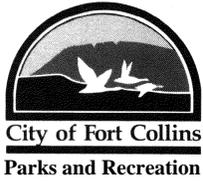


## **ADULT INDOOR/OUTDOOR VOLLEYBALL CONTENTS**

General Information. . . . .	2
Important Phone Numbers . . . . .	2
Results and Standings. . . . .	2
Amendments. . . . .	2
Purpose . . . . .	2
Functions of Parks and Recreation . . . . .	3
Governing Body . . . . .	3
Registration, Rosters, Transfers, and New Players . . . . .	3
Player List. . . . .	3
Protests . . . . .	3
Facility Policies. . . . .	4
League Classifications. . . . .	4
Indoor Volleyball Rules. . . . .	5
Communicable Disease Rule (Blood Rule). . . . .	8
Outdoor Volleyball Rules. . . . .	9



# ***THANK YOU FOR YOUR PARTICIPATION IN THE ADULT VOLLEYBALL PROGRAM!***

## **General Information**

All managers are responsible for the information contained in this manual as well as making sure that all players are aware of the information that is contained in this manual.

Rules and regulations not contained in this manual or in any handout materials will be governed by the United States Volleyball Association’s Volleyball Rules.

**Elastic Clause:** The 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 Directors, and all actions by them will be FINAL.

If there are any further questions or ideas regarding the Adult Volleyball League, please contact the league directors.

## **Results and Standings**

Results for matches will be in the Coloradoan newspaper on the day following your match. Standings, schedules, blank rosters, manuals and Sports Code of Conduct can be found on the City of Fort Collins web site at [www.fcgov.com/sports](http://www.fcgov.com/sports)

## **Amendments**

This manual or any section thereof, may be amended through evaluation by team managers, referees, etc., as deemed necessary by City of Fort Collins Parks and Recreation.

If you have questions, ideas, or need information on the Adult Volleyball League, please call our Sports Office at 221-6385 Monday through Friday between 8 a.m. and 5 p.m.



## **IMPORTANT PHONE NUMBERS**



**League Director – Ralph Mirelez . . . . . 221-6356**  
**City Line . . . . . 416-2489 x 5641**

## **Purpose**

The purpose of the league is to combine the interest of the volleyball teams of the community into friendly rivalry, wholesome recreation, and clean sportsmanship.

### **Functions of Parks and Recreation**

Fort Collins Parks and Recreation shall be responsible for the financial program, the general organization of the leagues, and the scheduling of dates for leagues.

### **Governing Body**

The league governing body will be Fort Collins Parks and Recreation.

### **Registration, Rosters, Transfers, and New Players**

The keeping of the players' roster of each team, transferring of players, and the addition of new players shall be the responsibility of, and subject to the approval of, the officials.

The team rosters are unlimited. **(All players must be at least sixteen (16) years of age, i.e., cannot play until the day they turn sixteen.)** Players may be added anytime during the season. Player additions must be made at the gyms by contacting the officials before your match. Each player added must sign the roster before he/she will be allowed to participate. Any player under the age of 18 must have a parent or guardian sign a release wavier prior to participation.

Teams may register for only one (1) league.

Final decision regarding player eligibility will be made by the league director.

**Players may play on multiple teams, as long as they are not in the same league and must play only one division up or down.**

### **Player List**

If teams are looking for players, the City Sports Office has lists available of people looking for teams to play on. Please call 221-6356.

Any player that is too competitive or skilled for a certain league may have to be dropped from your roster or your team may be moved to a more competitive level. This will be at the discretion of the League Directors and/or the officials.

Players must have a photo ID available for identification at all matches. Any team found guilty of playing a person under an assumed name will be charged with a forfeit and a fine. That player and coach will also be ineligible to participate in the league for the remainder of the season.

### **Protests**

If a team wishes to protest a call, it can only be a rule interpretation call or player eligibility. The protest must be made prior to the next live ball. The floor captain must notify the officials of the intent to protest. A **\$50.00 (cash)** fee will be charged at the time of protest. If the protest is upheld, the fee will be refunded. In the case of a protest for player eligibility, \$50.00 per player challenged will be charged.

## **Facility Policies**

### **Children at Matches**

**Children accompanying parents must remain in the gymnasium at all times and must be properly supervised. Children are not allowed to play in the hallways or classrooms.**

### **Food and Beverage**

Absolutely NO FOOD OR BEVERAGE will be allowed in any of the facilities, including locker rooms, hallways, and gymnasiums. Please do not litter school or City grounds with trash. Any player, coach, or team representative detected with alcohol on his/her breath will be asked to leave the facility and will be reported to our office.

### **Smoking**

Smoking is not allowed in any part of the schools or City facilities, including locker rooms and hallways.

### **Athletic Braces**

All braces (knee, arm) must have all metal covered and padded. If it is not covered properly, the player will not be allowed to participate. Braces designed for athletics are acceptable.

### **Alcohol**

Alcohol is not allowed in any City facility or in any City parks. Violators of this City Ordinance will be suspended from league play and may face fines and or legal penalties.

### **Game Time**

The City's permits for 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 do not arrive early!

## **League Classifications**

**A Level:** Designed for those teams who wish to play for competitive reasons in the highest level of competition offered. Players in this category should have a strong volleyball background with organized playing experience. Teams employ multiple offensive attacks and defense strategies with consistent hitting and blocking.

**BB Level:** Designed for teams who wish to play quality volleyball. Players in this category have above average volleyball skills. Team uses power volleyball skills well -- bump, set, and spike. These teams attempt offensive and defensive strategies.

**B Level:** Designed for teams who are less aggressive than the "BB" level teams. These teams may have several inexperienced players, and generally, hitting and defensive skills are weaker. These teams bump, set, and spike. Generally uses basic formation for offense and defense.

**Leisure Level:** Designed for teams who participate mostly for exercise and enjoyment. These teams attempt to bump, set, and spike. Players in this category should not be competitive. These teams use basic formations for offense and defense.



## Indoor Volleyball Rules

**Any rules that are not stated will be governed by the United States Volleyball Association (USAV) Rule Book.**

1. Coin Toss: Two options are available to the winner of the coin toss. The winner may serve/receive, or take the choice of the court for the start of play.
2. Time Limit: There will be a one (1) hour time limit for the match. **Included** in the one (1) hour time limit will be an optional five (5) minute warm-up period. Both teams must agree if a shorter warm-up period is decided.
3. Scoring and Results of the Match: Each match will consist of three (3) games to twenty-five (25) points, winning by two (2) points with no cap, **or** the one (1) hour time limit. For the third game, a coin toss will determine serve or receive and side. *If a game is tied when time expires, the next point will decide the winner.*
4. Number of Players: For Coed leagues, a maximum of 3 males for 6's and 2 for 4's may participate on the court, if a full team is present. Teams must start with a minimum of 4 legal players for 6's and 3 legal players for 4's.
5. Forfeits: Teams that do not have the legal minimum number of players after the five (5) minute warm-up period, the first game is forfeited. By ten (10) minutes after the match time has started the second game will be forfeited and by fifteen (15) minutes after the match time has started the third game will be forfeited. A \$25.00 forfeit fee will be assessed to the forfeiting team and must be paid before they can continue league play.

If a team drops below the legal number of players due to an on the court injury, they may continue play without penalty.

Officials cannot work or play in forfeited games. When a forfeit is declared, teams can practice until five (5) minutes before the next match is scheduled to begin.

6. Time Outs: Every team will have two (2) 30-second time outs per game. In the event of an injury, the clock will be stopped for a reasonable amount of time.
7. Substitutions: There can be an unlimited number of substitutions. Players may only re-enter for the same player (For B and Leisure Divisions only: Players may substitute for any legal player). If a legal player wants to go into the game where a player is missing they may do so at the next dead ball situation. A male may only be substituted for a male and a female may only be substituted for a female.

### **Indoor Volleyball Rules continued . . .**

8. **Uniforms:** Uniforms and numbers are not required for City league play.
9. **Jewelry:** No jewelry will be allowed except for flat wedding bands. Any medical I.D. jewelry or non-removable jewelry must be taped to the body or deemed safe by the official.
10. **Hats:** No head wear with a bill or other hard surface will be allowed.
11. **Coed Contact Rule:** During coed play for 6's and 4's, if a team contacts the ball more than one time during offensive action, one of the contacts must be made by a female player. Contact of the ball during blocking does not count as one of the three team hits. Therefore, 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.

A ball contacted more than once by a team, without a female player having contacted it, remains alive and does not become an illegal hit until it fully crosses the plane of the net or is legally contacted by an opponent.

12. **Service:** After the officials whistle, the server has 5 seconds to serve the ball. The server may serve from anywhere behind their baseline. Any portion of the foot touching the baseline at the time of the serve is a violation. On the toss, if the server decides not to serve the ball he/she must let the ball drop to the floor. The server must contact the ball on the second toss.

**Net Serve:** If a served ball contacts the net and remains in play on the opponent's side of the court, it is a live ball. Any served ball that contacts the antennas or is served outside of the legal playing area is out.

It is illegal to block or attack a served ball.

13. **Ball Contact:** The ball may be played off of any part of the body. A legally hit ball is one that rebounds immediately and cleanly after contact. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. Scooping, lifting, pushing, or carrying the ball shall be considered to be a form of holding.

For 4's, there will be no open hand dinking (re-direction of the ball with the fingers) allowed.

A player may not contact the ball twice in succession, except when blocking (a player may block a ball then legally contact the ball again) and on the teams first hit.

### **Indoor Volleyball Rules continued . . .**

EXCEPTION: During the first hit (serve, soft or hard attacked ball, free ball, and blocked ball) of the team, the ball may be double contacted. Example: During the teams' first hit, successive contact with various parts of the body is permitted in a single action of playing the ball. These include contacts involving finger action on the ball. The ball however, may not be caught or thrown.

14. Rotation: When the receiving team wins the rally, the team must rotate prior to serving. Service order must alternate male/female with an even number of male/female players.
15. Overlap: Overlap is determined by the position of the feet on the floor at the instant the ball is contacted by the server. The adjacent players may not overlap with each other and the back row players may not be nearer to the net than the corresponding front row player (example: left back must remain behind the left front player at the instant the ball is contacted).

**For 4's, there is no rotation or overlap fault. All players are eligible to attack the ball.**

16. Back Row Attack: For 6's, the players in the back row may not attack the ball, if at the moment of the contact the ball is entirely above the top of the net while in front of the attack line (10 ft.).
17. Block: In blocking, a player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent's play. Blocking of the ball across the net above the opponent's team area shall be permitted provided:
  - the block is made after the opponents have executed an attack-hit or
  - the block is made after the opponents have hit the ball in such a manner that the ball would, in the first referees judgement, clearly cross the net if not touched by a player and no member of the attacking team is in a position to make a play on the ball.

Any third hit by the opponent is an attack-hit and may be blocked at any time after contact.

A block contact is not counted as a teams first hit.

During coed play only, when there is one (1) 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 (1) of the blockers or has been hit in such a manner that no block is possible.

### **Indoor Volleyball Rules continued . . .**

18. **Player Net Contact:** It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

When a ball is driven into the net and causes it to touch an opponent, no fault is committed.

19. **Antennas:** If the ball touches any part of the antenna, it will be considered out of play. For 4's, there will be no antennas used. The top of the pole will be the indicator for a ball out of play.
20. **Ceilings/Walls:** Any ball that hits the ceiling can be played if the ball comes down on your side of the court. Any ball that touches the surrounding walls or backboards will be considered out of play. This does not include raised backboards over the court. Only the player making a play on the ball may touch the wall in order to play a ball. **EXAMPLE:** A player may not use the wall in order to gain an advantage on the play.
21. **There will not be any rescheduling of matches due to a team's inability to field enough players at the game's originally scheduled time.**
22. **Any make up matches/games may be rescheduled on a different night and location than your regularly scheduled matches/games.**

### **Communicable Disease Rule (Blood Rule)**

City league procedures to deal with bleeding participants:

1. Whenever 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 the wound is adequately covered.
3. If a legal substitute is available, he/she 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 (three to five minutes) to enable the injured player time to dress his/her wound.
5. The player may re-enter the game only with the officials' approval. This means bleeding must be stopped and/or wound covered. Any article of clothing that is saturated with blood must be removed and replaced.

**NOTE: Each team is responsible for supplying its own clothing and first aid supplies. Please come prepared.**



## Outdoor Volleyball Rules

**Any rules that are not stated will be governed by the United States Volleyball Association (USAVB) Rule Book.**

1. Set Up: Teams playing on the grass will set up the nets and take them down. Please arrive by 6:00 to get the nets set up.
2. Coin Toss: Two options are available to the winner of the coin toss. The winner may serve or take the choice of court for the start of play. The loser of the toss will have choice of the second game. Team reps administer the coin toss themselves at the court.
3. Time Limit: Matches will be scheduled every 40 minutes. Match play will be continuous. Players should expect to be at the park until their matches have been played (approximately 2 hours).
4. Warm Up: In order to keep the matches going, teams will be allowed a short warm up period.
5. **Scoring and Results of the Match: Each match will consist of three (3) games to fifteen (15) points (rally scoring), winning by two (2) points, cap at 17. Switch sides only at the end of game, not during the games. Leagues with four teams will play the best three out of five game formats. 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. Number of games and points played may be changed to complete all matches during the time allotted.**
6. Number of Players: Coed 4's leagues will have a maximum of two (2) males participating on the court, if a full team is present. This means a team must have at least one (1) female and no more than two (2) males on the court at any time.
7. Rotation: Players must serve in rotation, but may line up in any position. The service rotation must be male/female (if applicable). If a player serves out of rotation it is an automatic side out.
8. Forfeits: Teams that do not have three (3) players (one (1) of which must be a woman in coed play or two (2) for doubles) will forfeit the match. If a team drops below three (3) players due to an on the court injury, they may continue play with two players. When a forfeit is declared, teams can practice until the next teams are ready to play. After ten (10) minutes, if a team does not have at least three (3) players (one (1) must be female), the first game is forfeited. By fifteen (15) minutes after the time has started, the second game will be forfeited. The supervisor will make the final forfeit decision.
9. Time Outs: Every team will have two (2) 30-second time outs per game.
10. Under the Net: Players may go under the net as long as they do not interfere with another player's ability to play the ball.
11. Coed Rule (4's): The "coed" rule is in effect. If there is more than one (1) contact on a side, a female must contact the ball before it goes over the net.
12. Open Hand "Dinks": Are not allowed. One-handed placement or redirection of the ball with the fingers (a "dink" or "open-hand tip") is a fault.
13. Blocking: No restrictions exist as to which players may participate in the block. A block does not count as a hit.
14. Contact: The ball may be contacted with any part of the body.

15. Double Hits: Are not allowed except on a hard driven attack (it is legal to receive a served ball using the fingers in a setting action, provided there is not a double contact or a held ball).
16. Attacks: All players are eligible to attack the ball. There are no back row restrictions.
17. Sets: All sets over the net must leave the setters body perpendicular to the feet and shoulders (i.e.; straight forward or backward). It is legal to receive a served ball using the fingers in a setting action, provided there is not a double contact or a held ball.
18. Substitutions: There will be unlimited free substitutions. A male must be substituted for a male and a female for a female.
19. Service: The server may serve from anywhere behind their baseline. Any portion of the foot touching the baseline at the time of the serve is a violation. **There are no jump serves allowed in the "B" division.**
20. Out of Bounds: Poles are considered out of bounds and the ball must travel inside the poles when crossing the plane of the net. If a team cannot agree, replay the point. If players make contact with the poles or support ropes, after contacting the ball, play continues unless the contact interferes with the point that would be a side out or point.
21. Weather: There will be no guarantee that matches cancelled due to weather will be made up.
22. All matches are self officiated with a "**make your own calls**" format. Any disputed call will be a replay.
23. **Awards will be given for the first place team in each division.**
24. **AT THE END OF THE NIGHT TEAMS MUST TAKE DOWN THE NET AND GIVE IT TO THE SUPERVISOR (SEPARATE THE NUMBER CONE FROMT THE NET).**
  
25. **If there are any problems or questions during match play, contact the field supervisor for rulings. The field supervisor's decision is final.**
26. **NO ALCOHOLIC BEVERAGES ARE ALLOWED IN ANY CITY PARK.**

