

2023

Adult Volleyball Guidebook

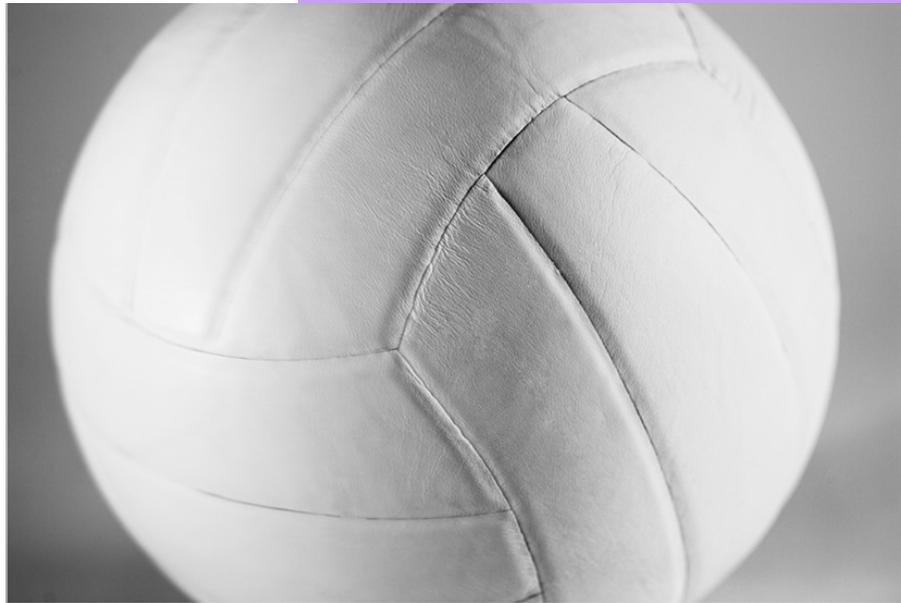


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I. PHILOSOPHY

- A. The Salt Lake County Sports Adult Volleyball Program is intended to provide participants with an opportunity to play volleyball in an organized, competitive environment. Salt Lake County strives to promote the ideals of sportsmanship and physical fitness to all participants, regardless of sex, race, creed, or color. More important than any game are the participants and their needs. The Adult Volleyball Program endeavors to bring area residents closer together through a common interest in sportsmanship, cooperation, and appreciation of the game.

II. PROGRAM ADMINISTRATION

- A. The league shall be known as the Salt Lake County Recreation Volleyball League. The Salt Lake County Parks and Recreation Division will supervise the league.
 - i. Divisions shall be defined as follows:
 1. BB League – BB players have a great understanding of the game and its objectives. They're comfortable on the court and always know where to be. Level BB players possess all the skills needed to be successful in a competitive environment. These players often play competitively and typically have in depth knowledge of offensive and defensive game play. These players have played on high level competitive teams.
 2. B League – B players are more advanced than just recreational players. These players understand the game and can perform most of the necessary skills required to be successful. These players have competed on somewhat competitive recreational teams and have been very successful in doing so.
 3. COED League - B level of competition where players are more advanced than just recreational players. These players understand the game and can perform most of the necessary skills required to be successful. These players have competed on somewhat competitive recreational teams and have been very successful in doing so.
 - ii. League play is defined as regular scheduled games, not including tournament.

III. ROSTERS & PLAYER ELIGIBILITY

- A. Rosters
 - i. All completed rosters must be turned in to the official League Supervisor PRIOR TO THE START OF THE FIRST LEAGUE GAME.
 - ii. For each individual player to be legal, the player must have all information filled out on the team roster including name, email, phone number and signature.
 1. EVERYONE MUST SIGN THE ROSTER BEFORE PLAYING IN ANY GAME. Because of legal requirements, everyone must sign the roster waiver before taking the court or the game will be declared a forfeit. This is the manager's responsibility.
 2. Maximum team roster will include 15 players.
 3. A player's name may appear on only one roster during each league.
 4. Teams may start and end a game with 5 players and a ghost player. Once the 6th player arrives, they can sub in for the ghost. At no time may a team play with 4 players even if due to injury.
- B. Player Additions
 - i. Players may be added and removed at any time during league play only. No players can be added after league play is over or during tournament play.
 - ii. Players must be on roster and have played in at least one set of regular season league

play to be eligible to play in the tournament.

C. Eligibility

- i. Before a player is eligible to play, his or her name must be entered on the roster and signed before the player can play. Managers are responsible for making sure all players are legal prior to game time.
 1. The gym supervisor may ask for identification from any player he or she feels is violating the rule of using someone else's name. If an illegal player is found, he or she will be suspended from further play in the Salt Lake County Recreation Division Leagues for one year.
 2. No player under the age of 16 shall play in an adult league. A legal parent or guardian must sign a waiver for players that are 16 and 17.

IV. RULES AND GUIDELINES

A. All games will be supervised by Salt Lake County Recreation and governed by the USA Volleyball Official rules.

- i. Net height (measured from center of court):
 1. Men/Boys – 7 feet, 11 5/8 inches or 2.43 meters.
 2. Women/Girls – 7 feet, 4 1/8 inches or 2.24 meters.
- ii. A match will be two sets to 25 points (must win by two points; a cap of 27 points will be enforced). Set and match win/loss records will be logged and kept.
- iii. Forfeits: A Ten-minute grace period will be allowed for every match to allow a team to field five eligible players. If a team fails to do so, then the first set will be declared a forfeit. The team then has 5 minutes to field five eligible players to start the second set. If a team fails to do so, the second set is declared a forfeit. If a team forfeits two consecutive weeks, that team may be dropped from the program. There will be NO REFUNDS for forfeits.
- iv. Teams will be allowed to play with 5 players. A side-out is taken when the ghost player would come up to serve.
- v. In a 5 (or more) match per night league, games will start early whenever possible.
- vi. Warm-Ups: Teams will be allowed a 2–5-minute shared warm-up/net time depending on league officials' discretion.
- vii. Ceiling clearance ruling:
 1. Ceiling or attached to the ceiling (i.e., back boards) is playable on their own side of the court.
 2. Official Judgement will be used for any obstruction outside the court.
 3. No wall playing.
- viii. Substitutions: Man for Man substitutions will be allowed per USA Volleyball Official Rules. There will be no free substitutions.
- ix. Libero Rule: Libero play will be allowed for Women's Leagues per USA Volleyball Officials Rules. Coed play Libero will be allowed and is gender specific. Only a female libero can go in for a female player and only a male libero can go in for a male player.

V. COED Play

- A. The height of the net shall be 7 feet, 11 5/8 inches or 2.43 meters. (Men's height)
- B. A coed team will consist of three males and three females.
- C. A team must have at least 5 players. If a team only has 5 players, they may play with any 3:2 ratio (i.e., 3 males and 2 females or 3 females and 2 males). There may be no more than 3 men on the court at one time. At no time may a team have 4 players even if due to injury.

- D. 4 females can play with the extra female playing in the male's position. Subject to all the men's rules.
- E. The USA Volleyball official rules will govern play for females and males on the same team with the following exceptions.
 - i. The serving order and positions on the court at service shall be male and female alternated or vice-versa.
 - ii. A team may list 2 liberos player per match or one libero per set.
 - 1. A female libero may only replace a regular female players. A male libero may only replace regular male players. All other Libero rules and restrictions apply.
 - iii. If a team contacts the ball more than one time during offensive action, one of the contacts must be by a female player, but there is no restriction that prevents all three team hits being made by female players. Contact of the ball during blocking action does not count as one of the three hits. Therefore, after a block, a male player may play the ball back over the net since such contact would be the first team hit. If the ball is hit one or more times AND GOES OVER THE NET...then it needs to be touched by a female player.
 - 1. A ball contacted more than once by a team, without a female player having contacted it remains alive until it fully crosses the plane of the net or is contacted by an opponent.
 - 2. If the ball (other than a spiked ball) is contacted more than one time by a team and is directed over the net without being contacted by a female player, the hit does not become an illegal hit unless the ball passes fully beyond the vertical plane of the net (or is legally blocked).
 - iv. When there are two females and one male player in the front line at the time of service, one male back- line player may be forward of the attack line for the purpose of participating in blocking action.
 - v. When there is one male back-line player participating in a block, the other male back-line player shall remain behind the attack line until the ball has been contacted by the blockers or has been hit in such a manner that no block is possible.
 - vi. The serving order and positions on the court at service shall be an alternation of male and female, or vice-versa.

V. UNSPORTSMANLIKE CONDUCT

- A. The Salt Lake County Sports Staff has the authority to disqualify, suspend or remove any manager, coach, player, spectator, or team that behaves in an unsportsmanlike manner before, during or after a game. All participants and spectators are subject to the Division's Policy on Patron Conduct in addition to the activity-specific rules listed in this book. You may request a copy of the Policy on Patron Conduct by inquiring with the site supervisor or League Supervisor.
- B. These rules of conduct will be strictly enforced. It is the manager's responsibility to ensure all players know and adhere to these rules. The following are included in defining unsportsmanlike conduct:
 - i. Verbal Abuse: No player, manager, team, or spectator shall verbally abuse, taunt, provoke or disrespectfully address an official, League Supervisor, director, county official, other players, or spectator before, during or after the game.
 - ii. Ethnic and Sexual Innuendos: Ethnic and sexual innuendos will not be tolerated by Salt Lake County and the guilty person(s) will be ejected and serve an additional 2 game suspension. Ejected player is not eligible for individual awards.
 - iii. Player Behavior:
 - 1. Players may not question the officials JUDGEMENT calls.
 - 2. Players must not make derogatory remarks about or to, opponents or spectators.

3. Players must refrain from the use of profanity.
 4. Players must not commit acts with the intention of influencing referee's decisions.
 5. Players must refrain from intentionally trying to distract an opponent who is playing or about to play the ball (i.e., shouting, clapping, etc.)
 6. Players should not take any action tending to influence the referee's judgment concerning ball handling.
 7. Players may not commit any act, which, in the opinion of the referee, delays the game unnecessarily.
 8. Players must refrain from kicking or hitting the ball out of the area of play.
 9. Players must not intentionally damage playing equipment.
 10. Physical assault or intimidation of officials, opponents, staff, or spectators by players is prohibited.
- iv. A player is responsible to refrain from misconduct from the time he or she arrives at the playing site until the time he or she has left such premises.
 - v. Sanctions: Warning, penalty, expulsion, disqualification, and possible expulsion from all Salt Lake County leagues for up to 1 year and/or fines imposed on a player for misconduct.
 1. Warning: A player will be given a warning by the referee for minor acts of misconduct on the court. This warning can be a shake of the finger or a verbal warning.
 2. Penalty: For distinctly unsportsmanlike behavior, or a second minor offense on or off the court, the referee may issue a penalty.
 - a. Yellow Card: If your team is penalized with a yellow card, is a warning.
 - b. Red Card: Expulsion. If a person from your team is penalized with a red card, that person is out of the remainder of that game/set and your team will lose point and possession. You must have 5 eligible players to continue that match.
 - c. Red and Yellow Card: If a person from your team is penalized with a red and yellow card that person is out of the gym for the rest of the night and no point or possession is assessed. You must have 5 eligible players to continue the match, or your team will forfeit. This player is also subject to monetary fines and suspension to play in SL County leagues for an amount of time determined by Salt Lake County Managers.
 3. Expulsion/Disqualification: Any attempted or actual physical aggression towards an official, opponent, staff or spectator will result in the disqualification of the player from the remainder of the match, season and / or tournament.
 - vi. Misconduct before the Game: Misconduct directly before the game (warmups) or between games will result in sanctions being imposed in the game following such misconduct.
 - vii. Misconduct by Coach/Trainer: If misconduct occurs during a game the team will be penalized in accordance with normal procedure.
 1. In circumstances that are flagrant or particularly injurious to the success of play, the site supervisor may order the coach/ trainer to be removed from the site of the match or the premises of the site. If the coach/ trainer fails to comply with such an order, the site supervisor may declare an immediate default of the coach/ trainer's team.
 - viii. Penalty: Any individual or team committing any flagrant offenses, such as those listed above, shall be suspended immediately from the sport where the offenses were committed for one year from the date of the offense.
 - ix. Any individual or teams committing any of the above enumerated offenses in two or more sports within any 12-month period of a time, shall be suspended from participating in all

- programs of the Salt Lake County Recreation Division, including all tournaments for no less than 12 months, readmitted only upon approval by the administration after written petition by said individual or team.
- x. Recommended suspension shall be a written notice by referee or scorekeeper to the administration of the league.
 - xi. Any player recommended for suspension shall have the right to a hearing before the Salt Lake County Recreation administration.
 - xii. Aggravation is not a defense to any suspension or removal, and all players are presumed to have notice of this rule.
 - xiii. The site supervisor shall have the power to suspend for the remainder of the season including tournaments, any person playing under an assumed name. All games that said person(s) participated in will be declared forfeits.
 - xiv. Alcohol/Drunkenness: No coach, player or spectator shall consume alcohol/tobacco in the facility or on the grounds (i.e., parking lot) of a facility used to host Salt Lake County Recreation programs. A coach, player, or spectator who, in the opinion of the officials or league supervisors, appears to be intoxicated and displays behavior of someone under the influence of alcohol will be ejected from the game.
 - 1. Minimum Penalty: One game suspension and probation for the remainder of the season.
 - 2. Maximum Penalty: Suspension from All County Youth Sport programs for one year from the date of offense.

VII. PROTESTS

- A. A team has the right to protest a game on the following grounds:
 - i. Player eligibility status
 - ii. Illegal player issues
 - iii. Interpretation of rules and regulations listed in this manual
- B. A team does NOT have the right to protest a game on the following grounds:
 - i. Official's judgment calls
 - ii. League supervisor's decisions
- C. Any suspended player or coach has the right to protest suspension, but ignorance of rules is not a legitimate defense to overturn a suspension or ban.
- D. Protest Procedure
 - i. The captain must indicate disagreement with the explanation and reserve the right to submit an official protest about the incident prior to the next service after the disputed play. The referee must honor this request. If the disagreement with the referee's explanation involves the last point of the game, the official protest must be recorded within the first 60 seconds of the timed interval between games. If the final point of the match is disputed, the protest must be recorded before the referees leave the playing area.
 - ii. A player/coach wishing to protest a suspension or ban must do so within 5 business days of the date of the suspension notice.
 - iii. A protesting team or player must file a protest form with the County Sports Office either by fax or in person by 5pm the next business day of the protested game. A \$50 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a Board consisting of three to five Salt Lake County personnel, and the Board will make a ruling within 24 hours of the hearing. The \$50 Protest Fee will only be refunded if the protest is upheld; otherwise, it will be retained by the County Sports Office as a processing fee.

VIII. END OF SEASON TOURNAMENT

- A. The tournament shall be known as the Salt Lake County Recreation Volleyball Tournament. It shall be supervised by the Salt Lake County Recreation Division.
- B. All volleyball league rules will apply for tournaments except for the following:
 - i. Matches will be best 2 out of 3, with games going to 21 (a cap of 23 points will be enforced). The 3rd game will go to 15 (a cap of 17 will be enforced).
 - 1. The “if game” will be 1 game to 15 (a cap of 17 will be enforced).
 - ii. A player’s name may appear on only one roster during the tournament. Rosters are frozen during the last night of league play; no players may be added to the roster during the tournament. Maximum team roster will include 15 active players.
- C. In the event a pool system is used, the following format will be utilized. A round robin will be played within each pool. Each pool winner and a predetermined number of second place teams will then advance to a single elimination bracket to determine the champions.
 - i. The team with the best win/loss record, after play is completed, shall be the first seed. The team with the second-best win/loss record shall be the second seed team.
 - 1. Example:
 - a. i. Team A 3 wins 0 losses
 - b. ii. Team B 2 wins 1 loss
 - c. iii. Team C 1 win 2 losses
 - d. iv. Team D 0 wins 3 losses
 - ii. In any situation where two teams are tied, first place will be decided by determining head to head first and then by playing percentage spread. The teams playing percentage will be found by adding up the teams points that were earned and then dividing that into the total amount of points scored against them throughout the whole pool play.
 - 1. If a tie still results, the total point differential against team you are tied with will determine your team’s place. If a tie still exists, the total points scored against all teams in your pool will determine your team’s place.

IX. AWARDS

- A. First and second place team individual awards will be given at the conclusion of end of season tournament.

Salt Lake County Sports Office

Phone: (385) 468-1670

5201 South Murray Park Lane

slco.org/sports-office

Schedules, Standings, and Stats are posted online at:

quickscores.com/sportsoffice