

ADULT INDOOR VOLLEYBALL RULES AND REGULATIONS

The purpose of this league, to be sponsored by the Lancaster Department of Parks and Recreation, is to combine the interest of the indoor volleyball teams of the community into friendly rivalry, wholesome recreation, and clean sportsmanship. The LRC shall be responsible for the collection of team entry fees, the scheduling of all dates for league play, the enforcement of the Indoor Volleyball Rules and Regulations and Code of Conduct, and the provision of the necessary facilities, officials, and equipment for the operation of the program.

SCHEDULING:

1. Once a team is officially registered in the program, leagues are formed by matching those teams of similar competition and skill levels. The top priority in league formation is to create competitive, balanced leagues.
2. Once a team has completed fifty (50) percent of their scheduled games, no refund will be allowed.

PLAYER WAIVER, RELEASE OF LIABILITY, INDEMNIFICATION & ROSTER FORM:

1. A completed roster must be neat and legible and have player's names, signatures, addresses, and telephone numbers. A manager and additional contact person must also be designated. Rosters must be on file prior to a team's playing its first game.
2. All roster changes must be:
 - a. Submitted on a ROSTER CHANGE FORM obtained in the LRC office and signed by the player(s) being added.
 - b. Filed in the LRC office, postmarked (if mailed), or emailed on the day in which the player(s) being added wish(es) to participate.
 - c. No roster changes will be accepted on site or by telephone.
3. An open team's roster is officially closed after: the 4th match in a 6-match league, the 5th match in an 8-match league, and the 6th match in a 10-match league.

ELIGIBILITY:

1. Players may play in as many leagues as desired provided they do not play on more than one team in the same league and they do not play for an industrial or church team that they do not work for or do not attend services.
2. High School participants:

High School players are responsible for checking their eligibility with their Coaches or Athletic Director prior to participation in any LRC league.
3. All players must be at least 18 years of age to participate or 16 years of age with Parent/Guardian registered to play on the same team.

INELIGIBILITY:

1. A player will be considered ineligible if they:
 - a. Play in a league classification in which they are not eligible.
 - b. Play under an assumed name, address, place of employment, or place of church attendance.
 - c. Are not listed on either the OFFICIAL ROSTER or a ROSTER CHANGE FORM of their team.
 - d. Fail to sign the player waiver release on the roster form.
 - e. Play for (2) two teams within the same league at the same time. In this case, the player will be property of the first team with which they play and considered an ineligible player on the second team.
2. Any player or team not paying a levied fine for disciplinary action or match forfeiture will be ineligible until that fine is paid.
4. Player ineligibility must be verbally protested by the Manager of the offended team, or any manager of a team within the same league, to a member of the LRC Sports Staff within one (1) week of the alleged violation. Any team found to be using an ineligible player will forfeit the protested match.

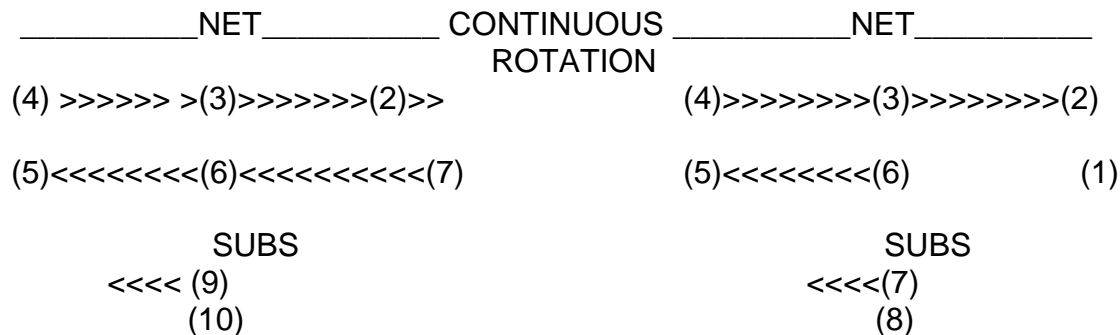
MATCH PLAY:

1. All play will be governed by UIL rules (University Interscholastic League) except when LRC exceptions are published. Any other rules governing league play not covered in this manual will be interpreted by the LRC Sports Staff.
2. In Competitive leagues, teams will play best two out of three games. The first two games scoring are to thirty (30) points. The winning team must win by two points, or be the first to reach 35 points. The third game, if needed, is to twenty-five points (25), and the winning team must win by two points, with NO CAP. Rally scoring is used in all games. Standings will be based on matches won and lost. Each team is limited to one 1-minute time-out per game. An additional time-out is granted when each team has scored twenty-nine (29) points. Teams will

have the option each game of playing with four - six players.

3. In Intermediate and Recreational leagues, teams will play three games to twenty-five (25) points. The winning team must win by two points, or be the first to reach 30 points. Each game will have a 15-minute time limit. Rally scoring is used in all games. Each team will have one thirty (30) second time-out per game. An additional time-out is granted when the score is tied at twenty-four (24) points, or when time runs out and the score is tied. The game clock will stop on all time-outs. There will be a one-minute break between games. Standings will be based on games won and lost. There will be no warm-ups allowed due to time restrictions. Teams are no longer required to receive the serve using a bump. Serves can be set, as long as the set is clean. Teams will have the option each game of playing with four players.
4. Only team members that are dressed and ready to play should be on the score sheet. A team that is reduced to fewer players than it began due to injury, ejection, or some other reason, may continue to play short for the remainder of the match.
5. Late arrivals may enter the game immediately as a substitute, or as an additional player in the proper position. If they are an additional player, they must be added to the bottom of the serving order. This rule applies to Men's Women's and Co-Ed leagues.
6. Basketball goals attached to the wall along the sides of the court where the scorer and official are located are out of play. Basketball goals that hang vertical along the end lines are out of play if in the judgment of the official no play could have been made by the nearest player. If in the judgment of the official a play could have been made by the nearest player, a re-play is called. The ceiling and anything attached to it is in play as long as the ball come down on the same side from which is was contacted.

SUBSTITUTION:



1. Substitution must occur through continuous rotation or must be made according to UIL substitution rules which allows individual players unlimited entries totaling 18 subs per team per game into the same serving order position.
 - a. Before each game, teams must notify the scorekeeper whether they will be using UIL substitution rules, or will be using continuous rotation.
 - b. One substitution will take place each time service is gained. The incoming substitution will replace the previous server and assume the last position in the service order. The outgoing player will assume the last position in the substitution order. Substitution will be continuous and entries must be in consecutive order throughout the game.
 - c. If a team is using continuous rotation and loses a player to injury, ejection, or some other reason, the next available substitute will enter into that player's spot immediately.

CO-ED RULES:

A team may play with as many females as desired, but males may not outnumber females on the court at any time. Serving order must alternate male/female, if possible.

CO-ED COMPETITIVE LEAGUES:

1. Any combination of hits is allowed to return the ball to the opposing court.

CO-ED INTERMEDIATE LEAGUES:

1. One hits to the opposing court are allowed anytime. When two or more hits are used, both a male and female have to play the ball at least once.
2. Serves do not have to be received using a bump. Serves may be set as long as it is clean.

CO-ED RECREATIONAL LEAGUES:

1. One hits to the opposing court are allowed anytime. When two or more hits are used, both a male and a female have to play the ball at least once.
2. Serves do not have to be received using a bump.
3. No overhand or jump serves allowed.

FORFEITS:

1. In Competitive leagues, if a team does not have at least four (4) eligible players at the scheduled starting time of the match, the opposing team manager has the option to:
 - a. Ask for immediate match forfeit, or
 - b. Win the first game by forfeit and allow that team up to ten (10) minutes to get at least four (4) players. Failure to field a team within ten (10) minutes will result in the match being a forfeit.
2. In Intermediate and Recreational leagues, if a team does not have at least four (4) eligible players at the scheduled starting time of the match, the opposing team manager has the option to:
 - a. Ask for immediate forfeit, or
 - b. Start the game clock (not play) and allow that team up to ten (10) minutes to get at least four (4) eligible players. Failure to field a team within ten (10) minutes will result in the match being a forfeit.
3. Teams will still be allowed to play for their allotted time after a match is declared a forfeit, as long as there are sufficient players available to comprise two teams. Officials will be required to officiate the match if desired by the teams.
4. A \$15.00 fine will be assessed for a team's first forfeit. This fine must be paid prior to the teams next scheduled league match, or that match will be a forfeit also. If the team notifies the LRC Sports Staff of an unavoidable forfeit at least 24 hours in advance, the fine will be waived (but the game will still be recorded as a forfeit).

5. Any team forfeiting twice during the course of the season may be dropped from the program with no refund of entry fee. A team representative will be required to state their case to the LRC Sports Staff prior to their next game so that a decision can be rendered.

PROTESTS:

To file a protest, the manager, or team representative must immediately inform the officials at what point the match is being played under protest. This must be done no later than the first stop of play following the alleged violation. A protest of a rule, or rules violation must be written and submitted to the LRC Sports Staff within 48 hours of the match being protested. Each written protest must be accompanied by a \$20.00 fee. Please remember that protests will not be considered if they are based solely on a decision involving the accuracy or judgment on the part of an official.

POSTPONEMENTS:

Teams may postpone a match in case of an **emergency**. The judgment of the LRC Sports Staff shall prevail in determining an emergency situation. Where postponements are allowed, the team asking for the postponement must get approval from their opponent and notify the LRC Sports Staff at least **48 hours** prior to the scheduled match, and pay a \$20.00 postponement fee.

FACILITY USE:

1. Please DO NOT SMOKE in the buildings, or gymnasiums, as it is strictly prohibited.
2. Absolutely no drinking of alcoholic beverages is allowed in these facilities. (This includes the parking lot as well as inside the buildings or gymnasiums).
3. Please do not leave anything of value in the dressing rooms, or gymnasiums, as we cannot be responsible for its safety.
4. *Game day weather updates for the LRC facility will be made by 4:00 pm each evening when weather is questionable. For the safety and wellbeing of our league participants the Lancaster Parks and Recreation Athletics Department may close its facilities at any time due to inclement weather conditions. Please call the Sports Information Hotline at (972) 218-3720 before you head out when matches are in question.*
5. Teams are responsible for any damage to the rented buildings other than that due to normal wear or accident.

MANAGERS (TEAM CAPTAIN) RESPONSIBILITIES:

1. Inform all team members of match times, dates, and locations.
2. Ensure that all team members are recorded on the OFFICIAL ROSTER FORM, or a ROSTER CHANGE FORM.
3. Ensure that all players wear same color shirts, and gym sneakers while playing.

4. Make sure that all players remove their jewelry before playing.
5. Be responsible for placing their player's names on the official score sheet in the proper serving order at least five (5) minutes prior to match time.
6. Ensure that all team members are familiar with the items covered in this manual, as well as those in the PLAYER CODE OF CONDUCT.
7. Be responsible for the actions of their team and spectators while participating in this program.

GENERAL PLAYING RULES:

SERVICE:

1. A re-serve shall be called when the server releases the ball for service, then catches it, or it drops to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five (5) seconds for re-serve.
2. Stepping on any part of the end line prior to service is a Foot Fault and will result in a point.
3. At the time the ball is contacted for service, the placement of players must conform to the service order.
4. After the ball is contacted for service, players may move from their respective positions.
5. Overhand serves and jump serves are allowed in league play. (Exception: Co-Ed Recreational leagues).
6. Serves may NOT be blocked or attacked at the net by the receiving team in any league.
7. Net serves are considered IN PLAY.

BALL IN:

A ball will be considered IN if any part of the ball contacts any part of the line.

PLAYING THE BALL:

1. The ball must be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown. The ball cannot roll or come to rest on any part of a player's body. A legal contact is a touch of the ball by any part of the player's body.
2. When two teammates simultaneously make contact with the ball, either player may make the next contact

PLAY AT THE NET:

1. While the ball is in play, no player from either team may make contact with the net. The penalty for touching the net is point.
2. A player's hand, or foot, may be **on**, but not completely **over** the center line.

3. If **any** part of the ball crosses the plane of the net, it may be played by the opposing team.
4. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block

Blocking a ball which is completely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:

- a. attacking team has completed its three allowable hits;
 - b. attacking team has had the opportunity to spike the ball, or, in the officials judgment, directs the ball with intent to return it to the opponents court.
 - c. ball is falling near the net and, in the officials judgment, no member of the attacking team could make a play on the ball.
5. Back row players are allowed to play at the net, however, they may not participate in a block, or spike the ball.
 6. If players of opposing teams simultaneously contact the ball over the net causing the ball to momentarily come to rest, the ball remains in play, and the team receiving the ball is entitled to another three hits. If the ball lands out, it will be considered a fault of the team on the opposite side of the net from where the ball lands.
 7. Disconcerting the other team by stomping, clapping, or by verbally talking, shouting, or making a noise to distract an opponent who is making a play on the ball is a violation and is penalized by point.

PLAYER CONDUCT:

1. Loud outburst of profanity while playing will not be tolerated as it is inappropriate in a recreational league program. Violation of this rule will result in point, or ejection from the facility.
2. In the event a manager, or coach cannot control the actions of their team, officials have been instructed to forfeit the match after sufficient warning has been issued. This decision will be solely one of judgment by the official.
3. All misconduct situations will be handled as outlined in the **PLAYER CODE OF CONDUCT**.

LEAGUE CHAMPIONSHIP:

League Champions for Competitive leagues are determined by Match records. League Champions for Intermediate and Recreational leagues are determined by Game records.

(In the event 2 or more teams tie for 1st place after league play, a playoff will determine the league champion or teams may be declared co-champions).

League winners will receive **Championship T-Shirts**.