

# Adult Volleyball Manual



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# **1 GENERAL VOLLEYBALL PROGRAM INFORMATION**

## **1.1 Volleyball Program Mission**

The City of Fort Collins Volleyball program seeks to engage the Fort Collins community through opportunities to participate in structured, inclusive, recreational volleyball, with a philosophy of responsible participation and good sportsmanship.

## **1.2 Elastic Clause**

League Directors shall have complete charge of the adult volleyball league. Any and all situations not specifically covered by these rules shall be acted upon by the league director and all decisions are final.

## **1.3 Governing Body**

1. Adult leagues are governed by USA Volleyball rules with exceptions outlined in this manual.  
[https://volleyballreftraining.com/rules\\_interpretations\\_indoor.php](https://volleyballreftraining.com/rules_interpretations_indoor.php)
2. Youth leagues will be governed by the National High School Federation rules with exceptions outlined in this manual.

## **1.4 Contact Information**

The Volleyball office is located on the second floor of the Northside Aztlan Center.

If you have questions, ideas, or need information on the adult volleyball league please contact us. Our business hours are 8 a.m. to 5 p.m. Monday through Friday.

League Director: Aaron Harris	(970) 416-2225	<a href="mailto:aharris@fcgov.com">aharris@fcgov.com</a>
Sports Office:	(970) 221-6385	
City Line	(970) 416-2887	

Website for general information: <http://www.teamsideline.com/fortcollins>

Website for current/upcoming event information: <http://www.fcgov.com/recreation/index.php>

## **1.5 How to Sign Up**

1. In person at:
  - a. Northside Aztlan Community Center: 112 Willow St, Fort Collins, CO 80524
  - b. EPIC Center: 1801 Riverside Ave, Fort Collins, CO 80525
  - c. Mulberry Pool: 424 W. Mulberry St, Fort Collins, CO 80524
  - d. Fort Collins Senior Center: 1200 Raintree Dr, Fort Collins, CO 80526
2. By phone: (970) 221-6655
3. Online: <http://www.fcgov.com/recreator/>

## **1.6 Protests**

1. Protests can only be lodged by team captains.
2. The captain must notify the officials the intent to protest.
3. Protests can only be made on interpretations of a call or player eligibility.
4. Protests must be made immediately prior to the next live ball.
5. A \$50 (cash) fee will be charged at the time of protest.
6. If the protest is upheld the fee will be refunded.
7. In the case of a protest for player eligibility, \$50 per player challenged will be charged.

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# **2 LEAGUES & DIVISIONS**

## **2.1 League Classifications**

1. A Level: Designed for those teams that wish to play for competitive reasons in the highest level of competition offered. Players in this category generally have a strong volleyball background in organized volleyball. Teams employ multiple offensive attacks and defense strategies with consistent hitting and blocking.
2. BB Level: Designed for teams that wish to play quality volleyball. Players in this level have above average volleyball skills. Teams use power volleyball skills well – bump, set, and spike. These teams attempt offensive and defensive strategies.
3. B Level: Designed for teams who are less aggressive than BB Bevel teams. These teams have several inexperienced players. Generally hitting and defensive skills are weaker than other divisions. These teams have a limited ability to bump, set, and spike.

4. Leisure Level: Designed for teams who participate for social and exercise aspects of the games. Players in this category should not be competitive.

## 2.2 Single-Gender versus Open & Coed Leagues

All events are classified as Open, Women's, or Men's.

OPEN = Any combination of women and/or men can make up a team's roster and line-up.

COED = A certain number of women and men are required for a team's on-court/on-field line-up. See specific sport rules for more information.

WOMEN'S = For women only. (Clarification: In some sports, men will have a competitive advantage over women. Although many women can outperform men in any given sport, the higher the level of competition, the less true this becomes. Therefore, to ensure fair access to competitive and recreational sport opportunities for women, certain competition categories must be reserved for women.)

MEN'S = For men (and for women in leagues where a similar division is not offered).

Individuals shall be permitted to participate in volleyball events in accordance with that person's asserted public gender identity.

## 2.3 League Scheduling

League capacity is determined by the amount of teams that can be scheduled into a league to allow games to start before the time listed in the activity in the Recreator. If a team registers for the wait list the team will be given a choice:

1. Have all of their games start at the last game of the day
2. Wait and see if another team drops out of the league
3. Receive a refund

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## 3 TEAM ROSTERS

### 3.1 Eligibility: Who can play Volleyball?

1. All players must be at least 16 years or age.
2. Any player under eighteen 18 years of age must have a parent or guardian prior to participation.
3. Rosters are unlimited. There is no limit to the number of people on each team roster
4. Players can be added anytime during the season.
5. Players must be added prior to a match.
6. Players may be added to team rosters by contacting the officials.
7. Teams may only register for one league.
8. Players may play on multiple teams
  - a) A player may only play on one team per league
  - b) A player may only play up or down one division (e.g. a player playing in A may also play in BB but not in B or leisure leagues)
9. Final decisions regarding player eligibility will be made by the league director.

### 3.2 Player List

1. If you are a player looking for a team please go to [www.teamsideline.com/fortcollins](http://www.teamsideline.com/fortcollins) and select Free Agent Sign Up from the top menu bar.
2. Any player deemed too competitive or skilled for a certain league may be dropped from your team roster and moved to a more competitive level. This will be at the discretion of the League Director.
3. Players must have a government issued photo ID available for identification at all matches. Any team found to be playing a person under an assumed name or with a player without ID will receive a forfeit. That player will also be ineligible to participate for the remainder of the season.

## **4 FACILITY POLICIES**

### **4.1 Children at Matches**

Children accompanying parents must remain in the gymnasium at all times and must be properly supervised.

### **4.2 Smoking**

Tobacco and marijuana is not allowed in any school or City of Fort Collins facility.

### **4.3 Alcohol**

Alcohol is not allowed in any City of Fort Collins Sports program or at any City of Fort Collins facility. Violators of this City of Fort Collins Ordinance will be suspended from City of Fort Collins programs and may face fines and/or legal penalties.

### **4.4 Game Time**

Programs taking place in Poudre School District facilities are for specific times. You will not be allowed inside the facility until the time scheduled for the first game. Please don't arrive early.

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## **5 COMMUNICABLE DISEASE RULE**

### **5.1 Procedures to deal with bleeding participants**

1. When a player suffers a laceration or wound, where bleeding or oozing occurs, the game will be stopped immediately.
2. The player will be removed from the game until the bleeding has stopped and wound is adequately covered.
3. If a legal substitute is available the player will replace the injured player and play will continue.
4. If no substitute is available, the game clock will be stopped for a reasonable length of time to enable the injured player time to dress the wound.
5. The player may only re-enter the game with the officials approval. This means bleeding must be stopped and wound covered.
6. Any article of clothing that is saturated with blood must be removed and replaced.
7. Each team is responsible for supplying its own clothing and first aid supplies.

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## **6 SPORTSMANSHIP & PARTICIPANT CONDUCT**

### **6.1 Commitment to Diversity & Inclusivity**

Non-Discrimination Policy

- The City of Fort Collins does not discriminate on the basis of race, age, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, or gender identity or expression.

Commitment to Diversity

- Bigotry or disparagement of others on the basis of race, age, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, or gender identity/expression has no place within City of Fort Collins facilities, programs, or services.
- Verbal or written abuse, threats, intimidation, violence, or other forms of harassment towards participants or staff will not be tolerated.
- All participants and staff are expected to respect the rights of others and to be civil, effective citizens.

### **6.2 Sportsmanship & Conduct Expectations**

Good sportsmanship is vital to maintaining the appropriate recreational atmosphere of City of Fort Collins. All participants and spectators are expected to conduct themselves in a civil and sporting manner at all times – before, during, and after contests. Behavior that promotes intolerance or prejudice, degrades any racial, ethnic, gender or religious group, infers an explicit sexual reference, or promotes destructive behavior is considered disrespectful to the City of Fort Collins and its citizens, and will be addressed and dealt with accordingly. This includes team names.

Participants are also expected to know and adhere to the following policies:

- Aggressive or threatening physical contact toward staff will result in an indefinite suspension from Sports programming.
- Verbal abuse directed toward staff can lead to an indefinite suspension from Sports programming.



In an effort to prevent situations or behavior from reaching an unacceptable or inappropriate level, staff reserves the right to temporarily or permanently remove a player(s) from a contest at any time.

### **6.3 Ejections & Suspensions**

Officials and staff reserve the right to eject any individual, team, or spectator who involves themselves in a physical altercation, or who consistently exhibits unsporting behavior or other actions not appropriate for a recreational sports environment.

- Any ejected player or spectator must leave the facility/area immediately, and will usually be suspended a minimum of one week from all Sports participation.
- A player ejected from a playoff contest will be suspended for the remainder of that sport's playoffs - from both divisions, if playing in coed and single-gender divisions in that sport-league.
- A player ejected from a tournament contest will be suspended for the remainder of that tournament.

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## **7 SCHEDULES, CANCELLATIONS, & INCLEMENT WEATHER**

### **7.1 Online Schedules**

Schedules - All schedules will be made available online at (<http://www.teamsideline.com/fortcollins>) a week before the first game. Due to time and facility constraints, games will not be rescheduled once schedules are published.

### **7.2 Postponements & Cancellations**

In some cases, weather/lightning may force the temporary postponement or outright cancellation of games. These games will be rescheduled as best as possible within facility and time constraints whenever possible.

### **7.3 Forfeits**

1. Teams that do not have the legal minimum number of players after the five minute warmup period the first game will be forfeited.
2. Teams that do not have the legal minimum number of players after ten minutes after the match has started the second game will be forfeited.
3. Teams that do not have the legal minimum number of players after fifteen minutes after the match has started the third game will be forfeited.
4. The score in indoor forfeited games is 25-0.
5. The score in outdoor forfeited games is 15-0.
6. A \$25 forfeit fee will be assessed to the forfeiting team and must be paid before they can continue league play.
7. Officials can't work or play in forfeited games.
8. When forfeits are declared teams can practice until five minutes before the next match is scheduled to begin.

### **7.4 Weather/Game Updates**

In cases of potential inclement weather conditions, all participants are encouraged to count on games being played. Participants should call the Cancellation Line at (970) 416-2887 no more than 1 hour prior to game time for an updated status on games.

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## **8 INDOOR VOLLEYBALL RULES**

### **8.1 Coin Toss**

Two options exist to the winner of the coin toss. The winner may choose to serve/receive or take the choice of the side of the court for the start of play.

### **8.2 Time Limit**

1. There will be a 55 minute time limit for the match. Included in the 55 minute time limit is an optional five minute warm-up period. Both teams must agree if a shorter warm-up period is decided. If a game is tied when time expires, the next point will decide the winner.

### **8.3 Number of Players**

1. For six person coed leagues a maximum of three males may participate on the court if a full team is present.
  - a. Teams must start with a minimum of four players.



2. For four person coed leagues a maximum of two males may participate on the court if a full team is present.
  - a. Teams must start with a minimum of three players
3. If a team drops below the legal number of players due to an injury on the court the game may continue without penalty.

#### **8.4 Timeouts**

1. Every team will have two 30-second timeouts per match. Timeouts can be taken at any point in the game.
2. In the event of an injury the clock will be stopped for a reasonable amount of time.

#### **8.5 Substitutions**

1. Substitutions can only be made in dead ball situations.
2. A Level and BB Level:
  - a. There can be an unlimited number of substitutions
  - b. Players may only re-enter for the same player
3. B Level and Leisure Level:
  - a. There can be an unlimited number of substitutions
  - b. Players may reenter for any legal player
4. Coed modifications
  - a. A male may only be substituted for a male and a female may only be substituted for a female

#### **8.6 Uniforms**

Uniforms and numbers are not required for City of Fort Collins play.

#### **8.7 Hats and Jewelry**

1. No jewelry will be allowed except for flat wedding bands and medical ID jewelry.
2. Medical ID jewelry or non-removable jewelry must be taped to the body or deemed safe by the official.
3. No headwear with a bill or other hard surfaces will be allowed.

#### **8.8 Coed Contact Rule**

1. During coed play for six person games and four person games if a team contacts the ball more than one time during the offensive action, one contact must be by a female player.
2. Contact of the ball during blocking does not count as one of the three team hits. (e.g. after a block a male player can hit the ball over the net since such contact would be considered to be the first team hit.
3. A ball contacted more than once by a team, without a female player having contacted it, remains alive and doesn't become an illegal hit until it fully crosses the plane of the net or is legally contacted by an opponent.

#### **8.9 Ball Contact**

1. For four person games there will be no open hand dinking (re-directing of the ball with fingers) allowed.

#### **8.10 Rotation**

1. Coed modification: rotation must alternate genders when there is an even number of players.
2. In four person games there is no required rotation.

#### **8.11 Overlap**

1. In four person games there is no overlap.

#### **8.12 Block**

1. Coed modifications
  - a. When there is one male back row player participating in the block the other back row player shall remain behind the attack line until the ball has been contacted by one of the blockers or has been hit in such a manner that no block is possible.

#### **8.13 Ceilings/Walls**

1. Any ball that touches the ceiling can be played if the ball comes down on the hitting teams side of the court.
2. Any ball that touches the surrounding walls or backboards will be considered out of play.
  - a. This does not include raised backboards over both ends of the court.
  - b. A player may not use the wall in order to gain an advantage on the play.
  - c. There is an area around any obstruction (e.g. bleachers, tarps) that is automatically out at the referees discretion.

## **8.14 Rescheduled games**

1. No matches/games will be rescheduled due to a team's inability to field enough players at the games originally scheduled time.
2. Any make up matches/games may be rescheduled on a different night and location than your regularly scheduled matches/games.

## **8.15 Awards**

Championship prizes will be given to the first place team in each division.

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# **9 OUTDOOR VOLLEYBALL RULES**

## **9.1 Setup**

Teams playing on the grass will setup the nets and take them down. Please arrive 15 minutes prior to the game time to setup the nets.

## **9.2 Coin Toss**

Two options exist to the winner of the coin toss. The winner may choose to serve/receive or take the choice of the side of the court for the start of play.

## **9.3 Time Limit**

1. Matches will be scheduled every 40 minutes.
2. Match play will be continuous. Players should expect to be at the part until their matches have been played.

## **9.4 Scoring and Results of the Match**

1. Each match will consist of three games to 15 points, winning by two points, cap at 17.
2. Teams switch sides only at the end of each set.
3. Leagues with four teams will play best three out of five game formats.
4. If matches are running late, the supervisor has the authority to shorten the length/number of games if needed to complete the matches for that night.

## **9.5 Number of Players**

1. For four person coed leagues a maximum of two males may participate on the court if a full team is present.
2. Teams must start with a minimum of three players

## **9.6 Rotation**

1. When the receiving team wins the rally, the team must rotate prior to serving.
2. Players may lineup in any position.
3. Coed modification: Service order must alternate male/female with an even number of male/female players.
4. If a player serves out of rotation it is an automatic side out.

## **9.7 Timeouts**

1. Every team will have two 30-second timeouts per game. Timeouts can be taken at any point in the game.
2. In the event of an injury the clock will be stopped for a reasonable amount of time.

## **9.8 Coed Contact Rule**

1. During coed play for four person games and four person games if a team contacts the ball more than one time during the offensive action, one contact must be by a female player.
2. Contact of the ball during blocking does not count as one of the three team hits. (e.g. after a block a male player can hit the ball over the net since such contact would be considered to be the first team hit.
3. A ball contacted more than once by a team, without a female player having contacted it, remains alive and doesn't become an illegal hit until it fully crosses the plane of the net or is legally contacted by an opponent.

## **9.9 Ball Contact**

1. For four person games there will be no open hand dinking (re-directing of the ball with fingers) allowed.

## **9.10 Substitutions**

1. There can be an unlimited number of substitutions
2. Coed modifications
  - a. A male may only be substituted for a male and a female may only be substituted for a female

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**9.11 Service**

1. B Level: There are no jump serves allowed.

**9.12 Weather**

There is no guarantee that matches cancelled due to weather will be made up.

**9.13 Officials**

1. All matches are self-officiated format.
2. Any disputed call will be a replay.
3. If there are any questions or problems during match play. Contact the field supervisor for rulings. The field supervisor's decision is final.

**9.14 Awards**

Championship shirts will be given to the first place team in each division.

