



# Adult Volleyball

## General Information

All participants are responsible for the information contained in this manual.

Rules and regulations not contained in this manual or in any handout materials will be governed by the NFHS rules manual. When possible officials will be NFHS certified.

**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 Director, and all actions by the League Director will be FINAL.

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

## Results and Standings

1. Results for matches will be posted on the first business day following your match.
2. Standings, schedules, blank rosters, manuals, and Sports Code of Conduct can be found on our website at [www.wellingtoncolorado.gov](http://www.wellingtoncolorado.gov).

## Amendments

1. This manual or any section thereof, may be amended by the Town of Wellington Parks and Recreation through evaluation by, and with the feedback from, team managers, referees, etcetera, as deemed necessary.
2. If you have questions, ideas, or need information on the Adult Volleyball League, please call our office at (970) 568-7410 Monday through Friday between 1:00pm and 5:00pm.



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

1. The keeping of the players' roster of each team, transferring of players, and the addition of new players shall be the responsibility, and subject to the approval, of the League Director.
2. Team rosters are unlimited.
3. All players must be at least fourteen (14) years of age. No players may play before they are 14 years of age, no exceptions.
4. Players may be added anytime during the season.
5. Player additions must be made at the game by contacting the site supervisor before the match.
6. Each player added must fill out and sign the roster before they will be allowed to participate.
7. Any player under the age of eighteen must have a parent or guardian sign a release waiver prior to participation (the waiver must be signed in presence of recreation staff).
8. Final decision regarding player eligibility will be made by the league director.
9. Players may only play on one team per league.
10. If teams are looking for players, the Recreation Office has lists of available people looking for teams to play on.
11. 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.
12. Players must have a photo ID available for identification at all matches.
  - a. Any team found guilty of playing a person under an assumed name will be charged with a forfeit and a fine.
    - i. The fine in both instances is \$25.
  - b. That player and coach will also be ineligible to participate in the league for the remainder of the season.
13. Protests:
  - a. If a team wishes to protest decision, it can only be a rule interpretation call or player eligibility.
  - b. The protest must be made prior to the next live ball.
  - c. The floor captain must notify the officials of the intent to protest.
  - d. A \$50 cash fee will be charged at the time of the protest.
  - e. If the protest is upheld, the fee will be refunded.
  - f. In the case of a protest for player eligibility, there will be a \$50 cash charge per player.
14. **Facility Policies:**
  - a. All facilities may have different policies. It is the responsibility of all participants (players, spectators, coaches, etc.) to understand and follow **all facility** and **Town of Wellington Parks & Recreation policies.**
  - b. No littering on facility or grounds.
  - c. Alcohol and Tobacco use is not allowed at any Town supported event or location.
  - d. Any player, coach, or team representative appearing to be under the influence will be asked to leave the facility immediately and will be reported to the Town of Wellington Parks & Recreation Office.
15. Athletic Braces:
  - a. All braces must have all metal covered and padded.
  - b. If braces are not covered properly, the player will not be allowed to participate.



- c. All braces are subject to the approval of the officials.
16. Alcohol:
- a. Alcohol is not allowed in any Town facility, at any Town parks, or at any Town of Wellington Parks & Recreation event.
  - b. Violators of this Town Ordinance will be suspended from league play and may face fines and or legal penalties.
17. Game Time:
- a. If your game is in a rented facility, The Town's permits for rented facilities are for specific times. You will not be allowed inside facilities until the time scheduled for the first game and must leave after your scheduled time is over. Do not arrive early or stay late.



## Indoor Volleyball Rules

Any rules that are not stated will be governed by the current NFHS Rule Book.

1. Coin Toss
  - a. The winner may choose to serve the ball, or, the side of the court they would like to receive on.
  - b. The team receiving the ball always chooses side.
2. Time Limit:
  - a. There will be a forty five (45) minute time limit for the match.
  - b. Included in the forty five minute time limit is an optional five (5) minute warm-up period.
  - c. Both teams must agree if a shorter warm-up period is decided.
3. Scoring and Results of the Match:
  - a. Rally scoring is used.
  - b. Each match will consist of two (2) games to twenty five (25) points, the final 3<sup>rd</sup> game will be played to (15) points.
    - i. Each game must be won by two (2) points with no cap, or the forty five (45) minute time limit.
  - c. For the third game, a coin toss will determine serve/receive and side.
  - d. If a game is tied when time expires, the next point will decide the winner.
4. Number of Players:
  - a. For Coed leagues, there must be three (3) males and three (3) females on the court for 6v6.
  - b. Teams must start with a minimum of four (4) legal players.
  - c. At no time can males outnumber females on the court.
5. Forfeits:
  - a. Teams that do not have the legal minimum number of players after the five (5) minute warm-up period, the first game is forfeited.
  - b. 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.
  - c. A \$25 forfeiture fee will be assessed to the forfeiting team and must be paid before they can continue league play.
  - d. If a team drops below the legal number of players due to an on court injury, they may continue play without penalty.
  - e. Officials, or staff, 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.
  - f. A team that forfeits three games in a season (not due to an injury) will be dropped from the league without compensation.
6. Time Outs:
  - a. Each team will have two (2) thirty (30) second time outs per game.
  - b. In the event of an injury, the clock will be stopped for a reasonable amount of time.

7. Substitutions:
  - a. There are an unlimited number of substitutions.
  - b. If a legal player wants to go into the game where a player is missing they may do so at the next dead ball.
  - c. A male may only substitute a male and a female may only substitute a female.
8. Jewelry:
  - a. No jewelry is allowed.
  - b. Medical ID jewelry must be taped and approved by the official.
9. Hats:
  - a. No head wear with a bill or hard surface allowed
10. Coed Contact Rules:
  - a. During coed play, if a team contacts the ball more than one time during offensive action, one of the contacts must be made by a female player.
  - b. Contact of the ball during blocking does not count as one of the three allowed hits.
11. Service:
  - a. After the officials whistle and signal to serve, the server has five (5) seconds to serve the ball.
  - b. The serve may be made from anywhere behind the server's baseline.
  - c. Any portion of the foot touching the baseline at the time of serve is a violation.
  - d. On the toss, if the server decides not to serve the ball they must let the ball drop to the floor.
    - i. The server must contact the ball on the second toss.
  - e. If a served ball contacts the net and continues over to the opponent's side of the court, it is a live ball.
  - f. Any served ball that contacts the antenna or is served outside of the legal playing area is out.
  - g. Served balls may not be blocked.
12. Ball Contact:
  - a. The ball may be played off any part of the body.
  - b. A legally hit ball is one that rebounds immediately and cleanly after contact.
  - c. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held.
  - d. Scooping, lifting, pushing, or carrying the ball is a form of holding.
  - e. 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 immediately afterwards).
  - f. EXCEPTION
    - i. The ball may be double contacted on the first hit of a series as long as the double contact occurs successively from a single action.
13. Rotation:
  - a. When the receiving team wins the rally, the team must rotate prior to serving.



- b. Service order must alternate male/female with an even number of female and male players.

14. Overlap:

- a. Overlap is determined by the position of the feet on the floor at the instant the ball is contacted by the server. 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).

15. Back Row Attack:

- a. For 6s, the players in the back row may not attack the ball.
- b. This happens if at the moment of the contact the ball is entirely above the top of the net while in from of the attack line (ten foot line)

16. Block:

- a. A player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent's play.
- b. Blocking of the ball across the net above the opponent's team area shall be permitted provided:
  - i. the block is made after the opponents have executed an attack-hit or;
  - ii. the block is made after the opponents have hit the ball in such a manner that the ball would, in the first referee's judgment, 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
- c. Coed Play:
  - i. When only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking.
  - ii. The remaining back row player must be behind the attack line until the ball has been contacted by the blocker's or has been hit in such a manner that no block is possible.
    - 1. If a back row player is not participating in a block, there is no restriction on both back row players being in the attack zone.

17. Player Net Contact:

- a. It is a fault to touch any part of the net or the antennas.
  - i. EXCEPT incidental contact by a player's hair or:
  - ii. Insignificant contact by a player not involved in the action of playing the ball.

18. Antennas:

- a. If the ball touches any part of the antenna, it will be considered out fo play.

19. Ceilings/Walls:

- a. Any ball that hits the ceiling and/or a raised backboard can be played if the ball comes down on the same side of the court.
- b. Any ball that touches surrounding walls will be considered out of play.
- c. A ball that touches a vertical backboard and, in the judgment of the official, may be played will be declared a dead ball with a replay.



- d. Only the player making a play on the ball may touch the wall to play a ball. A player may not use the wall to gain an advantage on the play.

20. **Matches will not be rescheduled due to a team's inability to field enough legal players at the game's scheduled time.**
21. **Any matches cancelled by Wellington Parks and Recreation Staff may be rescheduled on a different night and location than the regularly scheduled matches/games (subject to availability).**

### Communicable Disease Rule (Blood Rule)

Teams are responsible for supplying their own clothing and first aid supplies.

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 up to five (5) minutes to enable the injured player to dress his/her wound.
5. The player may re-enter the game only with the official's approval. This means bleeding must be stopped and/or wound covered.
6. Any article of clothing that is saturated with blood must be removed and replaced.





## Sports Code of Conduct

The Sports Code of Conduct applies to all sports organized by the Town of Wellington Recreation Department, whether taking place on Town-owned property, or on any other property that the Town has arranged to use.

Definitions:

**Town:** The Town of Wellington

**Coach:** The person designated as a team's spokesman. This person may be either a player or non-player.

**Field of Play:** The part of a court, field, ring or other sports venue that is considered within the boundaries of regulation play of a particular sport.

**Site Supervisor:** A Town employee in charge of the operation and staff of a scheduled sports game, match, or event, as well as this Code of Conduct.

**Coordinator:** The Town's Recreation Coordinator or other person as appointed by the Town of Wellington Parks and Recreation Department.

**Official:** A person who the Town has arranged to be present at a sports venue for the purpose of administering the rule of the game, match, or event, as well as this Code of Conduct.

**Parent:** The legal guardian or other family member responsible for a child who is under the age of eighteen and is participating in a sport sponsored by the Recreation Department.

**Participant:** Any coach, player, parent, spectator, official or any other person involved in any way with any sport sponsored by the Town of Wellington Parks and Recreation Department.

**Participation:** Any involvement in a Town of Wellington Parks and Recreation Department sport, including spectating, officiating, playing, coaching, volunteering, or attending a sporting event.

**Player:** A person who physically participates in a sport or is on the roster of the team or group participating in the sport.

**Probation:** A period of time during which a person who has previously violated the Sport Code of Conduct may have no further violations.

**Recreation Department:** The Town of Wellington Parks and Recreation Department.

**Sport:** Any Recreation Department organized activity or event that is listed under the category of "sports" in the most recent catalog of offerings or a new yet to be advertised activity that is run by a recreation staff member who is specifically designated by organizational chart as a member of the sports team.

**Spectator:** A person who watches a sport for entertainment with no physical involvement.

**Sportsmanship:** Conduct, such as fairness, respect for one's opponent and officials, and graciousness in winning or losing, that are appropriate to one participating in a sport.





**Sports Venue:** An area improved with fencing, buildings, bleachers, goals, turf or other landscaping, lines or other markings or any other facilities intended for use by players, officials, spectators or anyone else participating in a sport. Examples of sports venues include but are not limited to fields, courts, tracks, gymnasiums, field houses, arenas, pools, ice rinks and bowling alleys.

**Suspension:** Loss of the privilege to participate in any manner in a Recreation Department sport.

**Unsportsmanlike:** Exhibiting poor behavior through negative, disruptive or inappropriate actions.

### **Prohibited Acts:**

1. Physically attacking any other participant or any Town staff person. This includes but is not limited to striking, shoving, kicking or otherwise touching or subjecting another person to physical contact in a threatening or alarming manner.
2. Refusing to abide by an official's decision and/or contest such decision in an unsportsmanlike manner.
3. Using racial slurs, ethnic slurs, sexual slurs, or obscene, threatening, or challenging language or gestures.
4. Harassing, insulting, taunting, or unsportsmanlike demonstrations of dissent in any form.
5. Using unnecessary roughness in the play of a game against an opposing player.
6. Throwing or cause to be deposited any object onto the field of play.
7. Violating the Town of Wellington's open container ordinance, or other state or local alcohol or drug laws, while at a sports venue, or enter the field of play while under the influence of drugs or alcohol.
8. Smoking in/on any sports venue, or while coming off or going on the field of play, or while on the field of play, whether indoors or outdoors.
9. Display other unsportsmanlike conduct before or after games or events, or while at a sports venue during a scheduled activity, game, match or event.

### **Enforcement**

1. The minimum penalty for smoking is a warning, and the maximum penalty is ejection from the game, or prosecution according to facility policies.
2. **Minimum Penalties:** Ejection from the current sports activity or event and suspension from the next scheduled game, activity, or event. Any participant who is ejected must leave the sports venue immediately. This means going far enough away that he or she cannot be seen or heard by any participant within the sports venue. Minimum penalties may be imposed onsite by an official or field supervisor.
3. **Medium Penalties:** Suspension for up to the remainder of the scheduled season of up to one year, and one or more years on probation. After review of the alleged violation by Recreation Department staff, medium penalties may be imposed if (1) another infraction has occurred by



the individual resulting in a penalty within the past calendar year; (2) the individual violated more than one section of this Code during the current incident; and/or (3) in the judgment of staff, the severity of the infraction justifies penalty beyond the minimum but not to the maximum level. Medium penalties may be imposed in addition to minimum penalties.

4. Maximum Penalties: Suspension for one to five years. Maximum penalties may be imposed if, after review of the alleged violation by Recreation Department staff, it is determined that the severity of the violation justifies the maximum penalty, based on negative impact to the program, other participants, spectators, and/or staff. Maximum penalties may be imposed in addition to minimum and/or medium penalties.
5. Any behavior that is also a violation of law may result in criminal charges.
6. Any participant who engages in three or more of the prohibited acts described above during any twelve-month period shall be suspended for up to five years, followed by two years of probation.
7. Any participant who engages in a prohibited act while on probation shall be suspended for one to five years.

## Appeals

Appeals of any enforcement decision may be made by submitting a written statement of appeal to the Recreation Manager within fifteen (15) calendar days of the issuance of the decision to be appealed. If an enforcement decision is not appealed within fifteen days of issuance, it is considered final.

The statement of appeal must include a description of the decision in question and related events, and the basis for the appeal. The appealing party may provide any additional information he or she believes is relevant in support of the appeal.

The Recreation Manager will conduct such investigation as he or she determines to be appropriate, given the basis of the appeal and the related facts, and may conduct an informal hearing on the matter in his or her discretion. In the alternative, the Recreation Manager may convene an Appeals Board made up of Town staff who have no personal involvement in the decision being appealed, and such board shall conduct an appropriate investigation.

The Recreation Manager or Appeals Board, if one is convened, shall issue a written decision on the appeal within thirty (30) days from the filing of the appeal. The written decision shall include an explanation of the basis for the conclusion reached.

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