

# **City of Fruita Adult Volleyball Rules**

All participants are responsible for their own medical expenses. Any participant unsure of their physical condition should check with their physician before participating.

Teams are responsible for officiating their own games and keeping their spectators under control. City of Fruita will provide scorekeepers/gym supervisor. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the scorekeepers or gym supervisor. The gym supervisor shall have the power to make decisions on any matters or questions not specifically covered in the rules.

## **1. General Information**

**1.1** The Fruita Parks and Recreation Department reserves the right to change any and all rules, regulations and policies whenever a change is deemed necessary. When a change is made, all managers of teams affected by the change will be notified immediately.

**1.2** Rules and regulations not contained in this manual will be governed by the 2016-2017 National Federation of State High School Association Volleyball rulebook.

**1.3** There will be a 10% service charge for refund requests from the day of registration until the first day of the program. Once the league begins, there will be no refunds.

**1.4** Team managers and/or coaches are responsible to make all team members aware of the rules.

**1.5 No unsupervised children at games.**

**1.6** No food or drink allowed in the gym area. Please leave all food or drink outside of the gymnasium. Gym supervisors will confiscate any food or drink brought into the gym area.

**1.7** Teams will only be allowed to forfeit ONE game during the season without penalty. If a second game is forfeited the team will also forfeit its spot in the end of season tournament. (See Rule 8)

**1.8** Make-up games will only be scheduled for game days that have been cancelled by the Fruita Parks and Recreation Department. Any team not able to make a scheduled game will be a forfeit.

## **2. Uniforms and Equipment**

**2.1 Jersey:** It is strongly recommended that teams wear matching T-Shirts or jerseys in the similar color with numbers on the back of each shirt.

### **2.2 Footwear:**

1. The only shoes allowed for play are non-marking athletic shoes.
2. Sandals, hiking boots, western cowboy boots, work boots, or similar footwear are not allowed.
3. Shoes must be worn at all times (no bare feet).

**2.3 Jewelry:** No earrings, bracelets, necklaces, pins or any other exposed items that are judged to be hazardous or potentially dangerous by the umpire can be worn during the game. Any player that has any visible jewelry will be asked to remove the piece before entering or reentering any game. Tape-it, tuck-it, or take-it off.

## **3. Communicable Disease Rule**

**3.1.** Whenever a player suffers a laceration or wound where bleeding or oozing occurs, the game will be stopped immediately. The player will be removed from the game until the bleeding is stopped and the wound is adequately covered.

**3.2** If a legal substitute is available, they will replace the injured player and play will continue. If no substitute is available, the game clock will be stopped for a reasonable length of time (3 to 5 minutes) to enable the injured player time to dress his/her wound.

**3.3** Any injured player may only re-enter the game only with the gym supervisor's approval. This means bleeding must be stopped and/ or wound covered. Any article of clothing that is saturated with blood must be removed and replaced. Each team is responsible for providing replacement clothing and or first aid supplies.

#### **4. Liabilities and Injuries**

**4.1** The City of Fruita and its representatives are neither liable for injuries to players nor responsible for articles lost or stolen while players are participating in the program.

**4.2** The City of Fruita does not provide insurance for injuries while playing in the program.

**4.3** Scorekeepers, Gym Supervisors, and/ or Parks and Recreation staff have the authority to remove injured players from the game which may risk further injuries to that particular player.

#### **5. Manager's Responsibilities**

##### **5.1 The manager's duties include the following:**

1. Inform all team members of the information contained in this manual or any other printed material provided by the Parks and Recreation Department.
2. Inform all members of game times, dates, and locations.
3. Ensure that all team members are recorded on official roster.
4. Make sure all players are at least 18 years old.
5. Inform Parks and Recreation Department of any difficulties that may occur.
6. Be responsible for the actions of your team while participating.
7. Be aware of all new posted information such as schedules and other league information.
8. Follow all league rules as stated.
9. Call the sports hotline (639-4206) for any questions regarding weather cancellations.

#### **6. Rosters/ Teams Players**

**6.1** Rosters will be turned in prior to the first game at the Recreation Desk in the Fruita Community Center. Teams will not be put on the schedule until payment in full is paid.

**6.2** Players can only be added to the roster up until the second game of the season. This means the second game that your team plays, excluding any game cancelled due to weather or any scheduled byes.

**6.3 Rosters may have a maximum of twelve (12) players. All players must be at least eighteen (18) years of age. NO EXCEPTIONS!**

**6.4** Players must have a photo I.D. available for identification at all games. Any team found guilty of playing a person under an assumed name will be charged with a forfeit. That player will also be ineligible to participate in the league for the remainder of the season. The manager may also be ineligible for one game, depending on the circumstances.

**6.5** Roster checks will be done at random by gym supervisors and the Recreation Department staff without notice. Any participant found playing that is not on the roster will be immediately suspended.

**6.6** No player can play on more than one team, throughout the same season, in the same league. Player's from women's league can play on a co-ed team.

**6.7** An all women's team can play in co-ed

## 7. Game Rules

**7.1 Scoring and time limit:** Rally scoring will be counted, meaning points will be awarded to either team regardless of which team is serving. If the serving team wins rally, the team will receive a point and continue serving. If the receiving team wins the rally they will receive a point and gain the serve. Each match will consist of three (3) games. All three games will be played and recorded in the standings. All leagues will consist of three (3) games or 45 minutes whichever comes first. Winner must win by two points, regardless of time limit.

**7.2 Number of Players:** Teams may play with as few as three (3) players.

**Co-Ed:** All teams must have an equal number of women (to men) on the court or more females than male players. (i.e. if a team has five (5) players on the court, at least three of them must be females.) A co-ed team may exist with all females on a team.

**7.3 Substitution:** Teams playing with more than six (6) players have two options for substituting:

1. Players must rotate out of the **front left** position.
2. In the event of an injury an exceptional substitution may be granted to replace the injured player, if the team has legal substitutes available to play. Legal substitutes must be on team roster and also listed on team line-up. Player leaving game may not re-enter game that he/she left for injury.
3. **Players may rotate in for any player (male or female).**

**7.4 Blocking:** Teams may have a male back row player participating in blocking when the rotation has only one male front row player. However; a back row male player may only attack the ball if his approach was initiated entirely behind the ten-foot line.

**Exception:** Player that serves the ball is designated back-row player and may not attack before the ten-foot line.

### 7.5 Game Specifics:

1. Any ball which momentarily comes to rest on a player's hand(s) or arm(s) will be considered a lift.
2. A ball may be double hit only on blocks **on the first hit on a hard driven ball.**
3. If objects enter the court from adjacent areas, play continues until the teams call the play dead. Play stops only when there is a direct hindrance to play.
4. Blocking or attacking a service is illegal.
5. Foot digs are not allowed.
6. Players can serve from anywhere behind the back line and within the sidelines.
7. Basketball baskets and other gym equipment are considered a judgment call by the teams. A ball hitting the gym equipment will be considered a replay or out of bounds depending on the flight of the ball, and player position to the ball.
8. Each team is allowed two thirty (30) second time-outs per game.
9. **To begin each set, anyone can be the first server, including the same player who served at the end of the previous set.**

**7.6 Co-ed Positions:** No team can have two males in positions next to each other in the rotation. If all three males are being used rotation must be Male – Female – Male – Female - Male – Female.

**8. Forfeits:** A team that must forfeit a game during the season must notify the Athletics Supervisor, Bree Hare, at the Fruita Parks and Recreation Department (858-0360 x6406) prior to their scheduled game.

**9. Co-Ed League:** During a single series, male players may not be the three players to come in contact with the ball. A female player must have contact with the ball as one of the team's three hits before the ball goes back over the net.

**I.E. Legal: Male-Male-Female= Over net  
Male-Female-Male= Over net  
Male-Female= Over net  
Illegal: Male-Male-Male= Over net  
Male- Male= Over net**

## **10. Code of Conduct**

**10.1** The captain (designated captain) and/or coach shall be responsible for the conduct of his/her team and is the only designated spokesman to talk to the scorekeeper/gym supervisor.

**10.2** Use of profanity or taunting will not be permitted. Warnings are given to managers at the coin toss/pre-game. If a player uses profane language or is taunting, which is audible to umpires and spectators, the player will be ejected. If any player after being ejected refuses to leave premise in reasonable time judged by the gym supervisor, the team will receive a forfeit. If the ejection results in a team having less than the allotted number of eligible players required to continue the game, then the game will be declared a forfeit.

**10.3** A one game suspension shall be automatic in the following cases (player must sit out the next game in addition to the game the player is ejected from).

1. Being ejected by the scorekeeper/opposing team. An ejected player must remove himself or herself from the Fruita Community Center. If the person does not leave within a reasonable amount of time, the game will be declared a forfeit.
2. Being ejected by the gym supervisor or Parks and Recreation Department staff.

**10.4 A minimum of a one year suspension from participating in any activity sponsored by the City of Fruita Parks and Recreation Department and/or admission to the Fruita Community Center starting from date of suspension shall be the penalty for the following offenses (including team representatives, players, and spectators):**

1. Threatening physical harm to an employee of the City of Fruita, which includes Gym Supervisors, Sports Officials, and Scorekeepers.
2. Physically attacking any person connected with the City of Fruita volleyball league. (This includes employees of the City of Fruita, spectators, managers, scorekeepers, gym supervisors, and players).
3. Two ejections from games during the season
4. Willful destruction of City of Fruita property (cost of replacing damaged equipment will be paid by the guilty parties) and/or other's personal items at the FCC
5. Theft of personal items, facility equipment, and/or money at the FCC
6. Unsportsmanlike conduct or actions that caused or could have caused serious injury to another player.
7. Fighting - both parties involved will face suspension
8. Any player who appears on the playing field and is under the influence of drugs or alcohol or consumes alcoholic beverages on the premises of the Fruita Community Center.
9. Possession of a weapon or firearm

**10.5** No player shall refuse to abide by a gym supervisor's decision. Gym supervisors are required to suspend any player violating this rule immediately from further play and report such player to the Athletic Supervisor. Such player shall be suspended for two league games, and placed on probation for the remainder of the season.

**10.6** Gym supervisor and City of Fruita employees have the authority to suspend players for one week if poor conduct is displayed on the volleyball courts.

**10.7** Any player ejected from the game must leave the gym area. Failure to leave can result in a team forfeit.

**10.8** Anytime a game gets out of hand, the gym supervisor or any other staff member of Parks and Recreation

has the authority to forfeit the game.

**10.9** Any team having three or more team members (players or coaches) ejected from a game shall be penalized with a forfeit.