



VOLLEYBALL LEAGUE RULES

A. WAIVER OF LIABILITY

All participants must complete a waiver of liability form. All participants in the league assume the risk of injury. Churchill County Parks and Recreation, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

B. SUBMITTING A ROSTER

Each team must submit a roster with a maximum of 10 players. No player may register for more than 1 team. Rosters must be submitted, and a waiver form must be signed before any player may take the field. **Rosters must be finalized, and no changes are allowed after the 2nd week of play. Once the rosters are finalized no changes may be made, except by special approval of the Recreation Supervisor.** The Recreation Supervisor may allow changes to a team roster if that team would otherwise not be able to field enough players each week due to injury, illness, players moving, or other special circumstances. The Recreation Supervisor may also choose to deny a team's request if the addition of a replacement player would significantly improve a team's level of play.

C. TEAMS

A team consists of 10 players. For COED leagues, a team must have at least three women. A team may start a game with a minimum of 4 players. In COED leagues a team can start with 4 players and 1 must be a different gender. **During games, you cannot have more than 3 of one gender on the court at one time. EXAMPLE: If there are only 2 players of one gender, only 5 players can play at a time.**

D. UNSPORTSMANLIKE BEHAVIOR

A player displaying any unsportsmanlike behavior will be given one warning by the official. If the same player receives a second warning in the same match, that player will be dismissed from the game and will be expelled from the next two matches. A dismissed player must also leave the premises upon dismissal, failure to do so will result in notification to the Sheriff's office and the player will be expelled for the remainder of the season. Any team member expelled from a game must talk to the Recreation Supervisor before participating in another match. Decisions of the Recreation Supervisor are final. There is no appeal. Only captains may address the official.

E. SHORTAGE OF PLAYERS

Teams may pick up a maximum of 2 players from other teams if they have less than the 4 players required at the start of the game. Teams must use all their team players first and may only pick up CCPR Volleyball League players as substitutes. If a game begins with these substitutes and the teams' eligible players are available for substitution before the score has reached 7 for the short team and it is in the first game, they must be inserted in the line-up immediately in favor of the substitutes. If the substitutes arrive after this allowed time the game will be a forfeit.

In play-off games: Teams may not pick-up substitute players—if a team is short players, they will lose by forfeit.

F. TIMING AND SCORING REGULATIONS

1. A match shall consist of best 2 out of 3 games during the regular season and the playoffs.
2. A game is over when one team scores 25 points. The winning team must have at least a two-point advantage. If a 24-24 score exists, play will continue until one team wins by 2 points. If a game is tied when game time expires, next point wins the game. The team ahead when time expires will win that game. All three games must be played within a 45-minute time block.
3. With rally scoring, a point can be scored for either team regardless of which team is serving the ball.

G. SERVING REGULATIONS

1. A coin toss between opposing captains will be performed. The winner has the choice of: serving the first game or choosing which court to start on. At the beginning of the second game the roles are reversed. The coin toss will be done at the beginning of the third game with the winner getting the same options as above.
2. The serve is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines). Authorization of the serve must be given to the server from the official before the serve may be hit. If the server does serve the ball before the official blows his/her whistle and gives the signal, the ball is dead and will be re-served.
3. Serves may be underhand, overhand or participants may jump serve.
4. The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the serve. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them.
5. Blocking the serve is illegal.
6. Let serves will be allowed - the serve may touch the net and is in play if it passes onto the opposing team's side of the court.
7. Only one serve is allowed. There are no "re-serves"—a player may not drop a bad toss without serving and then toss it again to serve.) Faults on the serve may occur when:
 - ball touches a teammate or is stopped by net
 - ball is passed under the net
 - ball goes out of bounds.
8. The ball is out-of-bounds when it touches any surface, object, or ground outside the lined court. A ball may be played from out-of-bounds from your territory only. It is illegal to touch the opponent's court in the act of playing a ball.
9. On change of serve, all players shall rotate clockwise (to the right in front line and left in second line). The player in the front-line right position (right forward) becomes the next server. The serving order and the positions on the court at service shall be an alternation of male and female or vice-versa. Positions of players may be changed only after a completed game. If you do not start the game with the serve, you rotate after the first time you serve.

H. LEGAL & ILLEGAL HITS

1. In the COED league: When returning the ball to the opposing team one of the contacts must be made by a female player if there are three contacts made. This may be the first, second and/or third contact. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team. A male player may return the ball to the opposing team without a female player hitting the ball only if it is the first or second touch made on his side.
2. Players may block balls at the net as long as their hands do not break the plain on the net; a block at the net is not considered a hit.
3. The ball must be cleanly hit. The following constitutes a legal hit:
 - a. Contacting the ball with the heels of the hands, fists, or arms.
 - b. A closed fist punching at the ball.
4. The following constitutes illegal hits:
 - a. Ball visibly comes to rest
 - b. Held ball
 - c. Successive contacts
 - d. Using fingers for underhand hit
 - e. Attacking the serve

I. FAULTS

1. The following types of faults can occur during an attempt to play the ball:
 - a. Player touching net.
 - b. Hand or hands over top into opponents' side of net in hitting ball.
 - c. A player takes support from a teammate or any object to reach the ball.
 - d. A team contacts the ball four times before returning it to the opponents.
 - e. Catching or throwing the ball. The ball must be tapped. No open hand tips/dinks.
 - f. Serve out of turn. (Loss of points scored by ineligible server.)
 - g. A player spikes the ball above the opponents' court and/or ball touches player below waist.
 - h. A player contacts the ball twice in succession or the ball contacts various parts of the player's body successively.
 - i. A player receives personal warning.

J. BLOCKS

1. A ball touched by a player, playing close to the net, and attempting to block a shot by an opponent shall not be counted as one of the three taps permitted by his/her team. He/she may block the shot and play the ball before a teammate touches the ball. If two players block the ball simultaneously, this will count as one hit.
2. A joust (ball coming to a rest above the net on a block attempt) will result in a replay of the point.
3. Any player contact with the net is a side out. A player may step on, but not over the center line. Contact with the opponent's side by hands or other parts of the body is a fault.

K. ATTACK-HITS

1. All actions directing the ball toward the opponent, except a serve or block, are attack-hits.
 - a. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.
 - b. Restrictions to a back-row player:
 - Back line players can only spike from behind the 10-foot line. Back line players cannot come to the front of the net and block, they may come to help dig a play.

L. TIMEOUTS & SUBSTITUTIONS

1. Substitutions may be made only when the ball is dead. The substitution must be made from the middle back position on your team's rotation. There is no limit on subs.
2. Each team is allowed only 2 one-minute time-outs per game. Time-outs may be requested any time the ball is dead.
3. Teams must be ready to play by 5 minutes past the schedule game start time. If a team shows up more than 5 minutes late, the team that arrived on time has the following options:
 - a. They may allow the team to pick up subs and follow the sub rule mentioned earlier.
 - b. They may claim forfeit for one game and agree to play #2 and #3 games.

M. PLAYOFFS (subject to change)

1. All 8 teams make the playoffs. Teams will be seeded in the following manner for the playoffs:
 - a. Teams will be award points for wins and losses, wins in two games will be awarded 3 points, wins in three games 2 points, losses will be awarded 1 point or 0 points depending on games won in a match and teams that forfeit will earn no points.
 - b. Team will be seeded by record, if there are any tied teams the team with the most points will win tie breaker.

N. PROTESTS AND APPEALS

At the completion of each game, the ref will ask each captain (or acting captain) to sign a score card with the results of the game. By signing this card, you agree to the outcome of this game and you may not protest the game once you have signed. Should you wish to protest the game, you must inform the ref, he/she will write it on the scorecard and then ask for your signature confirming your decision to protest. (Note: If you forget to sign the scorecard, you may not protest a game at a later date.)

Process:

The captain must submit a written letter to the Recreation Supervisor within 2 business days of the game. This letter may be emailed, faxed or dropped off at the Parks and Recreation office. It is the responsibility of the captain to ensure the letter has been received during the time period stated 2 business days. The letter must include the following:

- Team Name
- Sport
- Captain's name
- Rule Protested
- Reason for Protest
- Desired Outcome
- Who did you protest to? (Ref's name)

Decision:

The Recreation Supervisor will notify the team before the next scheduled game as to what the decision has been made. This decision will be emailed to the captain registering the protest any other team affected.

All decisions of the Recreation Supervisor are final.

OTHER REMINDERS:

- Contact with the ball must be brief and instantaneous.
- Receiving the ball with open hands or hand is either a carry or two hits. Scooping, lifting, pushing or carrying the ball shall be considered a form of holding. Players must bump, set and spike the ball correctly.
- A ball hit from below with two hands must be contacted with the hands held or “locked” together. Hits with hands apart are considered double hits and a fault.
- On a spike, the ball must have immediate release. No slam dunks. It is almost impossible to spike a ball that is behind your head.
- Players are responsible for their children. No horseplay will be allowed. Passive activities such as coloring, or reading are encouraged. Remember, if play is interrupted because of a player’s children, the player will be asked to exit the game to supervise their children. Thank you for your cooperation, this is for the safety of the children and the players.
- There are no alcoholic beverages allowed on the facilities property. Failure to comply with this rule jeopardizes all Recreation Programs and is grounds for expulsion from the league.
- Most important – GOOD LUCK & HAVE FUN!!!

AUGUST 2021