

Foothills Park & Recreation District

Adult Volleyball Rules

General Information

1. Foothills Park & Recreation District offers a non-sanctioned volleyball program for the recreational enjoyment of the participants. The Foothills Park & Recreation District Staff is the sole governing body of the program. The leagues will follow the current U.S.A. Volleyball Rulebook with the following exceptions and modifications.
2. Foothills Park & Recreation District reserves the right to re-classify a team in order to maintain a fair balance of competition. This will only be done with the cooperation of teams involved. Previous season's records (if applicable) will be utilized to assist in classifying teams.
3. Foothills Park & Recreation District also reserves the right to expel any team from the league for reasons of misconduct, failure to observe rules, regulations, and procedures and/or failure to field a team for 2 or more matches. Written notification of such actions will be provided to the individual and/or team manager. Any team forfeiting two or more matches (this includes make up matches) without notifying the Foothills Park & Recreation District Athletics Office in advance will be dropped from the league with no compensation.
4. Teams are responsible for knowing the rules. Managers shall see that all players and spectators are familiar with these rules and regulations. All provisions in the Foothills Park & Recreation District volleyball rules and Player Code of Conduct regarding behavior and actions of players, managers, and spectators apply to the entire recreation center area before, during, and after the games. Managers are responsible for the conduct of his/her team and spectators during league and tournament play as well as obtaining all make-up game information.
5. Special scheduling requests (i.e. "our team needs a bye on March 11") must be submitted before the registration deadline but are not guaranteed. Any special scheduling requests needed after the schedules have been made will not be accommodated.
6. Any and all situations not specifically covered in the rulebook shall be acted upon by the Adult Athletics Coordinator, and all such action taken shall be final.
7. Please call the Sports Office as soon as possible (303-409-2600) if you know in advance that your team needs to forfeit so we can inform the opposing team.
8. **Customer Service** - The Foothills Park & Recreation District strives in providing staff (officials, supervisors, and scorekeepers) that are professional, knowledgeable, and courteous. Please contact the Athletics Office immediately if any of our staff or officials does not meet the standard of performance that you deserve. Your input is a necessary part of our evaluation process.
9. If children are brought to the games, they must be **continuously supervised** by an adult who is not playing in a game. Foothills Park & Recreation District is not responsible for children who are injured during the course of this program. Any children causing play to be stopped will cause the offending team to 1.) Loose a serve. 2.) Loose a time out. 3.) Forfeit the game.
10. **Inclement Weather** – In case of inclement weather or hazardous conditions, Foothills Park & Recreation District has the right to close early. In this case, please call **The Ridge at 303-409-2333**. If the recreation center is closed, then games are cancelled. If the recreation center is open, leagues will run as scheduled unless otherwise noted by league coordinator. Check www.teamsideline.com/foothills for cancellations and make up schedules. Team managers are responsible for finding out if games are cancelled and their team's make up game schedule.
11. All team fees are due in full before the start of your teams' third game. If your team is not paid in full before your third game, you will have ten minutes to pay your remaining balance before the game is called a forfeit.

Player Eligibility and Roster

1. Roster sizes are unlimited; however individual awards are only given to the number of paid players (maximum 8 players). **Rosters must be turned in to the official before you play your first match. Your team will not be allowed to play your first match until your roster is filled out and turned in to the official. Players may be added to your roster until your 3rd game. No player may be added after your team has played the 3rd game.** See the official to add players to your roster. **All players must complete and sign the roster in person before playing in any game. By signing the roster form, you and your team are agreeing to follow all rules and the Foothills Code of Conduct (page 5).**
2. All players must be at least **16 years of age or older** before playing in their first game of the season.
3. Foothills Park & Recreation District is in compliance with the Jake Snakenberg Youth Concussion Act, which requires a youth player (ages 19 and younger) to be removed from play if a concussion is suspected and can only return to play with written medical authorization. If half or more of the teams players listed on the roster are 19 years old or

younger, then the coach of the team must complete the [CDC's Head's Up Concussion Training](#) and submit documentation to the Recreation Coordinator prior to playing in their first match.

4. A player may not participate on more than one team in the same league that plays on the same night.
5. Player protest must occur before the player enters the game for the first time, prior to the next serve.
6. A player may not transfer to a team in the same league without prior approval.
7. The officials have the authority to disallow an illegal player(s) to participate.
8. **If a team borrows a player from the same league, the game will automatically be a forfeit, which will be enforced by the official. Player protests must be done before the next serve.**
9. **Player Identification-** Players must have a legally accepted picture ID (i.e. driver's license) at the courts for all games. Players not able to produce a valid ID upon request are ineligible to participate or to continue participation in the match. Player eligibility protests and forfeits are not retroactive to matches played before the protest.
10. Uniforms - Like shirts are recommended but not required.

Player Quantities

Player Quantities Coed (6 vs 6) & Women's (6v6) - Teams must start with at least 5 players and may finish with 4 players in the event of an injury. Teams playing with 4 or 5 players will not have any ghost players and will not take any side outs for absent players. Men cannot play in the women's league.

ACCEPTABLE COED COMBOS: 3 men 3 women, 2 men 3 women, 2 men 4 women, 3 men 2 women, or 4/5/6 women. Teams must always have equal number of guys and girls, or MORE girls than guys, with a minimum of four players.

League Play

1. **Match Time** – Teams will have 5 minutes to warm up. If matches end before allotted time, the next match will be schedule to play right away.
 - A. A match consists of 3 games. Rally scoring will be used for all three games. Games must be won by 2. The first two games will be played to 25 with a cap at 27. The third game will be played to 15 with a cap at 17. The first and third game serves will be determined by a coin flip with the official. Games are not timed.
 - B. Teams may not warm up behind or next to the playing area while a game is in progress.
 - C. Each team is allowed 2 30-second time outs per game. A time-out before the start of a game is illegal. Game time is forfeit time. The second game will forfeit after 15 minutes. If the first two games are a forfeit, the third game is also a forfeit. If a team forfeits six or more games during the regular season, that team will not be allowed to participate in the tournament. Please call the Sports Office as soon as possible (303-409-2600) if you know in advance that your team needs to forfeit so we can inform the opposing team.
 - D. The floor captain is the only person that can address the official.
 - E. The service order must alternate between males and females for the coed leagues.
 - F. The ball may be played by any part of the body from head to toe.
 - G. If a ball rolls onto the court while in play and is deemed dangerous by the official, the official will call a dead ball and the point will be replayed. This is for the safety of the players on all teams.
2. **Substitutions** -
 - A. Players (re)entering the game must assume the position of the person replaced. Any number of players may enter the game in each position. Substitutions are unlimited.
 - B. Clockwise Rotation Method: Substitutes enters the court from a specific location (i.e. service spot or center back). The subs must enter from this spot throughout the game. Substitutes must be of the same gender.
 - C. In case of an injury, a substitute may enter for that player in their current position.
 - D. Players must make sure the official is aware of the substitution before entering the court.
3. **Serve** -
 - A. The ball can be served from any position on the back line.
 - B. One re-serve is allowed. (You must serve it within 8 seconds.)
 - C. If the ball hits the net and goes over the net, the serve is good and playable. If it hits the net and stays on the serving teams' side of the net, the ball is dead and results in a side out.
 - D. The serve cannot be kicked by the serving team or by the receiving team.
4. **Blocking the Serve** -
 - A. Blocking and/or attacking the opponents serve are illegal. This happens when the ball is in the front zone and entirely higher than the top of the net. If a team blocks or attacks the serve, it will result in a side out and the ball will go back to the serving team.
5. **Blocking while in play** -
 - A. The ball may be blocked only by a front row player during play. At the moment of contact with the ball, part of the body must be higher than the top of the net. A block does not count as one of the three team contacts.
 - B. Back row players (male or female) cannot come to the net to block.

6. **Male Dominance -**
 - A. **If a ball is played more than once by a team, a woman must play the ball on one of the hits. If this is missed by the official then play continues, unless the team in violation stops the play.** A block does not count as one of the three team contacts.
7. **Lifting -**
 - A. Lifting or carrying the ball is illegal and will result in a side out. If you are able to hit the ball with your hands together overhand or as a set, then it is usually not considered a lift. A lift is when the ball comes to rest or has prolonged contact with a body part.
8. **Spiking -**
 - A. Spiking is allowed in all leagues by all players.
 - B. Back row players may only spike the ball if he/she jumps from behind the 10' line.
9. **Net Play -**
 - A. A let serve (ball touching the net on the serve) is considered legal and in play.
 - B. Contacting the net while the ball is in play is prohibited.
 - C. The foot or the hand may touch the center line. A player cannot completely cross the center line with any part of the body or it will result in a side out.
10. **Ceiling -**
 - A. The ceiling is considered a playable area unless the ball carried over the net after striking the ceiling.
 - B. The basketball hoop above the net is considered ceiling play. It is playable if the ball falls back on the same side, but it is considered a side out if the ball carries over the net after it hits the basketball hoop.
 - C. The basketball hoops on the north and south sides of the gym are considered ceiling play and a playable area as long as the ball falls back on the same side. If it does not, then it will be a side out.
 - D. If the ball touches the running track or crosses the plane of the running track, then it is out of play and will result in a side out.
11. **Jewelry -**
 - A. Prohibited jewelry (which must be removed before play) includes but is not limited to rings, necklaces, hoop earrings, and facial piercings. Exposed jewelry, which is judged by the official to be dangerous, must be removed and may not be worn during the game. Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body so the medical alert information remains visible. If a player cannot cover or will not remove his/her jewelry, they will not participate.
 - B. Hats and visors are prohibited during league play. Bandanas and headbands are acceptable.
12. **Net Height -**
 Women's League - 7'4 1/8 " Coed League - 7'11 5/8"
22. **Language - There will be zero tolerance on vulgar or inappropriate language by teams and their identifiable spectators. Players and identifiable spectators that use vulgar or inappropriate language will be immediately ejected from the game and the facility.**
22. **Blood Rule -**
 Any time a player in the game is bleeding, he/she must leave the game until the bleeding is stopped and the wound is covered. The player is given a maximum of 3 minutes before a substitute is required. Excessive blood on the uniform requires the player to change clothing. **Teams must provide their own 1st aid kit.**
23. **Casts/wraps -**
 Per USAV rules, it is forbidden to wear objects (hard or soft casts or wraps, etc) which may cause injury, or give an artificial advantage to the player. Any additional item on a player that may cause an injury or give an artificial advantage to the player must not be worn. If a brace, prosthetic limb or headgear is used, padding or covering may be necessary for safety of the player, teammates, and opposing team.
24. **Ejections -**
 If a player is ejected from the match or game, he/she must leave the facility "sight and sound." If the ejected player does not leave the facility sight and sound, the team will have to forfeit the game.

Gym Rules

1. Non-marking close-toed gym shoes only on the gym floor. No bare feet. No sandals.
2. Children must be supervised at all times. Children and other adults may use the facility ONLY if the facility fee is paid. This includes the walking track.
3. Only water is allowed in the gym. No food or drinks are allowed in gym.
4. If programs are going on before the league starts, please allow them to finish before entering the area. Teams will still receive the five minute warm-up.

Tournament Play

All teams will automatically advance to play in a single elimination tournament once all league matches are over. If a team forfeits six or more games during the regular season, that team will not be allowed to participate in the tournament. Whoever wins the tournament, wins the entire league.

Tournaments will follow league rules except for the following:

1. Winner of the matches will be determined by the best 2 out of 3 games. 3 games are not guaranteed.
2. Matches will be played to 25 with a cap of 27. If a third game is played it will be played to 15 with a cap of 17.
3. Matches will be scheduled every 50 minutes.

Awards & Tie Breakers

1. League champions in all divisions will receive awards. The number of awards will be equal to the number of participants on the roster, but no more than 8. Whoever wins the tournament, wins the entire league.
2. There are no awards for second place.
3. If teams are tied at the end of the season, the following tie breaker procedure will take place:
 - A. Winning percentage
 - B. Head to head competition.
 - C. Point differential between tied teams between tied games.
 - D. Total points against (all games).
 - E. Total points scored (all games).

Protests

In case of a disputed rule interpretation, the manager or captain will meet with the official to resolve the problem if a ruling will not help. If the manager feels a protest is necessary the following procedures must be followed:

1. The Foothills Park & Recreation District Athletic Staff shall be the sole judge in the evaluation of a protest, there will be no further appeals or hearings.
2. No protests shall be received or considered if it is based solely on the accuracy of judgment on the part of the official (judgment calls). Protests will be considered for the following reasons:
 - A. Misinterpretation of a playing rule.
 - B. Failure to impose the correct penalty for a given violation.
 - C. Failure of an official to apply the correct rule in a given situation.
3. The protest must be made at the time of the infraction.
4. Protest forms will be filled out with the official. The official and protesting manager will agree to the situation that existed prior to the disputed play. The manager will complete the narrative and must list the rule (and its page number) that is in dispute. A maximum of 5 minutes will be used to complete this step.
5. The team manager will have the protest form signed, attach \$100 cash and submit it to the official at the time of the ruling. If the protest is upheld the \$100 shall be refunded, if denied the \$100 shall be deposited in a general fund.
6. Scores must be challenged and corrected prior to the start of the next game or it is too late and the book shall stand as is.

Player eligibility protests

- A. Can be made by an eligible team member from any team or any official.
- B. Must be made the first time the player enters the game.
- C. If a player cannot produce proper ID and if the roster does not list that player, the opponent will be notified and they must protest immediately or they will relinquish the right to protest that player's eligibility later in the game.
- D. If the player can produce proper ID and is listed on only the one roster, then he/she can play. If the player cannot produce proper ID and is not listed on the roster or is listed on multiple rosters in the same league, then he/she cannot play and will be ejected.
- E. The player(s) will not be allowed to participate in future games until proper ID is presented at the future games.

Contact Info

--Clement Park Athletics Office: 303-409-2600 303-409-2630 (fax)

--Butch Reich - Adult Athletics Coordinator: 303-409-2615 breich@fhprd.org

--Allison Besse - Athletics Assistant: 303-409-2614 abesse@fhprd.org

--The Ridge Recreation Center: 303-409-2333

--www.teamsideline.com/foothills

Thank you for playing with Foothills Park & Recreation District!

Have a great season and have fun!!

CODE OF CONDUCT

The Foothills Park & Recreation District Athletics Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park & Recreation District Ordinance.

Foothills also reserves the right to expel any team, without a refund, for reasons of conduct, failure to observe rules, regulations, procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.

Misconduct / Ejection(s): The officials and/or gym supervisor shall be empowered to penalize an offending player, coach and/or team as follows:

- A. Warning to player and both teams.
- B. Ejection from current game and suspension for subsequent game(s).
- C. Forfeit of game.

Any player or spectator ejected from the game must leave the gym and spectator area. Failure to leave when instructed can result in a forfeit.

Anytime a game gets out of control, the officials, gym supervisor or any Foothills Park & Recreation District Official has the authority to forfeit the game. Any team with 3 or more ejections will result in a forfeit.

- ✓ **NO PLAYER** at any time shall lay a hand upon, push, shove or threaten to strike or verbally threaten an official, staff member or spectator.
Penalty: Be ejected from the game, receive minimum 3 game suspension (maximum of a season), and will be placed on probation.
- ✓ **ANY PLAYER** involved in a physical altercation (strike/hit) with another player, coach, staff member or spectator.
Penalty: Player(s) will be ejected from the game and suspended that sport for one full year. **NOTE:** Any player throwing a punch will be suspended for a full year no matter who started the fight.
- ✓ **NO PLAYER** will be allowed to play if acting in an intoxicated manner.
Penalty: player(s) will be removed from the game. This will be ruled upon by any of the officials or a Foothills Park & Recreation District staff member.
- ✓ **ALL PLAYERS, COACHES AND SPECTATORS** will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park & Recreation District property.
Penalty: Depending upon severity, officials can enforce A, B, or C of Misconduct/Ejection rule.

TEAMS ARE RESPONSIBLE FOR THEIR PLAYERS AND SPECTATORS CONDUCT BEFORE, DURING AND AFTER THE GAMES. All spectators, as well as participants, must conform to all Foothills Park & Recreation District Regulations and Rules. Improper behavior will not be tolerated.

Penalty: Ejections, forfeit of game and/or remaining games, arrest and prosecution and no refund of fees.

Once a player(s), coach and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season, including State Tournaments. Further conduct violations will result in further suspension that could extend through the remainder of the season, including State Tournaments, as well as forfeiting all fees paid to date.

All players and/or coaches will abide by the official's decision including a decision concerning a team's conduct. The second time a player, coach or manager is ejected from a game, and a more severe suspension will be administered.

Teams may appeal any suspensions by contacting the Foothills Park & Recreation District Adult Athletic Coordinator and setting an appointment.