



ADULT VOLLEYBALL CO-REC 4'S LEAGUE RULES

Current U.S.A.V. rules and Code of Conduct will be used where applicable in conjunction with South Suburban rules and Code of Conduct. South Suburban reserves the right to expel or suspend any team or team member from the league for reasons of conduct or failure to observe to the rules, regulations or policies outlined in the Rules and Regulations and Code of Conduct. The Team Manager is responsible for briefing each team member about league rules.

1. TEAM ROSTERS:
 - A. Rosters are limited to 8 players. Player additions can be made by calling the Athletic Office at 303-798-7515. Rosters will be frozen after the 6th night of play.
 - B. Players must be at least 16 years of age to participate.
2. UNIFORMS: not required
3. CODE OF CONDUCT: Current U.S.A.V. rules and Code of Conduct will be used where applicable in conjunction with South Suburban rules and Code of Conduct.
4. OFFICIATING:
 - A. **The matches are self-officiated.** Teams are responsible for reporting the scores to the supervisor.
5. GAME REGULATIONS:
 - A. **Matches will consist of 3 games (Rally Scoring) to 21 points (must win by 2 points, cap of 23), with a 60 minute time limit. All 3 games count towards final league standings.**
 - B. **Each team is allowed 2 time-outs per game (30 seconds each).**
 - C. **Substitutions:** A player starting a game may be replaced an unlimited number of times by a substitute and may subsequently enter the game unlimited times, but in the original position in the serving order in relation to the other team members. **There is no designated substitution zone.**
 - D. Co-Rec Four person teams must play with four players (co-ed: 2 men, 2 women)
 - E. **Game time is forfeit time.** If a team is not ready to play at game time, the first game will be forfeited and the team has 20 minutes before the final 2 games of the match will be declared a forfeit.
6. SHOES: Players may play with or without shoes. Spikes are not allowed.
7. Tie breaking system for league play will be determined by:
 - a) Head to head competition between tied teams
 - b) Point differential in those head to head games
 - c) If team has forfeited at any point during the season, they shall be automatically eliminated from this tie breaking process.
 - d) Point differential based on total games played.
 - e) Coin toss

8. Other important Info

- **NO OPEN HAND DINKS!** (17.2.3 Attack-hit with the fingers, using an “open-hand tip” or “dink” is a fault.) An opened hand allows the player to affect the direction of the ball by using fingertips in conjunction with the twist of the wrist. The ball must leave the hand clean (i.e. the player may not “steer” the ball)
- No “pushes” or sets over the net inside the 10 foot line. If setting the ball over the net, it must go further than the 10 foot line to be considered a legal hit. The ball can also be hit or passed over the net.
- The standard for a rotation is a diamond (i.e. a front row player (setter), two hitters (right and left), and a back row player (server). The back row player/serve can only attack the ball behind the 10 foot line.
- *If more than 1 contact is made, at least 1 of the contacts must be made by a female player.*
- If the ball touches the running track and it is within the imaginary boundary of the lines, the ball is still playable. However it must be hit by a player before crossing the net, otherwise is considered ‘out’. It is the same rule applied to the ceiling when in the boundary lines.

Commonly misinterpreted rules:

- It is illegal to block or attack a served ball.
- The server has 5 seconds to serve the ball.
- The ball must be thrown or released before it is hit for service.
- A player is not allowed to attack the ball on the opposite side of the net. Blocking the ball across the net above the opponent's court shall be legal provided that such block is:
 - a) After a player of the attacking team has spiked the ball or intentionally directed the ball into the opponent's courts, or
 - b) After the opponents have completed their allowable three hits, or
 - c) After the opponents have hit the ball in such a manner that the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball, or
 - d) If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

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.

Important U.S.A.V. Changes:

- ◆ The ball may touch any part of the body. Limitation of knee and above removed.
- ◆ Serving (If you let a toss fall, it is considered a side out):
 - 16.5.5 The ball shall be hit with one hand or any part of the arm after being tossed or released and before it touches the playing surface.
 - 16.5.6 If the ball, after having been tossed or released by the server, lands without being touched or caught by the server, it is considered as a service.
 - 16.5.7 No further service attempt will be permitted.
- ◆ The ball may touch various parts of the body, provided that the contacts take place simultaneously. **EXCEPTIONS:**
 - 14.4.3.1 During blocking, consecutive contacts (Rule 19.4.1) may occur by one or more blockers provided the contacts occur during one action.
 - 14.4.3.2 During the first hit of the team (not blocking-Rule 19.2), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
- ◆ Player at the net:

- 16.2.3 Addition: Provision made to allow player to contact ball over opponent's court in order to return it to player's own playing space.
- 16.4.1 Rule expanded to allow insignificant contact with the net by a player not involved in the action of playing the ball.

Recreation Coordinator has elastic power on all decisions regarding eligibility, rules, and disciplinary actions.



CODE OF CONDUCT

The following “Code of Conduct” has been adopted for the South Suburban Parks & Recreation Programs and Facilities. These rules of conduct will be strictly enforced during the playing season/activity/contest. It is the Coach/Managers Responsibility to ensure all players know and adhere to the rules.

Appropriate social behavior is requested for all programs, facility and outdoor use. Individuals are encouraged to act in a way that will not hurt another person physically, mentally, or emotionally. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and or facility standards.

DEFINITIONS:

Coach/Manager- A person designated as team spokesperson. One who is either a player or non-player.

Players/Participant- A person, who actively participates in the game, sits on the bench or who is on the roster.

Contest or Playing Area - That area, which is designated by the League Director, may include spectator area. Can include parking lots and open space.

Spectator- A person who comes out to watch the games for entertainment with no physical involvement.

Official/Umpire - Person or persons on the field who administer the official rules.

Participation- Any involvement in South Suburban activities such as being a spectator, officiating, playing, coaching or attending non-sporting events. Anyone present at the time of an incident.

League Director - An employee of South Suburban.

Sportsmanship Policy

Each team or individual is responsible for the actions of its members and spectators during competition and all other times while on South Suburban District property. Unsportsmanlike conduct, including intimidation and infliction or threat of bodily harm, will not be tolerated and will result in ejection from competition and/or facilities. This Code of Conduct will be extended to drop in participants of a sporting activity. Additional sanctions may be added at the discretion of the District’s staff.

No contest is important enough to warrant physical or verbal abuse of officials, participants or spectators. Please remember that these contests are not professional sporting events. Please make the utmost effort to win with class, lose with dignity, and treat the contest officials with respect.

The following behavior is unacceptable for any players, participants, coaches or spectators:

- Use of alcoholic beverages, illegal drugs or tobacco while in a South Suburban facility or at a South Suburban sponsored event except in authorized areas.
- Pushing, striking, threatening (verbally or physically) another player
- Pushing, striking, and threatening (verbally or physically) an official/umpire or South Suburban staff member.
- Refusal to abide by officials' decisions, including dissent and verbal abuse directed toward officials.
- Failure to follow South Suburban and/or school district regulations.
- Any inappropriate sexual conduct or lewd behavior on the premises or during an event.
- Foul language

CODE:

1. NO PLAYER/COACH SHALL; consume alcoholic beverages without a permit while on South Suburban property.

Minimum Penalty: Ejection from the playing area.

Maximum Penalty: Citation issued by law enforcement.

2. NO PLAYER/COACH SHALL; have three (3) or more team members (players or coaches) ejected from the game.

Minimum Penalty: Shall be penalized with a forfeit.

Maximum Penalty: Suspended from the league for one year. Forfeiture of fees/ no refunds given.

3. NO PLAYER/COACH SHALL; refuse to abide by officials' decisions. Officials are required to immediately suspend the player from further play and report such player to the League Director.

Minimum Penalty: Ejected from that game. Game may be declared a forfeit.

Maximum Penalty: Suspension from the league for two games.

4. NO PLAYER/COACH SHALL; threaten to strike, be involved in a physical altercation or verbally threaten another player, coach, spectator, official, umpire or staff member.

Minimum Penalty: Ejection from that game, receive at least a one-game suspension from the next scheduled game (possible suspension for remainder of the year or longer) and be placed on probation.

Maximum Penalty: Placed on indefinite suspension and/or assault charges filed. Forfeiture of fees/no refunds given.

5. NO PLAYER/COACH; who is ejected from a game may remain in the facility or field. He or she must leave playing area within two (2) minutes.

Minimum Penalty: They must leave facility (official's judgment).

Maximum Penalty: Failure to leave immediately can result in a forfeit. If a forfeit is declared the offending player is suspended for two games and depending on the severity of the offending players actions may result in a suspension for life from South Suburban programs.

6. Teams are responsible for their players and spectators conduct before, during, and after the game. All spectators, as well as participants must conform to all school district regulations and South Suburban Park and Recreation District regulations. Improper behavior will not be tolerated in South Suburban programs.

Minimum Penalty: Verbal warning to the coach, technical fouls/penalties assessed.

Maximum Penalty: Forfeit of the game, possible arrest and prosecution, forfeiture of remaining games, and no refund of fees.

ENFORCEMENTS:

1. All suspensions carry an automatic probation period. Once a player(s), coach, and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season. Further conduct violations will result in a minimum suspension extending through the remainder of the season, as well as forfeiting all fees paid to date.

2. Warning methods: verbal and written notices
3. Suspended coach or player: Suspension from the playing area will result in the League Director investigating the suspension.
4. If a suspended coach, player or spectator does not leave the contest area, the authorities will be called.
5. The official, supervisor, league director, or other South Suburban staff shall be responsible for suspending the offending parties from the playing area.
6. The League Director has “elastic power” in determining suspensions, penalties, or rule interpretations. Officials will have the authority to penalize for unsportsmanlike behavior. This is a judgment call by the official and cannot be protested. There will be no tolerance for those that deviate from the league code of conduct.
7. Ejected or suspended, participant(s) in question may not come to contests as a spectator during their suspension or ejection period. This includes parking lots.
8. Correct name and phone number of ejected individual(s) must be given to proper authorities before leaving facility.

DUE PROCESS:

All ejections are subject to review by the League Director or his/her designee.

1. All ejections will be considered final.
2. A Suspension Review Board will be set up to hear any review of a suspension as deemed necessary for due process. The Suspension Review Board will consist of the following:
 - a. South Suburban Sport Coordinator (League Director)
 - b. South Suburban Department Supervisor
3. Notice of suspension must be made immediately by the official or authorized staff issuing an ejection. In the event of an extended suspension, the suspended person will be notified in writing of any disciplinary action taken.
4. A suspended player has three (3) business days from the receipt of the disciplinary notice to make an appeal in writing. Appeal must be submitted in writing to the League Director who in turn has an obligation to submit to the Department Supervisor for review.