



Newark Recreation **ADULT VOLLEYBALL**



LEAGUE MANUAL

 **NEWARK**
Recreation
and Community Services

Table of CONTENTS

- 3** ELIGIBILITY, REGISTRATION
& DIVISION REQUIREMENTS
- 4** TEAM ROSTERS, EQUIPMENT,
& OFFICIATING
- 5** PLAYING SCHEDULING & FOREFEITS
- 6** LEAGUE FORMAT, MATCH RULES,
SIDE OUTS, & SERVICE RULES
- 7** NET RULES, PLAYER ROTATION,
& GENDER RULES
- 8** CODE OF CONDUCT

Location & CONTACTS

RECREATION COORDINATOR

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OFFICE LOCATION

SILLIMAN ACTIVITY &
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6800 MOWRY AVE, NEWARK, CA
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GYM LOCATIONS

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6800 MOWRY AVE, NEWARK, CA
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The mission of the Recreation and Community Services Department is to enrich and strengthen the wellbeing of all community members through recreational programs, services, and facilities while promoting personal development, healthy lifestyles, community involvement, and inclusiveness.

ELIGIBILITY, REGISTRATION & DIVISION REQUIREMENTS



ELIGIBILITY

Players must be eighteen (18) years of age prior to participating in this adult league. Players must be able to show a valid ID as requested. For playoff eligibility, a player must be listed on the team's roster by the Monday of the 4th week of the current season and must play in at least three (3) regular season games.

REGISTRATION

To officially register a team for Newark Recreation Adult Leagues, teams must complete an Registration Form and submit payment for the league fee in person or online. For check payments, please make checks payable to the City of Newark.

- All players must register individually online for their team or in person at the front desk before their first game

Teams whose rosters contain incorrect addresses and/or falsified information will be automatically removed from the league without a refund and will not be allowed to return for future leagues the City of Newark offers.

Proof of residency and/or Name Verification may be requested by the League Coordinator or scorekeepers at any time. All players should have a Valid Photo ID ready to present as requested.

To submit a registration form and payment, choose one of the following options:

- Register online at: newarkca.activityreg.com
- Register in person at the George M. Silliman Community Activity Center

TEAM ROSTERS, EQUIPMENT, & OFFICIATING

TEAM ROSTER

- A Maximum of 15 players are allowed to be on a team roster. *(Please note a max of 15 items, such as a league champion shirt will be awarded to the winning team no matter the number of players on the winning teams official roster)*
- All players must be 18 years of age or older. High school students are not permitted.
- Uniforms: matching shirts or uniforms are recommended but not required.
- All players must carry valid photo identification and proof of address at all times. The Recreation Coordinator and/or scorekeepers may request identification at any time. Failure to provide identification may result in immediate ejection from the game as well as the players team forfeiting the game.
- To be eligible for playoffs and championship games, players must:
 - Be listed on the official team roster by the Monday of the 4th week of the current season, and
 - Have played in at least three (3) regular-season games with their team.
- Forfeited games, by either team, do not count as games played.
- Players who become unavailable due to injury may be replaced with another player upon Recreation Coordinator approval.
- If the injured player returns, their replacement will be removed from the roster and will no longer be eligible to play.
- Players who are absent due to personal reasons or vacations are not eligible for replacement.

EQUIPMENT

- Regulation-sized courts will be used.
- Volleyballs are provided by the City of Newark.
 - The official game ball is the ball the City of Newark provides.
- Players must wear non-marking, nonblack soled athletic shoes.

OFFICIATING

- One (1) official will referee each match.
- All judgment calls are final; no protests allowed except for rule interpretation which is reviewed by the official.

PLAYING SCHEDULING & FOREFEITS

PLAYING SCHEDULE

Each season will include a minimum of 6 regular season games and up to 10 regular season games, with the possibility of playoffs. (*Game schedules depends on the number of team, season, court availability, etc.*)

- Playoff and championship games will be played on the same day as regular season games are played on
- Regular season and playoff games will all have a 1-hour game clock
- Bye weeks and doubleheaders may be scheduled depending on division size.
- *Game times: 6:00 p.m., 6:30 p.m., 7:00 p.m., 7:30 p.m. or 8:00 p.m. (Game times depend on the number of teams each season.
- Tentative league nights:
 - Adult Coed Volleyball – Thursday (Open Recreation)

Note: Schedule is subject to change at the discretion of the Recreation Coordinator.

FOREFEITS

- Game time is forfeit time, except the first game of the night, which includes a five (5) minute grace period if needed.
 - This grace period DOES count toward the game clock of 1-hour
 - A team must be ready at game time with a minimum of 4 players (2 males & 2 female players) to start a game
- The 1-hour game clock begins at the scheduled game time, regardless of grace period.
- If the team is still unable to field required correct amount of players by the end of the 5-minute grace period, the game will be declared a forfeit, with a final score of 2-0 for tiebreaker purposes
 - Forfeited games, by either team, do not count as games played.
- Double forfeits will result in a loss for both teams.
- Forfeited games are not rescheduled.
- One (1) advanced forfeit is allowed per season without fee if communicated to the Recreation Coordinator at least 24 hours in advance.
- Additional forfeits, even with notice, will incur a \$50 fee. Less than 24 hours' notice of a forfeit also results in a \$50 fee.
- Two (2) or more forfeits in one season will disqualify the team from participating in the current season playoffs games as well as the upcoming season.
- If a team uses an ineligible player in a playoff game, the game will be forfeited regardless of when the violation is discovered.
- Forfeit games may be played as practice, with no officials. Practice games are to be completed at least fifteen (15) minutes prior to the next game scheduled.

LEAGUE FORMAT, MATCH RULES, SIDE OUTS, & SERVICE RULES

LEAGUE FORMAT & MATCH RULES

- All matches will consist of up to 3 games using rally point scoring.
 - Games 1 and 2 are played to 25 points
 - Game 3 (if needed) will be played to 15 points.
- If needed, win by 2 points will be in place or straight to 35 points for all matches
- If time expires before Game 3 concludes and the score is tied, the next point wins.
- 1-hour game clock time limit per match (including warm-up).
- Each team will be allowed two (2) 30-second timeouts per team per game.
 - When a timeout is called, the 1-hour game clock will continue to run
 - Timeouts called in the final 2 minutes of any match with the score difference of 5 points or less, the game clock will stop on the time out. This is the only time the game clock will stop, unless an official stops the clock.

SIDE OUTS

- Rally scoring applies (points scored on every play)
- Teams alternate service on side outs.
- Side out or dead ball is called for:
 - Ball hits out of bounds or under the net
 - Ball is caught or carried
 - More than 3 hits without return
 - Player touches net during play
 - Serving out of rotation
 - Contact with opponent's side of court during play

SERVICE RULES

- Coin flip decides service for Game 1; loser of the coin flip will start service for game 2
 - Game 3 continues with rotation. (Team A, Team B, then Team A again)
- Teams must use a clockwise rotation.
- Each server is allowed one re-serve during their service action.
- A net serve that goes over is considered legal.
- A ball that hits the ceiling or objects on a serve is dead. If this happens on the first serve, you are still allowed your one re-serve.
 - If this happens on your second serve, you lose your service.

NET RULES, PLAYER ROTATION, & GENDER RULES

NET RULES

- A ball hitting the ceiling or objects on your side is live and playable.
- Ball contact is allowed on any part of the body from head to foot.
- No blocking or spiking serves.
- Multiple contacts are allowed on the first ball, but not by the same player twice in a row (unless after a block).
- If the ball is hit more than once on one side, a female must be involved by making contact with the ball during play.
- Spikes by back row players are allowed only from behind the 10-foot line.
- Players may not touch the net during play.
- Penalty: dead ball and/or point awarded to opponent.

PLAYER ROTATION & GENDER RULES

- Teams must have at least 2 female players and no more than 3 male players on the court at all times.
- Maximum of 6 players, minimum of 4 (with 2 or more females).
 - If 5 players: combinations can be 3F/2M or 3M/2F.
- Teams rotate clockwise upon side out.
- Substitutions must occur at the center back position.
 - No group substitutions are allowed
- Substitution can only be made:
 - Any dead ball situation: This includes after a rally ends, before the next serve, or when the referee whistles for a substitution.
 - Before the service whistle: The substitution must be completed before the referee signals for the next serve.
- If the ball is hit more than once on one side, a female must be involved by making contact with the ball during play.

STANDINGS

- Teams that have forfeited a game for any reason will automatically lose tiebreakers if tied with teams(s) having no forfeits.
- Head-to-head record
- Fewest points allowed vs tied teams
- Fewest points allowed overall
- Most points scored
- Coin toss

CODE OF CONDUCT

CITY OF NEWARK - PLAYER CODE OF CONDUCT

This league is a recreational program emphasizing fun, sportsmanship, and safety. Any behavior that endangers players, officials, scorekeepers, or spectators will not be tolerated. All violations will be reported to the Recreation Coordinator, and penalties will be enforced.

CONDUCT	MINIMUM PENALTY	MAXIMUM PENALTY
Physical attack – No participant or spectator shall push, shove, strike, kick, or physically attack an official, participant, coach, manager, City representative, or spectator.	Suspension from one (1) league game and placed on probation for the remainder of the season.	Lifetime suspension and/or felonious assault charges filed (CA Penal Code Sec. 243.8).
Leaving position to incite confrontation – No participant shall leave their position or dugout to further incite verbal or physical confrontation.	Immediate ejection with possible further sanctions by the Recreation Coordinator. If the player(s) cannot be identified, players may be removed from the lineup in order.	Forfeiture and/or double forfeiture of game and player lifetime suspensions and/or felonious assault charges filed.
Damage to facilities – No participant or spectator shall damage or deface City of Newark or school district property.	Suspension from further play until financial responsibility is met AND probation for the remainder of the season.	Lifetime suspension.
Abusive verbal attack – No participant shall verbally abuse, "trash talk," or taunt any player, official, City representative, or spectator. This includes communication after the incident.	One (1) game suspension.	The players team forfeits game and/or a Lifetime suspension.
Rough tactics – No participant shall use deliberately rough tactics against an opposing player.	Removal from the game.	Lifetime suspension.

CODE OF CONDUCT

CONDUCT	MINIMUM PENALTY	MAXIMUM PENALTY
Throwing equipment – No participant shall intentionally throw a bat or equipment.	One (1) game suspension.	Lifetime suspension.
Dissent – No participant shall refuse to abide by an official's decision or demonstrate dissent through words or actions.	Removal from the game.	Lifetime suspension.
Controlled substances/alcohol – No participant shall be under the influence of, or in possession of, controlled substances or alcohol in or around the facility.	Suspension from two (2) league games and probation for the remainder of the season. Could result in the players team forfeiting the current game and potential future games	Lifetime suspension.
Illegal equipment – No manager, team representative, or participant shall use altered or banned equipment (e.g., illegal bats, metal cleats, dangerous jewelry).	Immediate ejection and one (1) game suspension.	Lifetime suspension.
Team aggression – No team shall engage in physical aggression against another team, officials, or spectators.	Forfeiture of the game and one (1) additional game suspension plus one (1) year probation.	Removal of one or both teams from all City of Newark Adult Sports League and a Lifetime suspension.
Ineligible players – No manager or participant shall use ineligible or non-roster players, or falsify identification or age.	One (1) year probation from the date of the incident.	Lifetime suspension.
Intentional property damage – No participant shall intentionally damage equipment or facilities.	One (1) game suspension.	Lifetime suspension.

CODE OF CONDUCT

CONDUCT	MINIMUM PENALTY	MAXIMUM PENALTY
Fraudulent acts – No participant, manager, or team representative shall commit fraudulent acts (e.g., gambling on games).	Probation for the remainder of the season.	Lifetime suspension.
Financial responsibility – Teams are responsible for all payments to the City of Newark (e.g., entry fees, tournament fees, facility costs).	Suspension of play until financial responsibility is met.	Lifetime suspension.



CODE OF CONDUCT

SPECIAL NOTES – CITY OF NEWARK CODE OF CONDUCT

1. League Director Authority

- The Recreation Coordinator shall have the power and full discretion to impose penalties on any and all violations of the City of Newark Player Code of Conduct. For violations not specifically listed in this Code, penalties will be determined at the discretion of the Recreation Coordinator.

2. Ejection from Facilities

- Any participant or spectator removed from a game must leave the facility and/or premises immediately and may not return until their suspension is served. Failure to do so may result in a maximum penalty of one (1) year suspension. Suspended players may not attend games as spectators.

3. Repeat Offenses

- Any participant previously penalized under the City of Newark Player Code of Conduct who is reported for a subsequent violation will be subject to additional penalties as determined by the Recreation Coordinator.

4. Manager Responsibility

- Managers are responsible for the conduct of their players, coaches, and spectators at all times during any City of Newark activity or event and may be disciplined accordingly.

5. Definition of Participant

- The term “participant” includes players, coaches, and, where appropriate, spectators. Managers are responsible for the actions of their spectators.

6. League-Wide Enforcement

- Any individual or team placed on probation or suspension for violating this Code of Conduct will be considered on probation or suspension for all City of Newark-sponsored activities during the effective period.