

Adult Sports Volleyball

Playing by the Rules

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League Standings and Player
information website:

www.rosevillesports.com

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General League Information

ELIGIBILITY & ROSTER REQUIREMENTS

- A. A player may only be signed on one roster and play on one team in the same league on the same night.
- B. Players must have a legal picture ID in their possession at each game. Roseville staff and officials reserve the right to conduct random ID checks.
- C. Rosters are “frozen” after 5th week of play in the season. Signatures can still be added until final game but must be done before the player participates in a game.
- D. Minimum age for participants is 18 years old (16 ok with parent signature on roster)

PROTEST & ILLEGAL PLAYERS

- A. The manager or acting team captain is the only member of a team allowed to protest.
- B. To be accepted, the protest must be made immediately following the official’s or league’s interpretation of a rule followed up by the submission of the completed protest form and \$50 non-refundable protest fee. Protests must be made prior to the end of the program for that night.
- C. An illegal player may be challenged anytime during a game, before the conclusion, however, it is recommended the challenge be made when the player is discovered participating in the game. All illegal player challenges must be made with the official by a team manager. Illegal player challenges must be made prior to the end of a game.

LEAGUE STANDINGS AND RAINOUT PROCEDURES

- A. Standings – League standings (wins/loses) will be posted within two business days. Standings will be posted at URL - www.rosevillesports.com.

LEAGUE REGISTRATION POLICY & PROCEDURES

- A. Full league fees are due at the time of registration.
- B. Discount opportunities:
 - a. Only one (1) first place championship coupon will be honored per league per season. First place coupons cannot be combined.
 - b. Under the League Director’s discretion, a team may be required to move up or down based on past performance. Conversely, a team may be required to move down a level. We will only move a team up or down, if need be, if there is a league to move up or down to on the same night of registered play.

REFUND POLICY

- A. A team that withdraws more than one week before the scheduled start date (Dates are listed in our registration system) will be eligible for a refund.

- B. Teams withdrawing the week prior to or after the scheduled start date (Dates are listed in our registration system) will not receive any refund for league fees paid.
- C. Refunds are not granted due to team no-shows or team forfeits during the season.

MAKE UP GAMES

- A. Make up games will typically be re-scheduled at the end of the season before playoffs. Make up games could be played on different nights, times and/ or location due to scheduling conflicts.
- B. Games will be subject for make up in the case of lockouts, inclement weather, power issues (lighting), protests and other reasons deemed necessary under the discretion of the League Director. The City of Roseville reserves the right to not reschedule games and instead refund a prorated amount.

LEAGUE CHAMPIONSHIP COUPON

- A. League Championship Coupons (LCC) will be awarded to the team(s) who wins their league. League Championship Coupons can only be used for following:
 - a. \$75.00 is awarded league winners in Volleyball. If there are multiple league winners, we reserve the right to split the \$75.00 of awarded money.
 - b. League coupon expires one year of issuance and has no cash value and cannot be combined with other league champion coupons.

TEAM MANAGERS

Managers are responsible for their team.

- A. All managers are required to review league information including:
 - a. Manager Meeting
 - b. Code of Conduct
 - c. Volleyball Rules
- B. Managers are required to sign and submit Manager Acknowledgement form before the first scheduled game.
- C. If a player is ejected from a game, the team manager may also be ejected and held to the same disciplinary action that said player is receiving.
- D. Following any ejections, the League Director will review the incidents and apply the Code of Conduct to determine appropriate follow-up actions such as probation, suspension, or permanent removal from Roseville Adult Sports Programs for all parties involved.

City of Roseville Adult Sports Rules

ROSTER

- A. Each roster must consist of 6-12 players.
- B. Players must be on the roster, signed the roster, and have picture ID to be eligible to play. No Exceptions.
- C. Players may be added to the team roster through the 5th week of league play. After the 5th week of league play, the rosters are frozen, no additional players may be added.

GAME TIME

- A. Match time is forfeit time. Exception: Only the first game of the evening will be given a 5-minute grace period and the game clock will start at the scheduled game time. Every 5-minutes after the grace period has expired another game is forfeited until all three matches become forfeits.
- B. In the event of a game starting late due to unforeseen issues, the games will start as soon as possible. All games will be played in their entirety. If a game starts later than expected the last game may be postponed until a further date.
- C. A team must have four to start. In Coed leagues, at least 50% of the players must be female at all times (see Playing Rules; Letter C for the addendum). Any team dropping below four must forfeit (This includes ejections).

FORFEITS

- A. Two forfeits will result in non-participation in the playoffs and possible exclusion from future leagues.
- B. A forfeited match will count as 3.5 losses in the standings.

PLAYOFFS

- A. If a league has 4 team entries, the top 3 teams will be eligible for the playoffs. If a league has 5 – 9 team entries, the top 4 teams will be eligible for the playoffs. If a league has 10 – 12 teams, the top 6 teams will be eligible for the playoffs. All players must be on the team roster and have a picture ID present at all times and on playoff game day(s). No ID, not on the roster, no play.
- B. All players must be on the team roster, signed the roster, and have a picture ID present on playoff game day. No exceptions.
- C. The playoff games will use the same scoring and time format as the regular season. The Championship match will play three games to 25, no time limit. In the event the same team wins the first two games, the third game may not be played.
- D. The seeding of playoff teams will be decided by the following in order:
 - a. Overall winning percentage
 - b. Head-to-head record amongst tied teams

- c. If more than two teams are tied for the same spot, the record amongst the tied teams against each other will determine playoff eligibility; Unless tied teams did not play each other an equal number of times.
- d. Least points allowed in all matches.
- e. Coin Flip

GYM GROUND RULES

- A. Players must contact the ball before the ball contacts the wall, otherwise the ball is out of play. Players may not boost or kick off the wall before touching a ball.
- B. While playing on the two side courts, the ball is considered in play until a player makes contact with the adjacent court.
- C. Any ball hitting the ceiling, ducts, walls or basketball hoops on their own side and coming down on their own side is playable; however, if the ball hits anything on the ceiling and goes over to the other side it will be out.

PLAYER FOULS

- A. If a player receives a yellow card, the other team will get the serve and receive a point. Two yellow cards by the same player in a match, the player will be assessed a red card, ejected from the match and suspended for the next match.
- B. A red card will result in immediate ejection from the game and suspension from the following game. Players who are ejected will be subject to the players "Code of Conduct."

PLAYING RULES

- A. USA Volleyball rules and Code of Conduct govern play, with the following exceptions listed.
- B. Each match consists of three (3) games to 25 rally score; win by two, cap of 27. The first two games will be played in their entirety. If the third game starts 40 minutes after the start of the match, the third game will rally score to 15, cap of 17.
- C. Coed leagues, a minimum of 50% of the playing field must be female. For a team with 5 players, you must have at least 2 females. For a team with 4 or 6 players, must follow the minimum 50% female rule.
- D. Teams must rotate on side out before service. Substitutions must be made, as the server rotates out or for one player position, not both ways.
- E. Teams consisting of only four players are required to rotate servers, but not rotate positions. Servers from the front row will be allowed to return to a front row hitting position after the serve.
- F. Serving order must alternate between genders.
- G. A maximum of two tosses will be allowed, if a player tosses a bad ball, they can let it touch the ground or catch it and retoss for another serve attempt.
- H. One 30-second timeout per game is allowed.
- I. Doubles are allowed on every first ball over the net if in a single attempt to play the ball. Multiple contacts by one player attempting to play the ball will now be allowed on the second

contact if the next contact is by a teammate on the same side of the net. If this ball goes over the net, then a double would be called.

- J. Serves that contact the net and continue over (let serve) are still in play.
- K. If a ball is played by a team more than one hit before it is returned to the opponent, one of the touches must be by a female. Block does not count as a touch.
- L. Coed inter-change is allowed. Back row male may block if there are 2 females in the front row and can only block male players and cannot attack. Otherwise, only front row players may attack.
- M. Foot digs are allowed (in all leagues).

SUBSTITUTIONS DURING GAME PLAY:

- A. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins.
- B. Substitutes can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
- C. No free substitution will be permitted, except when a team is short starting player(s), when the player(s) shows up they may enter after a side out in any position.

COED QUADS VOLLEYBALL RULES

(In addition to the general rules listed above)

Ball handling will follow USA Volleyball Indoor Rules, with the following exceptions:

- A. Open-hand dinks are not permitted. Players must use roll shots, knuckles, or similar techniques.
- B. Sets played over the net must be square to the shoulders. Back sets and side sets over the net **are not allowed.**
- C. Teams may consist of a minimum of two (2) players and a maximum of four (4) players, with no more than two (2) males and two (2) females on the court at one time.
 - a. A lineup of three (3) females and one (1) male is permitted only when necessary. In this situation, one female must be designated to play in the “male” position and must remain in that role for the duration of the game.
- D. Any player may play the ball over the net, regardless of position.
- E. Male players **are** permitted to jump serve.
- F. Male players **may not** follow through under the net when attacking from behind the attack line.
- G. Male players attacking the ball from inside the attack line must place a clearly arched ball over the net.
- H. Male players **are not** permitted to block.
- I. Teams **will not** be penalized for blocks that are redirected by female players.