

MEN'S, WOMEN'S, and CO-ED VOLLEYBALL RULES

ROSTERS:

Prior to any of your players playing it is mandatory that each player prints and signs their name on the official roster. Signing the roster is in lieu of the former liability waiver, and is mandatory to have them signed before taking the court. Rosters will be limited to 10 players for the 6 v 6 leagues and 8 players for the 4 v 4 leagues. Once rosters are filled, if a substitute is necessary, then approval from me must be made prior to the game, and I will make the decision and cross off the player that can no longer play. That player which I crossed off will no longer be able to play the rest of the season. Players are not allowed to play or sub for another team in the same league, or be rostered on more than one team per league.

If a player has not played the 1st half of the season once rosters are due they cannot play the rest of the season or tournament. You cannot put their name down on the roster and sign for them since it is against city policy. So if they have not played the 1st half of the season they are ineligible to play the rest of the season plus tournament.

Rosters will need to be turned in no later than the 3rd week of the regular season for the 6 week leagues and the 6th week of the season for the Winter League. At this point, **NO MORE CHANGES** may be made to the rosters, unless my approval is made for special circumstances (ex: Injuries, Deployment, Pregnancies...) You have 3 options to turn the rosters in:

- 1) Scan and Email me the Roster
- 2) Drop the Roster off at the Swim Center and have the front desk put it in my mailbox.
- 3) Put it in your league binder which will be on the table in the corner of both gyms the 1st 3 weeks of the league for 6 week leagues and the 1st 6 weeks for 11 week league.

I will have all of the rosters in my office which no one will have access to. After the 3 weeks all rosters will be final and no one will be added. If I find out that there are players playing that have not signed the roster that player will get a warning and that game will be a forfeit. If it happens more than once that player will be suspended for that entire season and we will discuss whether the whole team will also be suspended or not.

A and Upper B Leagues: A player rule does not apply to Summer but don't take advantage of it. In all of the Upper B leagues there may only be 1 (A) League player rostered on your team (MALE OR FEMALE). If (A) league players are deciding not to play in the (A) league so they can play Upper B I will make my decision if I think that player is a (A) league player even if they are not playing in the (A) division for the Spring season. As a player you should know if you are an (A) league player or not. On the Roster you will designate who that (A) player is with and check or some sort of identification by that players name. If that player cannot play for different reasons you may substitute that player for another (A) league player with my approval. You cannot roster 2 (A) players with one being a sub. Even if you sub in a (A) league game you are considered and (A) league player.

1. Players must be in High School and roster signed by the parents if under 18. No player that is playing High School Volleyball during the Volleyball League may participate in city league Volleyball.
2. Treat the facilities properly. No eating, drinking, or smoking in the gym.
3. Players may be rostered on more than one team providing that those teams are in different leagues.
4. **Cancellations will be texted out to all captains.** If you have questions or comments, please call the Recreation Office at 394-5223 between 7:30 am and 4:00 pm (Monday-Friday) or my cell phone at 415-0226 at any time. A player cannot play on more than one team in the same league.

LEAGUE PLAY:

1. Summer Sand, fall, and Spring Leagues will have a 6 game guarantee schedule. At the end of the 6 weeks we will have an end of the season single elimination tournament. Winter will be an 11 match guarantee schedule with a double elimination tournament to follow.
2. Absolutely no preference will be given for game times and/or facility requests. You may request preference on game times for league play, but there is no guarantee. This will be approved on a case by case basis by the Recreation Specialist in charge.
3. Makeup games: Due to any unforeseen cancellation, makeup matches will be held at the end of regular season play.
4. Each team will get two 30 second timeouts per game and one minute will be allowed between games to switch sides.

LEAGUE DESCRIPTIONS:

A: Highly competitive teams. Teams with players that have moderate to strong high school and/or college playing experience. Teams that have strong experience playing in leagues.

Upper B (A) (Upper End B Teams): Aging population of A or new teams made of players having high school playing experience or teams that are moving up from recreational level and want to follow strict interpretation of the rules.

Upper B (B) (Middle end B teams): Teams with players that have competitive experience including High School Varsity and JV. These teams are made of players that don't want to play in the A or upper B division but still want it to be competitive.

Lower B (A) (Upper end Lower B teams): This division is for B players that are not as competitive as the Upper and B but more competitive than the Lower B (B). You can set the serve and serve overhand

Lower B (B) (Lower end Lower B teams): This division is for B players that are not as competitive as the Lower B (A) but more competitive than the C league. You can set the serve and serve overhand.

C: Teams with players that have minimal competitive experience with NO High School Varsity or JV experience unless they are over the age of 40. Primary rule distinction is all players must underhand serve.

LEAGUE DIFFERENCES:

A, Upper B, and B Leagues

1. The serve may be bumped or set.
2. The serve can be conducted in any manner-overhand, jump (not lower B), side, or underhand.
3. Multiple hits may be allowed on first ball over the net, on a serve or hard driven hit.
4. Substitutions may happen at any dead ball from any position.

C and Lower B Leagues

1. C division, the serve must be from the underhand position. No side or overhead serves allowed. Definition of an illegal side serve is the relationship between the server's arm and the head. Sever should not make contact with the ball above their head.
2. Lower B divisions, the serve may be overhand or side, but no jump.
3. C and lower B leagues, although competitive, play with very lax rules. Basically the ball should be hit cleanly even if it is hit with the open hand, and flagrant throwing of the ball should be called.
4. These league players must understand that violations of rules happen. Experienced power players may not enjoy playing in a recreation league.
5. When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.
6. Substitutions must rotate in from middle back and rotate to all position around the floor.

ALL CO-ED LEAGUES:

One-Hit Rule- First ball any player (either male or female) can return across the net in one attempt. After hit one if the ball was not returned and the player was male a female must contact the ball before returning to the opposing side.

Example: If Team A serves the ball across the net, either a male or female on Team B can return the volley across the net in one attempt. If Team A serves the ball, and a male from Team B hit the ball and it does not return to Team A, a female must touch the ball either on Hit 2 or Hit 3 before returning to Team A.

Number of Men vs. Women- The number of women must be greater than or equal to the number of men. **NEW: If you only have 5 players to begin the match and 3 of them are guys I am going to let those teams play with 3 guys and 2 girls. You may not play with 3 guys and 1 girl but may play with 2 guys and 1 girl. You may play with all females. If it is 4's League you can play with 2 but it must be guy-girl.**

Non-Refereed (Summer Sand Volleyball):

Summer Sand Volleyball will have a supervisor to collect the score after the match. Please have someone knowledgeable of the rules serve as captain for each match.

LEAGUE RULES:

Playing the Ball

Service: You have 8 seconds to serve to your opponents.

1. **Maximum of three contact of a side. Each team is allowed a maximum of three (3) successive contacts of the ball in order to return the ball to the opponent's area.** Note-A block is not a hit.
2. **Contact the ball with the body.** The ball may be hit with any part of the body. (This also includes kicking "footing" the ball and does not need to be planted on the floor but may be off the ground and still considered legal.
3. **Simultaneous contacts with the body.** The ball can contact any parts of the body, providing contact(s) are simultaneous, and that the ball rebounds immediately and cleanly after such contact.
4. **Contacted ball.** A player who contacts the ball or is contacted by the ball shall be considered as having played the ball.
5. **Double contact.** Players may have successive contacts of the ball during a single attempt to make the first team hit of the ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown. Any player contacting the ball more than once, with whatever part of the body, without any other player touching it between these contacts will be considered as having committed a double hit. Such contacts are a fault. During the second or third team hit, successive contacts are illegal. **(A player who contacts the ball while blocking may immediately play the ball again without fault.)**
6. **Held Ball.** When a ball visibly comes to rest in the hands or arms of a player, it is considered as being held. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered as holding. A ball clearly hit with one or with both hands from below the ball is considered a good play.
7. **Simultaneous contacts by opponent.** If the ball is held simultaneously by two opposing players, it is a double fault and the first referee will direct a replay. (1) If the ball is contacted simultaneously by opponents and is not held, play shall continue. (2) After simultaneous contact by opponents, the team on whose side the ball falls shall have the right to play the ball three times.
8. **Ball played by teammate.** When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.
9. **Attacking over opponent's court.** A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent, such action does not constitute a fault.
10. **Assisting a teammate.** No player shall assist a teammate by holding such player while the player is making a play on the ball. It shall be legal for a player to hold teammate not making a play on the ball in order to prevent a fault.
11. **Back line attacker.** A back line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. **The restriction does not apply if the back line player jumps from clearly behind the attacking line, and after contacting the ball, lands on or in front of that line.**
12. **Rotation of players.** Players must/may rotate in after the serve. Ex.-into the middle back position

13. In 3-4 player situation, only the server is considered a back row player. The other three players may attack the ball in front of the 10-foot line.

Blocking

Blocking is the action close to the net which intercepts the ball coming from the opponent's side by making contact with the ball before it crosses the net, as it crosses the net, or immediately after it has crossed the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. A blocked ball is considered to have crossed the net.

1. Blocking may be legally accomplished by only the players who are in the front line at the time of service.
2. Blocking or attacking a served ball is prohibited.
3. Multiple contacts of the ball by a player or players participating in a block shall be legal, provided it is during one attempt to intercept the ball.
4. Any player participating in a block shall have the right to make the next contact. Such contact counting as the first of three hits allowed the team.
5. The team which has affected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's court.
6. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block. Back line players may "soft" block, as long as they contact the ball below the height of the net.
7. Block within the opponent's space: In blocking, a player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent's play. Thus, he/she is not permitted to touch the ball beyond the net until the opponent has executed an attack-hit. Any third team hit by the opponents may be blocked at any time after the contact. An attack ball is any ball coming toward the net. An attack ball can be blocked.
8. Contact of ball with net and block: If the ball touches a player participating in a block, then returns to the attacker's side of the net, the attacking team shall have the right of three more contacts to return the ball to the opponent's area even if the ball touches the net.

Play at the Net:

1. **Ball in net between antennas.** The ball must remain between the antennas at all times. Should the ball touch the antenna, it is a fault by the team whom last played the ball.
2. **Ball crossing the net.** To be playable, the ball must cross the net completely between the antennas or their indefinite extensions.
3. **Player contact with net.** It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair, clothing, and insignificant contact by a player not involved in the action of playing the ball. Players who are setting, attacking, faking an attack, or blocking are considered to be playing the ball until they have completed the contact, returned to the floor if they had jumped, and regained their balance.
4. **Simultaneous contact of the net.** If two opponents contact the net simultaneously, it shall constitute a double fault and a replay.
5. **Crossing the center line.** Contacting the opponent's playing area with any part of the body, except the feet and hands, is a fault. Touching the opponent's area with a foot or hand is not a fault, providing that some part of the encroaching foot or hand remains on or above the center line and does not interfere with the play of the opponent
 - a. It is not a fault to enter the opponent's side of the court after the ball has been declared dead by the first referee.
 - b. It is not a fault to cross the assumed extension of the center line outside the playing area.
 - c. It is not a fault to step on the center line. A player's entire foot or hand must completely go over the line for a fault to be declared.

Dead Ball: A Ball is Dead When...

1. The ball touches an antenna or net outside between the antennas.
2. The ball does not cross the net completely between the antennas.
3. The ball strikes floor, wall, or any object attached to the wall that is not considered playable. (A ball touching any boundary line of the court is good.)

4. The ball contacts the ceiling above the opponent's playing area or crosses the plane of the net into the opponent's court.
5. A player(s) commits a fault.
6. A served ball contacts the antenna or other object.
7. The first referee blows a whistle, even though inadvertently (constitutes a replay).
8. The person making a play on the ball enters the adjacent court or moves the curtain.

Scoring

1. First two games will be played to 25 points (30-point cap-win by two or first team to 30 points.) The third deciding game will be to 15 points (20-point cap-win by two or first team to 20 points.)
2. Rally Scoring - A point is awarded every time a fault or dead-ball occurs. (Side-out is no longer used with the exception of Women's Open.)
3. If the serving team wins the rally, it scores a point and the serving player continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve; its players must rotate one position clockwise before serving.
4. Net/Let serves are to be included in all matches. Net or let serves occur when a served ball touches the net, but goes over, remaining in play.

Control of Children

1. If an official must stop play due to child's action, the official may sanction the team whose player is responsible for the child. If the official has to stop play again because of a child on the same team, the official may request that a player leave the court to monitor the child.
2. Children **must be seated in the gym**. They are not to be running around on the sideline or anywhere in the school or community center. **Parents will be responsible to pay for any damage caused by their child/children.**

Care of Equipment

1. Equipment is expensive and valuable. Mistreatment of equipment could mean being expelled from a game. These are three areas we will be asking for your help in refraining from while playing volleyball:
 - a. Kicking volleyballs.
 - b. Hanging on the nets.
 - c. Dunking Volleyballs. A player breaking or bending a rim or backboard will be charged for repair or replacement.

Jewelry/Forbidden Objects

1. **Forbidden Objects.** It is forbidden to wear any object that may cause injury to another player, such as pins, bracelets, casts, ect. (Watches, rings, and dangling earring will not be allowed.) If the official requests that a player remove an item, that player must do so before being allowed to return to the game.

Awards

1. T-shirts will be awarded to both teams (Runner Ups & Champions) in each division. Trophies will be awarded to the champions in each division.

Minimum number of players/forfeits

1. Teams must be able to field a team of at least three players by game time.
2. Teams forfeiting more than three matches throughout the season will not be allowed to play in the end of the season tournament.
3. Any team suspended from the league for any reason will not be given a refund of their entry fee.
4. Rules on forfeits: If your team is 5 minutes late the first game will be a forfeit, and you will move on to the second game. If your team is 15 minutes late the whole match is a forfeit and the other team will get the win. You can play with 3 players in 6 v 6 and 2 players in 4's.

Unsportsmanlike Conduct (Don't trash your officials)

1. No player shall at any time lay a hand upon, shove, strike, abuse physically or verbally, or threaten an official, player, teammate, or spectator. Officials are required to suspend the player immediately from further play and report such player to the Parks and Recreation Supervisor.

Such player shall remain suspended until the Parks and Recreation Coordinator has considered the case.

- a. Minimum penalty: Suspension from two league games or two weeks, whichever is longer.
- b. Players will not be able to play in other divisions during the suspension.
- c. Maximum penalty: Suspension from all recreational activities for life.
- d. **Unsportsmanlike conduct is not part of this game!**

Additional Team and Player Conduct Policies

1. The refereeing official has the final authority on all plays, points awarded, and faults called. Do not argue with the judgment of the referee.
2. Only the team captain may confer with the officials regarding a dispute during play. A violation will result in a warning and if continued may result in ejection from the game or a forfeit.
3. Any conduct not described within this packet will be referred to the Rule of Conduct Policy.
4. No Smoking, drinking, or use of foul language is permitted in the community center or on school grounds. Players suspicious of being intoxicated will be asked to leave.

Uniforms

Uniforms are not mandatory for volleyball leagues.

Manager's Responsibilities/General Info

1. Register your team with the Rapid City Recreation Department including payment of team fees.
2. Your roster is current and accurate. All players listed and original signatures verifying acknowledgment of the waiver.
3. Inform teammates of all rules and guidelines.
4. Any contact with the officials during the game is to be made by the team manager ONLY.
5. Managers are responsible for all players and spectator behavior on his/her team and must ensure that the official and the opposing team are always treated with respect.
6. **Forfeits:** If you know you will not have a team ready to play, please call 605-394-4168 by noon or my cell phone 415-0226 so we may contact the other team.

Here is the links to the League Schedules and Tournament Website.

League Schedules and Standings
www.allprosoftware.net/RapidCityRec

Tournament Brackets
<http://www.allprosoftware.net/rcrectournaments/>
Any questions please contact me:

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