

# Freeport Park District 2010 Fall/Winter Volleyball Rules

Last revised 9/1/10

The Freeport Park District has developed the following set of rules and regulations to govern volleyball leagues organized or controlled by the park district.

These rules have been developed as a guide to enjoyable participation. The purpose of each rule is very important. It is essential that all players follow these rules. Rules will not be changed during the season. Any new ideas concerning the rules will be discussed at the beginning of the next Volleyball season or during the organizational meeting.

The Athletic Supervisor has the final decision making power in all matters pertaining to the league. All meetings of team captains and team managers will be called by the Recreation Supervisor. Any special meetings desired by teams should be requested through their team representative who will then contact the Recreation Supervisor.

## **Objective**

This league will strive to provide a wholesome and fun recreational pastime to all those interested in athletic programs conducted by the Freeport Park District, abiding to the principles of good sportsmanship, honesty, and fair play regardless of active or inactive participation. Thank you for being a part of our league and we hope your experience will be enjoyable.

## **Player conduct and Zero Tolerance Policy**

**Each captain will be held accountable for the conduct of his/her team members, fans and making sure members play in accordance with all rules and in a sportsmanlike manner. Players are expected to treat opposing players, officials and Park District personnel with respect. An official may eject a player from a game or match for unsportsmanlike conduct. An ejected player must leave the park/building before play will continue. Any ejected player will automatically be suspended from that team=s next scheduled game as well as any park district activities that occur between the two games (including games in other leagues). Any player ejected from 2 games during the season (regardless of division), will be suspended for at least the remainder of the season. Further action may be taken by the Recreation Supervisor, depending on the severity of the incident. There will be Zero Tolerance for unsportsmanlike behavior, including, but not limited to trash talking, taunting, inappropriate language, fighting, threats towards game officials or other players, alcohol, illegal drugs and also tobacco use on any field of play during the games or any behavior that precludes to the safe enjoyment of the game. Alcohol is not permitted! Your team will be asked to leave if we suspect that drinking has occurred before game time. **NO SWEARING WILL BE ALLOWED! IF ANY UMPIRE HEARS A PLAYER SWEAR, IT IS AN AUTOMATIC EJECTION! NO QUESTIONS ASKED.** If more than one person on a team is carrying on, the team will forfeit that game. Anyone exhibiting any such behaviors listed above may be immediately ejected from the premises and may be permanently barred from play or attendance. Ejected players/teams will not be refunded their forfeit or league fee. The Recreation Supervisor will make a decision regarding any additional discipline for any of these circumstances.**

## **General Rules and Rules of Conduct**

- 1.) The numbers of teams in each league and division will be determined by the Freeport Park District.

- 2.) Before participating, each player must fill out the roster form completely, sign the waiver, and pay any non-resident fees that are due. If this is not completed the player is ineligible and teams will receive a loss for any game in which ineligible players participate. Team captains are responsible for the age requirement of the league and roster additions. The team captain must submit the required information for each member of his/her team on the roster. Captains must check with team members, before signing, to see if they have already signed to play on another team in the league. If they have already signed, they are not allowed to sign up on another team. Players who have not appeared on a line-up card for a particular team may switch teams. Any person playing for more than one team will be considered an ineligible player and whichever team he/she wrongfully plays for will receive a loss for each game he/she appears on the line-up card. The player may also face other penalties up to a suspension for the remainder of the year.
- 3.) A maximum of 15 players can be on the roster at any one time. **Rosters will not freeze this year.** They must be turned in to the office or to a referee.
- 4.) There will no protesting of any kind.
- 5.) Teams must have at least three players present to begin a game. In the mixed leagues, there must be a minimum of 1 and a maximum of 6 women on the court at all times and a minimum of 0 and a maximum of 3 men on the court at all times. A maximum of 6 players can be on the court. In the case that both teams agree, they may play with more than 3 males. This must be agreed upon by captains and the official, prior to the first serve!
- 6.) The Recreation Supervisor may reschedule matches if it becomes necessary, team captains will be notified as soon as possible. If you know ahead of time that you will not be able to make a scheduled game, please notify us as soon as possible, as you will then still be able to receive your forfeit fee back. This will still result in a loss for your team. If you do this twice, then this will count as a forfeit. Make up games will not be rescheduled; you will lose your forfeit fee if you forfeit a make up game.
- 7.) Game time is the start time, since there are only 3 players needed to start a game we will start all games on time to prevent any 9 pm games from getting cut short. If not ready in five minutes the first game will be forfeited and an additional five minutes will be given for the 2<sup>nd</sup> and 3<sup>rd</sup> games. If a team shows up after the game has been forfeited, they may play Ajust for fun@ until 5 minutes before the next match is scheduled to begin.
- 8.) The match will start at the scheduled game time in both league and tournament play. The allowed time for the games is 55 minutes. All games will be rally scoring to 25. In the event of a tie, teams will have to win by two points. There will be a cap of 30 points. Meaning if game is still tied at 29-29 the next point (30) wins.
- 9.) The home team is listed on your schedule and will be allowed to serve first.
- 11.) Teams are allowed one sixty second time out per game.
- 12.) Teams will not rotate players on their respective first serves. On all other side-outs players will rotate one position clockwise and the right back player serves. Note: If a player arrives late, he/she may rotate in at any position. This rule only applies when there are 5 or less players present on the team. Also in case of an injury, a player may substitute at any position.
- 13.) The serve may be hit in any manner with the hand; the foot can not touch or cross the

service line.

14.) If the ball contacts the net on a serve it will be called a “let serve” (net serve) and the ball will be in play.

15.) A team cannot play the ball more than 3 times before it crosses the net (a block is not a hit).

16.) Any part of the ball touching a boundary is in.

17.) Front line players are permitted to spike and back line players can also provided they leave from behind the 10-foot line.

18.) When blocking a ball the player may reach across the net but must not interfere with a ball being set up by the opposing team. When spiking, the ball must break the plane of the net if coming from the other side.

19.) When playing the ball, there must be immediate impetus given to the ball on contact. Holding, lifting, throwing, and/or carrying the ball are illegal hits and point or side-out will be called.

20.) A replay shall be called when two opponents simultaneously hit the ball out of bounds or when opposing players commit a double foul.

21.) Simultaneous contact of the ball by two parts of a persons body are allowed and considered one hit. When bumping a serve or spike, this is a legal single hit. When two players of the same team contact the ball at the same time it is one play and either can play the next hit when blocking. When opposing players contact the ball simultaneously any player can make the next play which will be considered the first contact by that team. The official makes all judgments.

22.) As a general rule it is illegal for a player to touch the net, interfere with the opponent under the net, or make successive contacts on the ball.

23.) A player may not block, or spike a serve.

24.) A player may cross the center line with his/her feet as long as a part of the foot/feet remain on or above the center line and the player does not interfere with an opponent.

25.) Any ball hitting the ceiling, baskets, rafters, or wires are playable provided the ball does not cross the center line and come back to the original teams’ court or hit and go to the other team’s court. If it hits on a serve it is a side-out. Baskets attached to walls are out of play.

26.) The black line between courts is out of play--players can not touch, cross, or break the plane of the line at any time before, during, or after playing the ball.

27.) The captain of a team may protest only a ruling call made by the official and must do so before the next serve. The official will make a note of the situation when the protest took place. A written protest must be made by the captain to the Park District office by 5 pm of the following business day. A \$25 fee must be included.

- 28.) Only the team captain may question the official regarding a call, or non-call. No other players should at any time address the referee. Any additional questions may be made by the captain to the Athletic Supervisor at the Park District Office, 235-6114.
- 29.) Teams are asked to assist the referee by calling their own lines and illegal hits, net fouls, etc. Referee has final decision.
- 30.) To keep the games moving throughout the night, please be ready to play on time and be willing to keep the game moving at a good pace. This will prevent anyone at the 9:00 pm games from having their time cut short. Thank you for your cooperation.
- 31.) The league is permitted to those 16 years of age and older or graduated from High School.
- a. Under IHSA rules a participant that is in Season of a certain sport, will not be allowed to participate in a recreational league of that same sport
  - b. Example, During IHSA Volleyball Season, a player may not participant in Fall Volleyball.
  - c. Anyone under the age of 18 must have their waiver signed by their parent or guardian
- 32.) Children must remain seated in the gymnasium at all times with an adult present if necessary.
- 33.) Absolutely no shoes will be allowed on the gym floor that are worn into the building.
- 34.) For weather related issues call the 235-6114 ext. 1 after 4:00 pm.
- 35.) Children can not under any circumstances be running around in the gym. They are to be seated at all times, or they will not be allowed back in the gym. This is for their own safety, last year they were running in between the courts where people are and volleyballs occasionally fly. Please make sure and keep your children seated while you play your game. This is for the overall benefit for everyone involved in the program

**Ties at the end of the season will be broken down as follows:**

- 1. Head to head competition (if only between two teams)**
- 2. Least amount of points allowed, awarding good defense. (games between tied teams only)**
- 3. Points scored, awarding offense. (games between tied teams only)**
- 4. Repeat #2, but for the entire league against all teams.**
- 5. Repeat #3, but for the entire league against all teams.**

**Additional Recreation League Rule:**

Jump serves are only allowed in D1 League; D2 and D3 leagues may not jump serve!!