

STAMFORD RECREATION SERVICES MAY LABER VOLLEYBALL LEAGUE RULES AND REGULATIONS

GENERAL RULES AND REGULATIONS

These rules and regulations are established by the Recreation Services Division to ensure that there be no misunderstanding among captains, players, referees, and supervisors. Recreation Services is trying to help you enjoy your volleyball program by organizing and supervising your league. These rules and regulations will be enforced in their entirety; however, in order to be successful we will need your cooperation.

ELIGIBILITY - INDUSTRIAL -

Only industries and businesses and their branches located in Stamford eligible. Any person is eligible to play provided he/she is a full-time employee with a Stamford company he/she represents for at least days prior to participation.

OPEN - Only residents of Stamford will be eligible to play in the Open Recreation Services League. Only players listed on the roster are eligible and can only play in one Open League. Players must be 18 years of age or older by the start of the season.

ROSTER- Each team is allowed fifteen players (including substitutes on their roster). Additions and deletions may be made to the roster up until the last three games of the regular league schedule.

OPEN - Additions and deletions may be made to the roster in writing and signed by the team manager and turned into Recreation Services 48 hours before eligible to play.

DROPOUT - If a team drops out of the league during a season, all wins and losses in that season will be dropped from the standings. All fees paid will be forfeited. That team will also be on probation (ineligible to participate in the league) for one year.

ROSTER/WAIVER - Recreation Services requires that each participant sign an injury waiver.

REGULATIONS ON USE OF SCHOOL BUILDING AND PROPERTY: Rules and Regulations as drawn up by Recreation Services must be strictly adhered to:

- Smoking is not allowed on any Board of Education property (This includes the parking lot) by order of the Fire Marshall.
- Street shoes can not be worn by any of the players (gym shoes or sneakers only.)
- Recreation Services is glad to have spectators, however, as the Department is responsible for the building, we reserve the right to deny this privilege if abused. Players and spectators must not wander to any part of the school building and must stay in gymnasium area.
- Please do not litter - use trash receptacles.
- NO Food or Beverages are allowed in the Gym at all League Games. Teams or players violating this rule will be reprimanded or suspended.

Cancellation of Games: The Board of Education reserves the right to deny or "bump" any activity held in one of its schools. If our games are affected you will be notified by Recreation Services immediately.

Inclement Weather: If the schools are closed due to inclement weather, games are canceled. Make sure to sign up for text/email alerts from Quickscores. GO to www.stamfordrecreation.com click inclement weather for updates.

If the weather turns for the worst after schools are open call Recreation Services at 203-977- 4641 EXT. 211 AFTER 3 PM TO DETERMINE WHETHER OR NOT GAMES ARE CANCELED. IF IT STARTS SNOWING AFTER 5:30 THE GAMES WILL MOST LIKELY BE PLAYED.

RULES OF PLAY:

Games will be played according to National Federation Volleyball Rules or those drawn up by the Recreation Services and League Representatives.

Note: Teams should be wearing uniformed (shirts). It is urged that all players have the same color shirt as his/her teammates.

USE OF DRUGS AND ALCOHOLIC BEVERAGES:

- A. It is mandatory that all alcoholic beverages and drugs are kept out of the gym at all league games.
- B. There is no drinking in the parking lot before or after games. If caught, suspension from league may occur.
- C. Cars cannot be left and picked up at a later time unless a breakdown occurs, then the custodian must be notified.
Teams or players violating this rule will be suspended. In the case of excessive abuse, and Recreation Services official (supervisors, league director, or referees) has the right to forfeit the match, and that team will be recommended for suspension from further league play

PARKING: All cars must park in lower or upper parking lot to the left. Do not park by gym doors, loading ramp, guard - rails. Your car may be towed away/and or game halted until cars are moved.

FIGHTING: Anyone involved in a fight (thrown punch) or pushes, shoves, or physically abuses any participant, official and or league director of the Co-Ed Volleyball League is automatically suspended for the rest of the year plus one year of all Recreation Services Programs. A \$100.00 ejection fee must be paid before the team will be allowed to continue their season.

PROFANITY RULE: Participants in the Coed Volleyball Leagues are not allowed to use profane language during the game. The referee will warn a player not to swear again. If a player swears again, he/she will be ejected from the game for unsportsmanlike conduct, plus suspended for one game. A \$70 fine is assessed.

JEWELRY: Players shall not wear Jewelry of any kind (Watches, bracelets, earrings, neck chains.) Any other item judged by the referee may not be worn during the game. Player will be warned to remove Jewelry . If player refuses to remove jewelry, immediate ejection from the game will occur. A \$70 fine is assessed.

OFFICIALS: One Certified High School Federation or USVBA official will be assigned to each match. The fee is \$25.00 per team per match. In the case of a forfeited match, the team forfeiting will pay the official \$50.00 prior to playing their next scheduled match. Fine must be paid at the gym.

RESCHEDULING: No Individual Volleyball Games can be rescheduled as your fee only covers the scheduled weeks of games. Any cancellation on the day of game play will result in you paying the forfeit fee of \$50.00.

CANCELLED GAMES: The city will try and make-up any cancelled games. These games may be scheduled for 8:30pm. If the game has a bearing on the play-offs it will be made up.

LEAGUE AUTHORITY: Recreation Services has final authority as to the conduct of the league, and use of facilities, and any other issues.

PART II

THE GAME: League will be governed by National Federation Volleyball rules with the below adaptation.

DEFINITION:

1. Volleyball is a game played by 2 teams of 6 players each with an inflated ball on a rectangular court separated into 2 areas by a net. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team shall return the ball over the net in such a manner that it will land within the opponent's playing area.

Each team will play 1 match, which is made up of 3 games. The number of games won and/or lost and the total number of points scored will be recorded.

SCORING:

1. A point shall be awarded to the team whose opponent violates a rule.
2. The scoring format shall be rallying point scoring. The first team to receive 25 points will be the winner.
You do not have to lead by 2 points.

SIDE-OUT/LOSS OF RALLY:

I. When rallying scoring, a point will be awarded for each loss of rally.

START OF GAME/MATCH:

1. A coin toss shall be conducted between the designated player of each team, (at least 5 minutes prior to the first game)of the match. The designated player shall call the toss. The winner shall choose to serve, receive or choose court - side. The loser of the toss shall be given the remaining
choice.

TERMINATION OF GAME:

1. The score of the forfeited game shall be 25-0 if the game has not started. If the game is in progress, the offending team shall be awarded its acquired points and the opponents awarded at least 25 points. A forfeited game shall be declared by the referee if a team fails to play when directed to do so by the referee.
 2. If a match is suspended due to power failure or other unforeseen circumstances, it may be resumed from point of suspension unless Recreations Services determines otherwise. The score and lineup will be the same when it is resumed as it was at the moment of suspension.
 2. Any manager/player failing to resolve a situation of an unruly spectator(s) in a reasonable amount of time, the game shall be declared a forfeit.
 3. Grace time of 15 minutes is allowed for the first game at the discretion of the referee/league director. Failure to have at least 4 players (at least one woman) ready to play at the start of the scheduled match plus "grace" time will automatically cause the forfeit of the first game. Every minute your team is late a point will be awarded to the opposing team (for example if your 4th player arrives 10 minutes late, the first game will start at 10-0). A second "grace" period of 10 minutes will be allowed, with failure to field a team (the point system will also be followed) causing a forfeit for the second and third games. The opposing team must have 4 players (1 women) on the court for 25 minutes or they also forfeit. The Referee and Scorekeeper must also be at court side for the 25 minutes and sign the score sheet at the end of the 25 minutes.
 - Recreation Services Rule will allow you to start with 4 players, 1 of which must be a woman. If 5 players are available 2 must be women. A team should consist of 6 players, 2 of which are women.
- TIME PLAY: The first session each night will begin at 6:30 P.M. The second will begin at 7:30 P.
- A five Maximum time on the court is one hour between designated time schedules. If, at the end of the hour, the third game is still in play, the team ahead will be the winner. Referee is to notify the teams when there are 2 minutes left to play.
 - A two-minute rest period may be allowed for each game, but only if time permits, as determined by the referee.
 - 5 minute warm-up period is given before the first game of the match.

PLAYABLE OVERHEAD OBSTRUCTIONS: - FROM THIS POINT ON IT IS FROM THE FEDERATION RULES:

1. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

OUT-OF-BOUNDS:

I . A ball is out-of-bounds and becomes dead when it:

- A. Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball;
- B. Touches the floor completely outside the court's boundary lines;
- C. Touches the net antennas or does not pass over the net entirely between the net antennas;
- D. Touches the net cables or net completely outside the antenna, net support, or referees platform;
- E. Touches a non-player who is not interfering with a player's legitimate effort to play ball;
- F. Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension;
- G. Touches or enters (from the court) a non-playable area such as adjacent courts scheduled for play, bleachers, benches, officials' table, etc.;
- H. Touches any part of a backboard, which is hanging in a vertical position, over a playable area if, it is a served ball, or in the judgment of the official, the ball would not have remained in play if the backboard had not been there. Supports are considered part of a backboard.

PENALTY FOR OUT-OF-BOUNDS: Point is awarded the opponent

RESTRICTEDPLAY:

The official shall stop play when:

A wall, floor obstacle, non-playable area or non-player interferes with a player's legitimate effort to play the ball;

- A. A player breaks the plane of a non-playable area;
- B. A player gains an advantage by contacting any floor obstacle, wall or another player.
- C. It is necessary to prevent player injury from contact with obstacles or walls.

- D. The ball contacts any part of a backboard that is hanging in a vertical position over a playable area. Supports are considered part of a backboard.

PENALTIES FOR RESTRICTED PLAY:

1. When a wall, floor obstacle or non-playable area that is less than 6 feet from a boundary line, or a non-player causes the interference, a replay is declared provided the player was making a legitimate effort to legally play the ball.
2. When, in the judgment of the official, the ball would have remained in play if the vertical backboard had not been over the playable area, a replay is granted.
3. In all other situations, a point/side-out is awarded the opponent.

PLAYER EQUIPMENT AND UNIFORMS:

1. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, event though padded, is not permitted on the finger, hand, wrist or forearm.
2. Supports/Braces are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm. If in the judgment of the Referee, they are not considered dangerous. The Referee shall however, require a suppoftlbrace to be covered or padded if a sharp edge or point is exposed.
3. Artificial limbs are permitted when, in the judgment of the state association are no more dangerous than corresponding human limb, or adequately padded.
4. Any equipment that in the judgment of the Referee increases a player's advantage or presents a safety concern (e.g. towel tucked in uniform in waistband) is prohibited.
5. Hair devices may be worn if made of soft material and no more than 2 in. wide.
6. Players shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.

PENALTY FOR ILLEGAL EQUIPMENT:

1. When a player wearing illegal equipment attempts to enter the game, unnecessary delay shall be assessed the team. The player shall not enter the game until the illegal equipment is removed or made legal.
2. When a player wearing illegal equipment is discovered in the game, unnecessary delay shall be assessed the team.
 - A. If the team has a time-out remaining, the player may remain in the game provided the illegal equipment is removed or made legal during the time-out period.
 - B. If the team has no time-outs remaining, point or side-out shall be awarded the opponent. The player shall be removed unless the illegal equipment is removed or made legal immediately.

3. For subsequent violations by the same team during the match, a point or side-out shall be awarded the opponent. The player shall be removed unless the illegal equipment is removed or made legal immediately.

THE TEAM: COMPOSITION AND POSITIONS

TEAM PLAYERS:

1. A team shall consist of 6 players (2 women) to begin the match.
2. If a team has 5 players, they may start, but 2 of the players must be women. If only 4 players are available 1 must be a woman.
3. If a team has fewer than six eligible players due to illness injury or disqualification after the start of a match, it shall continue play as long as they have two females.
4. A team must wear the same color shirts. No tank tops or half shirts allowed.

THE CAPTAIN:

1. Each team shall designate a playing captain and this is the only player who may communicate with the official. If this player is replaced by a substitute, the coach shall designate another player as captain who shall remain as such until the original playing captain returns to the.
2. During any dead ball, the playing captain may request the following for his/her team;
 - A. Time-out;
 - B. Verification of time-outs used;
 - C. Verification of serving order.

The playing captain may request verification of the proper server for the opponent, and if a signal is missed, ask the referee to repeat the call

PLAYER POSITIONS: The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left, Back and Center Back.

AT THE MOMENT OF SERVE:

1. All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines, or centerline, but may not have any part of the body touching the floor outside those lines.
2. All players shall be in correct serving order. Each right side player shall have at least part of a foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (except the server and the center back of the serving team.) Each left side player shall have at least

part of one foot touching the floor closer to the left sideline than both feet to the center player in the corresponding row. Each front row player shall have at least part of a foot touching the floor closer to the centerline than both feet of the corresponding back row player.

3. After the ball is contacted for the serve, players may move from their respective positions.
4. When a side-out is awarded to a team, that team shall rotate clockwise 1 position.
5. When a side-out is awarded a team player with fewer than six players due to illness, injury or disqualification, a side-out shall be awarded the opponent each time the vacant position is the right back position.
6. A coach or playing captain may request the team serving order while the ball is dead.

PENALTIES FOR ILLEGAL POSITIONING:

1. For illegal alignment, point/side-out is awarded the opponent for:
 - A. Overlapping by players other than the server at the moment a legal serve occurs.
 - B. Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.
2. For an improper server, side-out/point shall be awarded as soon as the improper server is discovered and verified.
 - A. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled, No further penalty is assessed.
 - B. When an improper server is not discovered until after the serve has alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.
 - C. Proper serving order as written in the scorebook will be regained immediately.

SCREENING

- I. Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve and/or the path of the served ball. Potential screens exists, but are not limited to:
 - A. When a player(s) on the serving team waves arms, jumps, moves side-ways or stands close to the server, and the ball is served over the player(s).
 - B. When a group of two or more teammates stand close together, and the ball is served over them.

PENALTY FOR SCREENING:

1. A side-out/point is awarded the opponent.

THE SERVE-DEFINITION:

1. A legal serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after the server releases it. The ball shall be contacted with 5 seconds after the referee's signal to serve.
2. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
3. A team's term of service begins when a player assumes the right back position as the server and ends when a side-out is awarded.
4. A player's term of service begins when the player assumes the right back position as the server and ends when a side-out is awarded or a substitution for the player is made prior to the end of the team's term of service. Each player may have only one re-serve during a team's term of service.
5. A re-serve shall be called when the server releases the ball for service, then catches it or drops it 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 seconds for the re-serve.
A re-serve is considered to be a part of a single attempt to serve. Therefore, after the referee's signal for service, no request for time-out, service order, lineup, or substitution may be recognized until after the ball has been served.

GENERAL:

1. The first server for each team is the Right Back player. Thereafter, when a team is awarded a side-out, the Right Front player rotates to the serving area.
2. A The serve alternates when a side-out/point is awarded the opponent.
2. The team not serving first in the previous game of the match shall serve first in the second game.
3. A serve is illegal and the ball remains dead if the server:
 - A. Hits the ball illegally (Illegal Hit).
 - B. Is touching the end line or the floor outside the serving area when the ball is contacted (Line Violation).

- C. Does not contact the ball to serve within 5 seconds (Delay of Service).
- D. Is out of serving order or is from the wrong team (Illegal Alignment/Improper Server).
- E. Deliberately serves before the referee's signal to begin the serve (Unsportsmanlike Conduct)
- F. Releases the ball for service, then catches it or drops it to the floor more than once during one term of service (Illegal Hit).

- 1. team continues serving until a side-out is awarded the opponent or the game ends.

A served ball is a service fault and becomes dead when the ball

A. Does not legally cross the net, such as when the ball touches:
Or passes under the net; (Net Foul/Net Serve)

- 2. One of the server's teammates; (Ball Lands In-Bounds)
- 3. The floor on the server's side of the net. (Ball Lands In-Bounds)

B. Crosses the net not entirely between the net antennas, or lands out-of-bounds (Outof- Bounds).

C. Touches the ceiling or any obstruction. (Out-of-bounds)

- 4. When a receiving team player is out of position on the serve and:

- A. If the ball is served illegally, the serving team is penalized.
- B. If a service fault occurs, the receiving team is penalized.

SERVICE PENALTIES:

- 1. For an illegal serve, a service fault, or the receiving team being out of position when there is an illegal serve, side-out/point is awarded the receiving team.
- 2. For the receiving team being out of position when there is a service fault, a point is awarded the serving team.
- 3. For a server having a second re-serve during one teams term of service, a side-out/point is awarded the receiving team.

DURING PLAY:

1. Team Area...All non-playing team members, including coaches and managers, shall be seated on the designated area during the game.
2. Changing Courts...For game 2 in a 3-game match, teams shall immediately change playing area and substitute areas - Then change again for 3-game match.

LIVE AND DEAD BALLS:

1. A live ball is in play; from the moment the ball is legally contacted by the correct server until a dead ball occurs.
2. A dead ball is declared by an official for any decision temporarily suspending play until the ball is legally contacted again for the serve.
3. A live ball becomes dead when:
 - A. The ball touches the net antennas or does not pass entirely the net antennas.
 - B. The ball lands out-of-bounds.
 - C. The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team.
 - D. The ball contacts the ceiling or an overhead obstruction after the third hit.
 - E. The ball contacts a wall or ceiling obstruction, which is over a non-playable area.
 - F. The ball becomes motionless in the net or an overhead obstruction.
 - G. The ball touches the floor.
 - H. The ball passes completely under the net.
 - I. The ball contacts a non-player in a playable area.
 - J. A player or ball breaks the plane of a non-playable area.
 - K. A player commits a foul.
 - L. An official sounds the whistle for any reason.

CONTACTING THE BALL:

1. A contact is any touch of the ball by a player (excluding the player's hair).
2. A hit is a contact/touch of the ball, which is counted as one of the team's three allowable plays before the ball is returned to the opponent's side of the court.
3. A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area (One of the three hits must be female). When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.

4. A ball is considered to have crossed the net when:
 - A. It has passed beyond the vertical plane of the net.
 - B. It is partially over the net and is contacted by an opponent.
 - C. No part of the ball has crossed the net and it is legally blocked.
5. Legal contact is a touch of the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest, or involved prolonged contact with a player's body.
6. Simultaneous contact is more than one contact of the ball made at the same instant.
 - A. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit.)
 - B. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit.) Any player may make the next hit.
 - C. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
 - D. A "Joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "Joust" is not a foul, and play continues as if the contact was instantaneous.
7. Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:
 - A. Simultaneous contact by teammates;
 - B. Simultaneous contact by opposing players; C. Successive contacts by a player whose first contact is a block; then the second contact shall count the first hit by the player's team
8. Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
 - A. When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block.
 - B. On any first team hit, whether or not the ball is touched by the block.

PENALTIES FOR ILLEGAL CONTACT: Point/side-out is awarded the opponent when:

- I. A team has more than 3 hits and or 1 of 3 hits was not a female.

2. There is any illegal contact, illegal successive contacts and/or illegal multiple contacts of the ball.

PLAYER ACTIONS - DEFINITIONS

1. Pass - A play in which the ball is hit into the air so another player can get into position to contact the ball.
 - A. Forearm pass - a controlled skill, generally used as a team's first hit, in which the ball rebound from the forearms of the receiver to a teammate.
 - B. Overhead pass (setting action) - two-hand finger action directing the ball to a teammate.
 - C. Set - A two (or one) hand finger action directing the ball to an attacker.
 - D. Dig - An underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists, or hands.

2. Attack - Any action other than a block or a serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally blocked.
 - A. Spike - an attack play in which the ball is forcibly hit into the opponent's court with a onehand overhead motion.
 - B. Tip/Dink - fingertip attack on the ball, which directs the ball into the opponent's court.
 - C. Dump - a fingertip attack most commonly used by a setter on the second hit to direct the ball in the opponent's court.
 - D. Overhead pass — two - hand finger action directing the ball over the net.

4. Block - A play approximately arm's length from the net in which a player (s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an action that would:
 - A. Prevent the ball from crossing the net, including a served ball.
 - B. Return the ball immediately.
 - C. Deflect the motion of the ball.

5. A block may involve wrist action provided there is no prolonged contact.
 - A. Front row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended.
 - B. Back-row players while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
 - C. Play continues when a back-row player, (on or in front of the attack line), contacts the ball, which is completely above the height of the net, on a team's first or second contact, directing the flight of

the ball toward a teammate, and the opponent legally contacts the ball that breaks the vertical plane of the net. If the ball is hit back into a back-row player, it is ruled as the team's first hit/contact. It is a back-row player foul if the flight of the ball is toward the opponent's court and not toward a teammate and is legally touched by an opponent above the net, or completely crosses the net.

6. A back-row player shall not:
 - A. Participate in a block or an attempt to block.
 - B. Attack a ball, which is completely above the height of the net while positioned.
 1. On or in front of the attack line or its out-of-bounds extension;
 2. In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
 - C. An illegal back-row attack shall not be called until the ball has completely crossed the net or is legally blocked by the opponent.
7. A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand/hand(s) remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.
8. A player may cross the extension of the center line outside the court (from the sideline to the standard and/or up to any nonplayable area) at any time provided he/she does not interfere with play by the opposing team.

While across the centerline extension outside the court, any player may play a ball that has completely crossed the vertical plane of the net extended.

PENALTIES FOR ILLEGAL PLAYER ACTION: Point or side-out is awarded the opponent for an illegal hit, centerline violation or back-row player foul.

NET PLAY:

1. A ball contacting and crossing the net, other than when served shall remain in play provided contact is entirely within the net antennas. Recovering a ball hit into the net shall be permitted.
2. 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.
3. Blocking a ball, which is entirely 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:
 - A. Attacking team has completed its three allowable hits.
 - B. Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball toward the opponent's court;
 - C. Ball is falling near the net and, in the official's judgment no member of the attacking team could make a play on the ball.
4. Blocking a served ball is not permitted.

5. A ball may be attacked, excluding a served ball, when it has partially crossed the net. Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of the play until it completely crossed the vertical plane of the net or is legally contacted by an opponent.
6. A net foul occurs while the ball is in play and;
 - A. A player contacts any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player;
 - B. A player gains an advantage by contacting the floodwall cables, standards or referee's platform;
 - C. There is dangerous contact by a player with the floodwall cables, standards, or referee's platform.
 - D. There is interference by a player who makes:
 1. Contact with an opponent, which interferes with the opponent's legitimate effort to play the ball.
 2. Intentional contact with a ball, which the opponent has caused to pass partially under the net or into the body of the net and the opponent, is attempting to play it again.

PENALTIES FOR ILLEGAL NET PLAY: For a net foul or over-the-net foul, point or side-out is awarded the opponent. FOULS:

1. A foul is a failure to play as permitted by the rules.
2. A double foul occurs when opposing players commit rule violations at the same instant.
3. A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball.
4. A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.
5. A double hit occurs when a player's successive or multiple contacts are illegal.
6. A foot fault occurs when a player violates the sen/ing area or centerline restrictions.

PENALTIES FOR FOULS:

1. For a single foul (double hit or foot fault), point/side-out is awarded the opponent.
2. For a double foul during a:
 - A. Live ball play, a replay is called.
 - B. Dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.

3. For a multiple foul, only one penalty is assessed (point, side-out or a charged time-out.)
4. For a simultaneous foul during a:
 - A. Live ball play, only one penalty is assessed.
 - B. Dead ball, all applicable penalties are assessed.

REPLAY:

1. A replay is the act of putting the ball in play without awarding a point or side-out and without a rotation for the serve. A replay may be declared when:
 - A. An official's mistaken whistle interrupts play. B. A double whistle occurs on the serve.
 - C. A player unintentionally serves the ball prior to the referee's signal to serve.
 - D. There is a double foul play during a live ball.
 - E. There are conflicting calls, which the referee cannot resolve.
 - F. A player's legitimate effort to legally play the ball, in the judgment of the official is affected by a:
 - a. Non-player anywhere in a playable area.
 - b. Wall, floor obstacle or non-playable area within 6 feet of the court.
 - c. Ball becoming motionless in the net, inside the net antennas or, in an overhead obstruction over a playable area. G. Play is interrupted because:
 - a. A foreign objects enters the proximity of the playing area.
 - b. The official determines that a player has been injured.
 - H. The ball contacts a backboard or its supports hanging in a vertical position over a playable area and, in the judgment of the official, the ball would have remained in play had the backboard not been there, and a player is able to make a legitimate play for the ball.

UNNECESSARY DELAY:

1. Unnecessary delay includes, but is not limited to when:
 - A. A team is not immediately ready to start play when indicated by the official.
 - B. Delay results from a substitute attempting to enter, or when a player in the game is wearing illegal equipment or an illegal uniform.
 - C. A coach /captain makes excessive requests for the serving order.
 - D. A team delays substitution.
 - E. An illegal substitute enters or attempts to enter the game.
 - F. A team repeatedly uses improper substitution procedure.
 - G. A coach does make a decision about an injured player within 30 seconds.
 - H. Cleaning up liquid or other substance used by a team(s) during a time-out causes a delay.
 - I. A team does not confer in the team's bench area during a time-out.

J. A team requests a time-out in a game after it has take its allotted time-outs.

PENALTIES FOR UNNECESSARY DELAY: For a coach, player, substitute or team charged with unnecessary delay, a time-out shall be assessed and the 60 seconds given. If the team has used all its time-outs, point or side-out is awarded the opponent and the game is resumed immediately.

SUBSTITUTIONS - SUBSTITUTION REQUESTS:

1. A substitution is the replacement of at least one player in the game by a teammate (substitute) who is listed on the roster.
2. A request for substitution shall not be recognized if made:
 - A. By anyone other than a coach or substitute entering the substitution zone.
 - B. During a live ball.
 - C. After the referee has signaled for serve.
3. Each team is permitted only one request for substitution during the same dead ball. Other requests for substitution by the same team shall be denied.
4. Substitution requests prior to the start of the game shall be denied. In case of an injury or illness to a starting player, a lineup change may be made without penalty, and no entry shall be charged to the injured/ill player.

PROCEDURE FOR SUBSTITUTION:

1. To request a substitution:
 - A. The coach may visually signal to the official that substitution is desired; or
 - B. The substitute may enter the substitution zone.
2. The official recognizes the request by whistle and signal.
3. After the official's recognition of a request, each substitute shall immediately move to the sideline between the attack line and the centerline of that team's playing area. Report to the referee his/her name and the name of the player to be replaced.
4. The player and substitute shall remain in the substitution zone until the referee releases them onto the court.
5. Substitutions may only be made from the center back position and only while the ball is dead.

- A. Although the new player must go into the center back position, any player may be taken out and his position filled by rotating the other players.

PENALTIES REGARDING SUBSTITUTION:

1. Unnecessary delay is charged the offending team when a:
 - A. Substitution is delayed.
 - B. The referee denies substitution after the request has been recognized because the substitute is illegal or is wearing illegal equipment.
 - C. Team repeatedly uses improper substitution
2. After a team is charged with unnecessary delay:
 - A. The coach may withdraw the request.
 - B. For illegal substitution, equipment, substitution is allowed after corrections are made, if there is no further delay of the game.

PENALTY FOR AN ILLEGAL SUBSTITUTION: Unnecessary delay is charged the offending team when an illegal substitute attempts to enter or is found in the game.

1. For the serving team, any points known to have been scored during a term of service in which and illegal substitute is discovered in the game shall be canceled.
2. For the receiving team prior to the contact of the serve by the opposing team, all points earned during the previous term of service by the violating team while the illegal substitute was in the game, shall be canceled.
 3. After the serve has alternated and the first serve is contacted, there shall be no cancellation of points. In all cases, the illegal substitute must enter legally or be replaced by a legal player.

TIME-OUTS - DEFINITIONS:

1. Charged time-outs are those requested by a team or charged to a team by the official.
2. Official's time-out are those taken by officials for any reason they deem necessary.

GENERAL:

1. The coach shall make requests for time-outs or playing captain only during dead balls, but not after the referee has signaled for the next serve.
2. A time-out requested prior to the start of the game shall be honored.
3. Charged time-outs begin when the official recognizes the request with the whistle and signal. A time-out will last for a maximum of 60 seconds, unless both are ready to play. Each team is limited to 2 time-outs per game. Requests for additional time-outs shall be denied and requesting team penalized. Time-outs may be taken consecutively without play between them.

4. During officials' or team time-outs, teams may confer with their coaches only on their court or at their team bench area.
5. Rally scoring does not award additional time-outs.

PENALTIES FOR TIME-OUT FOULS:

1. For a team not conferring in the specified area or delaying its return to the floor after a time-out, unnecessary delay shall be charged. A time-out shall be assessed to the offending team and the team shall be given the 60 seconds, if it has a time-out remaining.
2. If a team has used all its time-outs, point or side-out is awarded the opponent, and game shall be resumed immediately.

REVIEWING DECISIONS:

1. To review a decision by an official which may have resulted in an incorrect decision, a coach may request and be granted a time-out, provided the request is made during the dead ball immediately following the situation in which the possible incorrect decision occurred. When a timeout is so granted, the coach shall confer with the referee at the referee's platform. If the conference results in the referee altering the ruling, the umpire shall notify the opposing coach, the revision made and the time-out charged to the official.
2. Decisions based on the judgment of the official(s) are final and not subject to review.
3. Recreation Services Division League Director will make a decision on any dispute that cannot be settled by referees and captains. The dispute must be settled before resuming play.

PENALTY REGARDING DECISIONS:

1. If the official's decision prevails, the team requesting the conference shall be charged a time-out. If the team has already used its 2 allotted time-outs, point/loss of rally or side-out shall be awarded the opponent.

INJURY:

1. In the case of an injury/illness during the game, the referee may interrupt play and call an official's time-out. Within 30 seconds, the coach shall:
 - A. Request a substitution for the player.
 - B. Leave the player in the game with play beginning immediately, or,
 - C. Take a team time-out if the team has not used its allotted time-outs. The game shall resume with replay.

NOTE: If the decision is made to substitute for the injured player, the team shall be allowed the necessary time to safely move the player from the court.

2. When it is detected that a player is bleeding, has an open wound or has a uniform with an excessive amount of blood on it, the game shall be stopped at the earliest possible time. This interruption of play shall be administered as an injury time-out. In all situations, the player (s) shall receive proper treatment before resuming participation.
3. In case of injury or illness to a starting player prior to a game, the injured/ill player is replaced in lineup without penalty and no entry is charged to the injured or ill player.

BETWEEN GAMES:

1. The time period between games of a match shall be no more than three minutes, beginning when the referee signals the teams to their appropriate team benches.

CONDUCT:

1. Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

CONDUCT: PLAYERS COACHES TEAM ATTENDANTS AND/OR SPECTATORS:

1. No player, coach, team attendant and/or spectator shall act in an unsportsmanlike manner while on or near the court before a match, during a game or between games.
2. It is considered a serious offense (red card) for any player, coach and/or team attendant to use any form of tobacco product.
3. The captain and coach from each team shall attend the prematch conference.
4. A team shall not refuse to play when directed to do so by the referee.
5. Coaches shall remain in the area during a game except to:
 - A. Request a time-out or substitution, during a dead ball.
 - B. During any dead ball, request a review of accuracy of the score, verify the number of time-outs used or the serving order of his/her team, or to verify the proper server for the opponent.
 - C. Stand at the area to greet a replaced player. D. Confer with players during time-outs.
 - E. Spontaneously react to an outstanding play by members of their own team.
 - F. Confer with officials during specifically requested time-outs. G. Attend to an injured player with permission of the official.

6. Non-playing team members shall remain seated on the team area during a game except to:
 - A. Spontaneously react to an outstanding play by members of their own team.
7. Unsportsmanlike conduct for a coach, substitute or team attendant and/or spectator includes, but is not limited to the following:
 - A. Use of disconcerting acts or words when an opponent is about to play the ball.
 - B. Entering the court while the ball is in play.
 - C. Attempting to influence a decision by an official.
 - D. Disrespectfully addressing an official.
 - E. Questioning an official's judgment
 - F. Disrespectfully addressing, baiting or taunting anyone involved in game.
 - G. Using the electronic equipment for coaching purposes during the game or any intermission;
 - H. Using a sounding device at courtside for coaching purposes.
 - I. Holding unauthorized conferences.
 - J. Attempting the re-entry of a disqualified player.
 - K. Illegally leaving the designated area during the game.
 - L. Making excessive request designed to disrupt the game.
 - M. Abusing the re-serve rule.
8. Unsportsmanlike conduct by a player includes but is not limited to:
 - A. Use of disconcerting acts or words when an opponent is about to play the ball.
 - B. Disrespectfully addressing an official.
 - C. Questioning or trying to influence official's decisions.
 - D. Showing disgust with official's decisions.
 - E. Using profane or insulting language or gestures or baiting/taunting anyone involved in the game
 - F. Making any contacts with an opponent which is deemed unnecessary and which incites roughness.
 - G. Using any part of a teammate's body or any object to gain physical support for advantage in playing the ball.
 - H. Deliberately serving prior to the signal for serve.
 - I. Abusing the re-serve rule.
 - J. Spitting other than into the proper receptacle.
 - K. Making any excessive requests designed to disrupt the game.

PENALTIES FOR ILLEGAL CONDUCT:

1. For a team refusing to play when directed by the referee, that team shall forfeit the game. 2. For a coach delaying/refusing to attend the prematch conference, point/side-out is awarded the opponents.
3. For a player, coach, substitute or team attendant displaying acts of unsportsmanlike conduct, point/side-out is awarded the opponents.
4. For what the official deems a flagrant foul, team members (including all players, coaches, substitutes and team attendants) may be disqualified from further competition in the match or removed from the premises. Depending on the severity of the disqualification a fine of \$70.00 or \$100.00 fine will be assessed. This fine must be paid before the team will be allowed to return to play. Recreation Services Director should be notified immediately.

PLAYOFFS AND AWARDS:

1. Trophies will be given to the top two teams in each division, the league champion and runner-up. T-Shirts will be given out to the League Champions. In case of a tie for first or second, a 2 out of 3 playoff match will be played on the last night of play.
2. The opportunity for a team to be in the playoffs will be determined by the total number of games the team has won. In the event of a tie for the 3rd or 4th slot-total points will be used as the tiebreaker.
3. Playoff games will be played during an extended playing night allowing for three consecutive matches.

Unruly Spectator (s) - The responsibility for crowd control rests with the team manager. If the referee determines the unruly spectator (s) behavior is negatively affecting play, the referee shall: A. Temporarily suspend play.

B. Communicate the problem to team manager.

If the situation is not resolved in a reasonable amount of time, the referee shall suspend the match. Recreation Services Division shall determine whether the match is resumed from the point of suspension or declared a forfeit.

SPORTSMANSHIP:

Good sportsmanship and proper conduct are integral parts of the Recreation Services Division Volleyball Program. Any type of cheering, yelling or other similar actions, which are done in a manner to disconcert or be derogatory toward the opposing team or specific opponent is considered inappropriate. Cheering and other support should always be positive in nature toward the opposing team and not intended to taunt opponents. Communication between teammates should be done in a manner not intended to distract an opponent at the moment of serve, moment of attack, etc.

It is important that we take the initiative to help the sport continue to grow in a positive way, which includes the development of players, better coaching and officiating, and a continuing emphasis on good sportsmanship by players, coaches, and spectators.