



City of Oak Ridge
Recreation and Parks Department
VOLLEYBALL LEAGUE RULES – Winter 2019
Note Adopted USAV Rule Changes – Attachment 1

1. ROSTERS:

Player rosters are limited to 12 active members per team.

- a. The manager does not count unless he/she plays.
- b. All players MUST personally sign the Waiver/Roster Sheet.
- c. **Additional players – Additions to rosters will not be allowed after Tuesday, February 12, 2019.** The coach may share the Roster/waiver form with players until this date. At this time, the form will lock and we will not be accepting any new additions.
 1. Roster/waiver forms will be e-mailed to the coach after a registration form has been submitted. **No refunds will be given for league fees once a team commitment has been made.**
 2. Players without internet access may still obtain paper roster/waivers at the Civic Center.

2. RELEASE FORMS:

Everyone who participates in league play, including non-playing managers, must sign a Roster and Medical Release Form to release the Recreation and Parks Department and any other person connected with league volleyball of any responsibility in case of an accident. This form must be turned in by the league deadline.

3. ELIGIBILITY:

Coaches of teams are responsible for the eligibility of their players and shall be held accountable by the Recreation and Parks Department to furnish proof of eligibility. To be eligible, players:

- a. Must be **14 years of age or older**, and must be currently enrolled in High School if less than 18. Teams may be completely comprised of players less than 18, but one adult coach over the age of 21 will be required to be present if no adult plays on the team.
 - a. Youth participants must have written parental consent in the form of parent's signature on the roster/release form.
 - b. Youth participants are also required to have parental signatures in the Sudden Cardiac Arrest, and Concussion in Sports forms.
 - c. **All coaches who lead a team on which persons under 18 play, must complete the coaches' information paperwork on Sudden Cardiac Arrest and Concussions, as well as complete the "Concussions in Youth Sports" online training module.**
- b. Must be on official roster.
- c. Must be able to verify identity.
 1. ALL players utilized by a team are required to produce, upon request, verification of identity, which exhibits their picture or signature. **IF A PLAYER REFUSES TO SHOW HIS OR HER I.D., THE GAME CAN BE PROTESTED AND, IF UPHOLD, WILL BE DECLARED A FORFEIT.** If the issues can be resolved on the court, the officials should attempt to do so. If the issue is not resolved, a protest must be filed and normal review followed.
 2. Any player in question regarding his or her identity will be required to place his/her signature on the game sheet.

4. UNIFORMS: (Uniform rules will not be enforced but are highly recommended.)

- a. Teams are encouraged to wear uniform, numbered jerseys with at least 6" numbers.
- b. No two players may use the same number during a game.

- c. Teams are encouraged to conform to the USAV rule on uniforms. In lieu of team uniforms, it is requested that:
 - 1. Team jerseys be worn with non-duplicated numbers.
 - 2. If a team does not have jerseys, the same color shirts with non-duplicated numbers should be worn.
- d. Shoes
 - 1. All players must wear non-marking athletic shoes.

5. LEAGUE RULES:

- a. Leagues will be governed by the playing rules of the current USAV Volleyball Guide. Exception: Local league rules shall supersede USAV rules.
- b. No refunds will be given once a team commitment has been made.
- c. The league organizer will provide the game balls.
- d. A team may start with 4 or 5 players. In co-ed, at least two players must always be female, regardless of the number of players on the court. The 5th and 6th players may be added (or dropped w/o penalty) at any time during play. (All players can be women.)
- e. Game times will generally be 6:00, 7:00, 8:00, and 9:00 PM. Modifications may be needed.
- f. All regular season matches will include 3 games.
- g. Match time is forfeit time. A 10-minute grace period will be given for the second game. If the second game is also forfeited, an additional 10-minute grace period will be given for the third/final game. The first match of the evening will be given a 5 minute grace period before the game is called a forfeit. If four eligible players (2 must be women) are available at game time, the game must start on time.
- h. Each team will be allowed 2 time-outs per game.
- i. Games will be played to 25 points with rally scoring. All games must be won by 2 points.
- j. Serving:
 - 1. Each service must be authorized by the referee's whistle.
 - 2. Net serves will be allowed. The ball may touch the net when crossing.
- k. Rotation: When the **receiving** team has gained the right to serve, its players must rotate one position clockwise. This includes the first serve in the game for the **receiving** team.
- m. Teams will be allowed a 5 minute warm up at the start of each match.
- n. Players must be on the court at the time of the serve. Court lines are yellow lines.
- o. The League Champion will be determined by total number of games won. In the event of a tie, head-to head score will determine league champion. If a tie still exists, performance against common competitors will determine the league champion (and tournament seeding). If more than two teams are tied, head-to-head records amongst all teams will be used to determine seeding.
- p. Tournament matches will consist of the best 2 out of 3 games.
- q. At the moment the ball is contacted by the server, each team must be completely within its own team court (except the server).
- r. The ball is considered out of play when it contacts an object outside the court, the ceiling or a person out of play. It is also out of play if it passes outside the antenna or if it touches the antenna, rope, posts or supporting apparatus. A ball is out of play if it hits the ceiling and crosses the net. It is still playable if, before the third hit, it hits the ceiling and comes back down on the same side.
- s. At the moment of the service hit or take off for a jump serve, the server must be completely in the service zone and not touching the court (end lines included).
- t. The service zone is the area behind and excluding the end lines (29'6" wide). The zone extends back to the wall/bleachers.
- u. Service Tossing Error Rule: Only one toss or release of the ball will be allowed. There will be no re-serves.
- v. Back line players may attempt an attack-hit but must be behind the front zone line (10'

- line) before take-off.
- w. A receiving player may not spike or block a serve. **Clarification:** It is a fault, during the reception of service, to make a double contact using an overhand finger action. The ball may not be caught and/or thrown.
 - x. A block contact is not counted as a team hit. Back row players may not block.
 - y. The ball may touch any part of the body but cannot be kicked by the foot.
 - z. Teams will switch courts between games and after the 13th point of the third game. Players must stay in the same rotation and position when switching during the third game.
 - aa. There will be no limit on the number of substitutions. Substitutions must, however, follow standard USAV rules.
 - bb. Players may touch the post, ropes, or any other object outside of the antennae, including the net itself, provided that it does not interfere with play.

6. FORFEITS

- a. Any team found to be playing with an ineligible player after play has begun will forfeit that game. The offending player will be suspended for one week per violation from all play in leagues and tournaments organized by the Oak Ridge Recreation and Parks Department.
- b. Failure of an ejected player to leave the premises within 5 minutes (out of sight and sound) will result in his/her team forfeiting the ball game. The premises include the general area: Civic Center and parking lot.
- c. If a team of 4 eligible players cannot be on the court at the scheduled starting time, the team ready to play will win by forfeit.
- d. Any league team to forfeit 3 matches during their regularly scheduled league play will not be allowed to participate in the league tournament.
- e. Games forfeited on make-up dates will not be counted against teams in regards to disqualification.

7. SUSPENSIONS AND PROTESTS:

a. SUSPENSIONS

Players, managers, coaches, etc., who are guilty of unsportsmanlike conduct will incur the following:

1. Ejection from the remainder of the current match plus the next scheduled match.
2. The second ejection will be an automatic suspension of four (4) matches up to a maximum of 12 months suspension.
3. Any participant ejected must leave the premises within 5 minutes. The premises include the Civic Center and parking lot.
4. Failure to leave will result in his/her team forfeiting the game.
5. Any person receiving a suspension has the right to appeal, in writing, within a forty-eight (48) hour period. Appeals are to be directed to the athletic office, Recreation and Parks Department.
6. Cursing or any type of profanity will not be permitted at any time.
7. Any verbal or physical abuse of an official or player is an automatic one-year suspension.

b. PROTESTS

1. When making a protest, the team manager/coach must notify the referee/official scorekeeper before the next serve. A written protest can be submitted to the Athletic Office of the Recreation and Parks Department but must be in by 5:00 PM of the next working day after a protested game. A \$25 protest fee must accompany the written protest. No protest money will be necessary in tournament play.
2. In all tournament games, protests must be resolved prior to the next serve of the game. (b.1 pertains to league games).
3. The only type of protest, which may be filed, is a rule interpretation.

4. REFEREE'S JUDGEMENT DECISION CANNOT BE PROTESTED.
 5. The Recreation and Parks Department will handle all protests.
8. SCHEDULING: Games shall be scheduled at the discretion of the Recreation and Parks Department. NO games will be rescheduled because of individual team conflicts. The only games that will be rescheduled will be those cancelled due to facility conflicts and scheduling conflicts as determined by the Recreation and Parks Department.

Attachment 1

Adopted USAV Rule Changes

11.2 Penetration Under The Net

Rule 11.2.2.1

To touch the opponent's court with a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line.

Rule 11.2.2.2

To touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play. *Note: A foot (feet) completely crossing the center line is still a violation. Any other part of the body above the feet touching the opponent's court is not in violation if the action does not interfere with the opponent's play.*

11.3 Players' Faults at the Net

Rule 11.4.1

A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.

Rule 11.4.2

A player interferes with the opponent's play while penetrating into the opponent's space under the net.

Rule 11.4.3

A player's foot (feet) penetrates completely into the opponent's court.

Rule 11.4.4

A player interferes with the opponent's play by (amongst others):

- touching the top band of the net or the top 80 cm of the antenna during his/her action of playing the ball, or
- taking support from the net simultaneously with playing the ball, or
- creating advantage over the opponent, or
- making actions which hinder an opponent's legitimate attempt to play the ball.

USAV Guidelines for Officials

In an effort to allow for more exciting rallies and end on a great play rather than a whistle, USAV's instructions to officials are:

Only whistle net faults when:

- there is interference with play
- the touch gives an advantage to that player's team
- the touch hinders the opponents attempt to play the ball.

Do not whistle simply because of net movement.