

Golden Recreation Department

Volleyball Rules

www.quickscores.com/golden

For all matches played at the Golden Community Center, please be aware of and respect all GCC Rules. If you or anyone on your team wishes to use any part of the facility for any other use like warming up on the track or lifting weights (other than for volleyball), you must pay the price of admission, which is \$5.00 for adults. For those who abuse or choose not to follow this policy, the Athletic Supervisor will deal with the issue accordingly.

Beginning the Match:

- I. Before the first game begins, the captains from each team will meet with the official and a coin will be tossed. The winner of the toss chooses the serve or the preferred side of the court. In the second game, the team that did not serve the first game shall serve first and teams will change sides of the net. Another coin toss will determine who will serve the third game and which side of the net each team will play on.
 - A. **The official game ball will be determined by the referee.**
 - B. Teams are requested to wear like-colored uniforms, by the second week of play.
 - C. All jewelry must be removed before the match starts. Medical alert and religious items must be approved by the referee and taped to the body.
- II. A team must have **four players present**, (2 women and 2 men) ready to start play at the scheduled match time or forfeit the first game.
- III. The maximum number of men on the court for a team will be three, but there may be one more male than female on the court. (EX: 3 Men and 2 women are allowed) There can be more women than men on the court. However, there must be at least 2 men on the court. A team is allowed to start a game with 4 players, but there must be 2 men and 2 women.

Game Play:

- IV. Length of Games
 - A. The teams will play 2 games to 21 points, with a cap at 25 points. The third game will play to 15 with a cap at 17 points. All games will use rally scoring.
 - B. Teams will be allowed 2 time outs per game, lasting 30 seconds each.
- V. Substitutions
 - A. There will be unlimited substitutions. Subs will be made by rotating into the center back position. Subs must be of the same gender.
 - B. Players must remain in the same rotation order throughout a game but may change positions prior to the beginning of another game.
- VI. Serving
 - A. Let serves will be allowed.
 - B. A play may be made on the ball as soon as any part of it crosses the net. No blocking or spiking off a serve.
 - C. The team not serving first at the beginning of the game must rotate when they achieve a side out.

- VII. A Ball is considered dead when:
- A. Side out or point is declared
 - B. It lands outside the boundaries of the court or strikes the floor. A ball touching any boundary line is considered in bounds.
 - C. Hits the ceiling and crosses over to the other side of the net.
 - D. It is contacted on a side more than three times.
 - i. Multiple volleys must include participation by at least one female player.
 - ii. Simultaneous contact of the ball by two or more players is counted as one hit and any player may make the second hit. If a male and a female hit the ball simultaneously, it will be considered a female hit.
- VIII. Playing Area
- A. Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's playing area with a foot or feet is not a fault, providing that some part of the encroaching foot or feet remains on the centerline.
 - B. A player cannot attack the ball on the opposite side of the net. Follow through on a spike is allowed provided contact with an opponent is not present. A block is not considered an attack, thus, blocking over the net is allowed. A blocked ball is considered to have crossed the net. Blocking and attacking a served ball is prohibited.
 - C. A back line player returning the ball to the opponent's side while forward of the ten foot line must make contact while the ball is below the level of the top of the net. This restriction does not apply if the back row attacker leaves the surface of the court from behind the 10-foot line.
 - D. When two females are in the front row position, a male can come up to block from the back row. He may not attack the ball but can pass or set.

Rosters:

- IX. Rosters are to be handed in by your team's **first** game.
- A. **Rosters will be frozen at mid season.** Players may not be added for the post season tournament, unless approved by the Athletic Supervisor, due to injury or unforeseen circumstance.
 - B. **There may not be more than 3 people on a roster that play up a league level. EX: No more than 3 "BB" players may be on a "B" Roster. No more than 3 "A" players may be on a "BB" roster.**
 - C. Players must be 18 years of age to participate in the league.
 - D. Players must play in at least 2 matches during the season to play in the end of season tournament.
 - E. **Players' fees are to be paid in full by your team's first game. Playing in the league does not entitle you to use the facility, but you may use the locker rooms. You must be out of the locker rooms by 9:30 p.m.**
- X. Roster / ID Checks
- A. All players are requested to have a form of photo I.D. with them in case the opposing team questions a roster. Failure to provide an I.D. will result in that player being declared an illegal player.
 - B. The I.D. must be presented within 5 minutes after the final point of the game.
 - C. NO more than 2 players may be checked on a team.
 - D. The game will only be held up once for I.D. checks.
 - E. All I.D. checks must be done before the **first serve of the player in question. The game will continue and a decision will be made the next business day.**

****The current C.A.R.A. and USVA rulebooks will govern play not covered by these rules.**

****The athletic supervisor will have final say in all matters.**

****The recreation staff reserves the right to re-classify a team to higher or lower level of play.
If a team forfeits 2 matches in a season, they will not be eligible for the post season tournament.

Offenses committed by team members may result in the following sanctions by the referee:

- A.) **Warning:** For minor offenses such as talking to opponents, spectators or officials, shouting or other minor unsporting acts that disrupt the conduct of the game, a warning (**yellow card**) is issued and is recorded on the scoresheet. A second minor offense during the same game by the same team member must result in a penalty (**red card**).
- B.) **Penalty:** For rude behavior, a second minor offense or other serious offenses, a penalty (Red-card) is issued by the referee and is recorded on the scoresheet. A penalty automatically entails the loss of the service by the offending team if serving, or if not serving, the awarding of a point to the opponents. (A second act warranting the issuing of a penalty to a team member during the same game results in expulsion.) (**RED CARD=\$10 FINE**)
- C.) **Expulsion:** Extremely offensive conduct (such as obscene or insulting words or gestures toward officials, spectators or other players results in expulsion of a team member from the match (red and yellow cards together) in which the offense occurred. Expelled individuals must leave the gym immediately.

Any player who receives a red card shall pay a \$10 fee; an expelled player will be fined \$25 and will be ineligible for the next match. All fines must be paid by 5:00 P.M. the day of the team's next match or that player will sit out the next three matches. These matters must be taken care of at the Golden Community Center office. Any player expelled will have their case reviewed by the league director for any further action deemed necessary.
All fees and fines will ultimately be the responsibility of the team's manager

**** The referee or supervisor can expel/disqualify without previous warning any player making derogatory remarks to the official, staff or opponents.**

**** Teams are responsible for their fans.**

**** No children under 16 years allowed in the volleyball area due to safety considerations.**

This will be strictly enforced. **

**** The city of golden is not responsible for items left in the gym.**

**** No Food or Drinks allowed in the Gym.**

TEAM MANAGERS WILL BE HELD RESPONSIBLE FOR THE OVERALL CONDUCT OF THEIR TEAM AND THEIR FANS. THE PRIVILEGE OF ENTERING A TEAM IN THE LEAGUE THE NEXT YEAR WILL BE BASED ON THE CONDUCT OF THE TEAM IN THIS YEAR'S COMPETITION. TEAM MANAGERS ARE EXPECTED TO COOPERATE WITH BOTH THE City of Golden ATHLETIC DEPARTMENT AND LOCAL AUTHORITIES SHOULD A SITUATION WARRANT.

The City of Golden Athletic Department will not be responsible for direct contact with teams in regards to schedule revisions and/or make-ups. The team manager will now assume this responsibility. The City of Golden Athletic Department will post updated schedules on the web at www.quickscores.com/golden . All make-ups will be posted within 72-hours of cancellation.