

Sioux Falls Parks and Recreation



2008–2009 Fall/Winter Adult Volleyball Manager's Handbook

**Registration Now Available Online*

Winter Volleyball Registration Dates:

Tuesday, September 9, 6:30 p.m.

Thursday, September 18, 6:30 p.m.

The meetings will be held at Morningside Community Center
2400 South Bahnson Avenue

100 East Sixth Street, Sioux Falls, SD 57104-5929
605-367-8222 • www.siouxfallsparks.org

Sioux Falls Parks and Recreation

Volleyball League Rules and Policies



1. The fee for the 2008 volleyball season is \$85 per league, payable online or during the Winter Volleyball Registration meetings, September 9 or 18.
2. The fee is due by Friday, September 26, 2008, at 5 p.m. No exceptions will be given.



1. **Each player must be listed on the team roster waiver prior to playing the first game.** All rosters waivers will be set after the sixth game. Failure to have all players listed on the roster waiver will result in the forfeiture of all games in which the illegal player participated. **Remember: Purpose of the league is for fun and exercise.** Take this into consideration when you find players.
2. To play on a volleyball team, you **must** be on the roster. **All players must sign the roster prior to participating in league play.**
3. All players must be 18, out of high school, and on the team roster prior to playing.
4. Players may be rostered on more than one team provided that those teams participate on different nights.
5. Any roster changes must be made by the team managers by the sixth week of play. You may call 367-8222 to request roster changes after the sixth week.



1. Most leagues will have a 12-match schedule with a guarantee of ten matches. Coed leagues will have a 10-match schedule with a guarantee of eight matches. League schedules will be posted online at www.siouxfallsparks.org by the week of October 20.
2. Absolutely no preference will be given for game times and/or facility requests.
3. Makeup games: Due to school conflicts (programs in gym, etc), there may be many times your school site may not be available. Makeup matches will be held at the end of regular season play. Also, games cancelled due to weather will also be made up at the end of the season. This will be noted on the schedule online.



Recreation

1. The serve must be from the underhand position. No side or overhand serves allowed.
2. Recreation leagues, although competitive, play with very lax rules. Basically the ball should be hit cleanly even if it is hit with the open hand, and flagrant throwing of the ball should be called.
3. Recreation league players must understand that violations of rules happen. Experienced power players may not enjoy playing in a recreation league.
4. When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.

Power League

1. The serve may be bumped or set.
2. The serve can be conducted in any manner—overhand, jump, side, or underhand.
3. Multiple hits may be allowed on first ball over the net. (A ball hitting the arms and then the chest may be played.)

Coed League

One-Hit Rule—First ball any player can return across the net and any amount of women can return the ball over the net. If the ball is contacted more than once and the first is by a man, then a woman must touch the ball.

Number of Men vs. Women—The number of women must be greater than or equal to the number of men. A minimum of one male must remain on the court at all times.



Each game will have one referee, in all leagues except for Women's Classic, who will ref their own. Please have someone knowledgeable of the rules serve as referee for each match. Refereeing schedules are shown on each league schedule. If the referee is not there and ready to referee at the scheduled time, their team shall forfeit the first game. After ten minutes, they shall forfeit the second game. At 20 minutes after the scheduled time, they shall forfeit the entire match. Calls by the referee should not be questioned. Only the captains of the team may consult the referee. The referee has the authority to call for a point or side out due to excessive questioning of a call.



Playing the Ball

1. **Maximum of three contacts on a side.** Each team is allowed a maximum of three (3) successive contacts of the ball in order to return the ball to the opponent's area. Note—A block is not a hit.
2. **Contact the ball with the body.** The ball may be hit with any part of the body.
3. **Simultaneous contacts with the body.** The ball can contact any number of parts of the body down to the **waist**, providing each contact(s) are simultaneous, and that the ball rebounds immediately and cleanly after such contact.
4. **Contacted ball.** A player who contacts the ball or is contacted by the ball shall be considered as having played the ball.
5. **Double contact.** Players may have successive contacts of the ball during a single attempt to make the first team hit of the ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown. Any player contacting the ball more than once, with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit. Such contacts are a fault. During the second or third team hit, successive contacts are illegal.
6. **Held ball.** When a ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as being held. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered as holding. A ball clearly hit with one or with both hands from below the ball is considered a good play.
7. **Simultaneous contacts by opponent.** If the ball is held simultaneously by two opposing players, it is a double fault and the first referee will direct a play over. (1) If the ball is contacted simultaneously by opponents and is not held, play shall continue. (2) After simultaneous contact by opponents, the team on whose side the ball falls shall have the right to play the ball three times. (3) If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds.
8. **Ball played by teammates.** When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.
9. **Attacking over opponent's court.** A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow through causes the spiker's hand and arm to cross the net without contacting an opponent, such action does not constitute a fault.

10. **Assisting a teammate.** No player shall assist a teammate by holding such player while the player is making a play on the ball. It shall be legal for a player to hold a teammate not making a play on the ball in order to prevent a fault.
11. **Back line attacker.** A back line player returning the ball to the opponent's side while forward of the attack line, must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. **The restriction does not apply if the back line player jumps from clearly behind the attack line, and after contacting the ball, lands on or in front of that line.**

Blocking

Blocking is the action close to the net which intercepts the ball coming from the opponent's side by making contact with the ball before it crosses the net, as it crosses the net, or immediately after it has crossed the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. A blocked ball is considered to have crossed the net.

1. Blocking may be legally accomplished by only the players who are in the front line at the time of service.
2. Blocking or attacking a served ball is prohibited.
3. Multiple contacts of the ball by a player or players participating in a block shall be legal, provided it is during one attempt to intercept the ball.
4. Any player participating in a block shall have the right to make the next contact. Such contact counting as the first of three hits allowed the team.
5. The team which has affected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's court.
6. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block. Back line players may "soft" block, keeping the ball on their side of the net.
7. Block within the opponent's space: 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. Thus, he/she is not permitted to touch the ball beyond the net until the opponent has executed an attack-hit. Any third team hit by the opponents may be blocked at any time after the contact. An attack ball is any ball coming toward the net. An attack ball can be blocked.
8. Contact of ball with net and block: If the ball touches the top of the net and a player participating in a block and then returns to the attacker's side of the net, this team shall have the right of three more contacts to return the ball to the opponent's area.

Play at the Net

1. **Ball in net between antennas.** A ball other than a served ball, hitting the net between the antennas may be played again.
2. **Ball crossing the net.** To be good, the ball must cross the net completely between the antennas or their indefinite extensions.
3. **Player contact with net.** 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, players who are setting, attacking, faking an attack, or blocking are considered to be playing the ball until they have completed the contact, returned to the floor if they had jumped, and regained their balance.
4. **Simultaneous contact of the net.** If two opponents contact the net simultaneously, it shall constitute a double fault and a replay.
5. **Crossing the center line.** Contacting the opponent's playing area with any part of the body, except the feet and hands, is a fault. Touching the opponent's area with a foot or hand is not a fault, providing that some part of the encroaching foot or hand remains on or above the center line and does not interfere with the play of the opponent
 - a. It is not a fault to enter the opponent's side of the court after the ball has been declared dead by the first referee.
 - b. It is not a fault to cross the assumed extension of the center line outside the playing area.

Dead Ball: A Ball is Dead When . . .

1. The ball touches an antenna or net outside an antenna.
2. The ball does not cross the net completely between the antennas.
3. The ball strikes floor, wall, or any object attached to the wall. (A ball touching any boundary line of the court is good.)
4. The ball contacts the ceiling above the opponent's playing area or crosses the plane of the net into the opponent's court.
5. A player(s) commits a fault.
6. A served ball contacts the antenna or other object.
7. The first or second referee blows a whistle, even though inadvertently.

Scoring

1. All three games will be played to 25 points (30-point cap—win by two or first team to 30 points).

2. A point is awarded upon the completion of every play. (Side-out is no longer used.) It is not necessary for the winning team to be serving at the time the winning point is scored.
3. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve; its players must rotate one position clockwise before serving.
4. Net serves are to be included in all matches. Net or let serves occur when a served ball touches the net, but goes over, remaining in play.



CONTROL OF CHILDREN

1. If an official must stop play due to a child's action, the official may sanction the team whose player is responsible for the child. If the official has to stop play again because of a child on the same team, the official may request that a player leave the court to monitor the child. This could result in a forfeit if that team does not have enough players to continue.
2. Children **must be seated in the gym**. They are not to be running around on the sideline or anywhere in the school or community center. **Parents will be responsible to pay for any damage caused by their child/children.**



CARE OF EQUIPMENT

1. Equipment is expensive and valuable. Mistreatment of equipment could mean being expelled from a game. These are three areas we will be asking for your help in refraining from while playing basketball:
 - a. Kicking volleyballs.
 - b. Hanging on the nets.
 - c. Dunking volleyballs. A player breaking or bending a rim or backboard will be charged for repair or replacement.



JEWELRY/FORBIDDEN OBJECTS

1. **Forbidden objects.** It is forbidden to wear any object that may cause injury to another player, such as pins, bracelets, casts, etc. (Watches, rings, and dangling earrings will not be allowed.) If the official requests that a player remove an item, that player must do so before being allowed to return to the game.

 **AWARDS**

1. Awards will be given to the following finishers in each league:
 - a. Eight T-shirts will be awarded to the top two teams in each division.

Tie Breaking Method

- a. Head-to-head competition.
- b. Comparison between teams ahead of them.
- c. Points scored versus points allowed.
- d. Coin flip.

 **MINIMUM NUMBER OF PLAYERS/FORFEITS**

1. Game time is forfeit time. Teams must be able to field a team of at least four players by game time. Teams will be allowed to begin a game with four players but cannot finish with less than four. At any time during a game when a team drops below four players due to injury or disqualifications, the game is forfeited.

Starting time for all games is printed on schedules. A team not ready to play at the scheduled time shall forfeit the first game. After ten minutes they shall forfeit the second game. At 20 minutes after the scheduled time, they shall forfeit the entire match. Referees scheduled for the match must remain until the 20-minute forfeit time elapses.

2. Teams forfeiting more than three games throughout the season will not be allowed to play in the end of the season tournament.
3. Any team suspended from the league for any reason will not be given a refund of their entry fee.

UNSPORTSMANLIKE CONDUCT  **Don't trash your officials!**

1. No player shall at any time lay a hand upon, shove, strike, abuse physically or verbally, or threaten an official, player, teammate, or spectator. Officials are required to suspend the player immediately from further play and report such players to the Parks and Recreation Supervisor. Such player shall remain suspended until the Parks and Recreation Coordinator has considered the case.
 - a. Minimum penalty: Suspension from two league games.

- b. Maximum penalty: Suspension from all recreational activities for the rest of the season and probation for the following year.
- c. **Unsportsmanlike conduct is not part of this game!**

ADDITIONAL TEAM AND PLAYER CONDUCT POLICIES



- a. Only the team captain may confer with the officials regarding a dispute during play. A violation may result in ejection from the game or a forfeit.
- b. Fighting during league play will automatically result in a suspension of a minimum of three games.
- c. Verbal abuse and threats of violence directed at a league referee (whether during or after a ball game) may result in a one-year suspension.
- d. Anyone physically attacking a league official will automatically be suspended for the year.
- e. No smoking, drinking, or use of foul language is permitted in the community center or on school grounds. Players suspicious of being intoxicated will be asked to leave.

UNIFORMS



Uniforms are not mandatory for volleyball leagues.

MANAGER'S RESPONSIBILITIES/GENERAL INFO



1. Collect all players' signatures and turn in the roster before play begins the first night.
2. Roster changes or additions must be reported.
3. Provide copies of league schedules to all team members or direct them to the website.
4. Inform teammates of all rules and guidelines.
5. Any contact with the officials during the game is to be made by the team manager.
6. Managers are responsible for all player and spectator behavior on his/her team and must ensure that the official and the opposing team are always treated with respect.

7. **Forfeits:** If you know you will not have a team ready to play, please call your respective facility by 5 p.m. so we may contact the other team.

- Kenny Anderson: 367-6103
- Kuehn: 362-2774
- MariCar: 367-4593
- Morningside: 371-4131
- Oyate: 367-6185
- Laura Wilder, Memorial, and Terry Redlin: Call Oyate Community Center at 367-6185