively, EXCEPT after a block.
- P. Simultaneous Contacts: If two teammates simultaneously contact the ball, the player behind the direction of the ball is considered as having touched it last.
- Q. Finishing Game: A game must be won by two points unless the game has reached its cap. A game played to 21 will have a cap at 23, and a game played to 25 will have a cap at 27.
- R. Team Time Outs: Each team is allowed 2 (30 second) time-outs per game.
- S. Entering the Court: Substitutes, coaches, managers, and other team representatives shall not enter the court while the ball is in play. Local facilities permitting, the team bench shall be located on the side of the respective playing areas opposite the referee; substitutes shall remain in the vicinity of the bench unless warming-up to enter the game. Facilities not permitting this, the league coordinator shall designate a suitable bench location.
- T. Failing to Play: When a team refuses to play after the referee has called for the game to start, the game shall be forfeited. After 15 minutes, the next game of the match shall be called.

U. Missing players are no longer “Ghost Players.”

## **Line Judging & Down Ref Duties**

A. Teams that are scheduled to line-judge/score keep must arrive to their duty 10 minutes prior to start time. Any team not having two or more players ready to officiate when scheduled will receive a loss for one of their games played that evening if they have not arrived by the end of the first game. When a team is scheduled to line judge they must also provide a down ref (R2) for the match that will be responsible for, but not limited to, net calls, in/out, center-line violations and to mimic the R1.

## **Protest**

- A. Written protests will only be considered if made by a player(s) involved in the current game in question. Written protests will not be received or considered if they are based solely on a decision involving the accuracy of judgment on the part of a referee. Protest forms will be completed at the scorer's table. A \$50 cash only protest fee must accompany the completed form. The league coordinator will keep track of the time it took to make the protest, and this time will not count in the one (1) hour time limit. The protest form will be submitted to the Lakewood Community Resources Department to be acted upon. If the protest is found to be valid, the \$50 protest fee shall be returned to the filing team. If the protest is found not valid, the \$50 protest fee will not be returned. Team managers will be notified of the decision at the earliest possible time.
- a. The notification of intent to protest must be made (1) immediately or (2) before the conclusion of the game for player eligibility.
  - b. The manager, acting manager, or captain of the protesting team shall immediately notify the referee and the league supervisor that the game is being played under protest. The referee shall in turn notify the opposing manager and official scorekeeper.
  - c. To aid in the correct determination of the issue, all interested parties shall take notice of the information, details and conditions surrounding the decision to protest.
  - d. The official written protest must be filed **within ten minutes** of notifying the referee.
  - e. The written protest should contain the following information:
    - i. The date, time and place of the game.
    - ii. The names of the referees and scorers.
    - iii. The rule and section of the official rules or local rules under which the protest is made.
    - iv. The information, details and conditions pertinent to the decision to protest.
    - v. All essential facts involved in the matter protested.

- f. The decision rendered on a protested game shall result in one of the following:
  - i. The protest is considered to be invalid and the game score stands as played.
  - ii. When a protest is determined to be valid because of the misinterpretation of a playing rule, the decision will be corrected and the game shall be replayed from the point at which the incorrect decision was made.
  - iii. When a protest for ineligibility is determined to be valid, the offending team shall forfeit the game last played to the offended team.

## Awards

All games shall count toward league standings.

- A. First and second place individual awards at the end of league play.
- B. Tie Breaker - In case of a tie between teams, the following will determine the league standings:
  - a. Best win-loss record between tying teams
  - b. Head to head results
  - c. Toss of a coin

If a team forfeits for any reason (including lack of players), that team will be eliminated from the tiebreaker process.

## Conduct

### **THE CITY OF LAKEWOOD ZERO TOLERANCE CONDUCT POLICY:**

- A. No player shall at any time lay a hand upon, push, shove, or threaten to strike another person. PENALTY: Player will be suspended from all sports for a minimum of one full year and from the Volleyball program indefinitely.
- B. All players will abide by the officials' decision. A player ejected from the game will at the least get a one game suspension and run the risk of being suspended for the remainder of the season.
- C. If a player or manager is ejected from the game, that player or manager must leave the court immediately. The league supervisor may allow the player to remain in the area only if the ejected player exhibits sportsmanlike conduct.
- D. No player, coach, spectator or manager shall physically attack or act as an aggressor towards any person, player, spectator, referee, or City employee. PENALTY: Officials are required to immediately eject player(s) from further play and report such player(s) to the League Officials. **Such player(s) shall remain suspended until his/her case has been reviewed.**

- E. All players, coaches, and managers will abstain from the use of vulgarity, racial slur, verbal abuse- threats or unsportsmanlike conduct while participating in a City of Lakewood Activity.
- F. No player, coach, or manager will be allowed to participate if acting in an intoxicated manner. PENALTY: Suspension from the ball game and possibly the next game played. To be ruled upon by the referees and/or league officials.
- G. Captains, managers, and/or coaches are held responsible for their team's conduct.
- H. Teams are responsible for their spectators' conduct.
- I. Anytime a game gets out of hand, the referees or league officials have the authority to call the game.
- J. Elastic Power - Any and all situations not specifically covered in the rulebook shall be acted upon by the Adult Sports Coordinator, and all such action taken shall be final.

**K. PROTECT YOUR VALUABLES**

- As most of us know, parking lots can be a popular target for thefts. Avoid being a victim by taking care of your valuables. Tips for preventing break-ins or Theft.
- If there is a suspicious person or activity near a vehicle, notify the facility supervisor or contact the police immediately.
- Remove all bags and items from view in your car. If possible, take your valuables with you.
- Do not leave wallet, keys or valuables unattended.
- Keep spare keys in your wallet, not in your car.
- Close all vehicle windows and lock all doors.
- Park in well-lit areas when available.
- Engrave your stereo and other valuables with your driver's license number, not your social security number.

Thank you again for playing with City of Lakewood Recreation District and have a great season!