



## **ADULT VOLLEYBALL CONTENTS**

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# THANK YOU FOR YOUR PARTICIPATION IN THE ADULT VOLLEYBALL PROGRAM!

## General Information

All managers are responsible for the information contained in this manual as well as making sure that all players are aware of the information that is contained in this manual.

Rules and regulations not contained in this manual or in any handout materials will be governed by the NFHS rules manual. When possible officials will be NFHS certified.

**Elastic Clause:** The League Directors shall have complete charge of the Adult Volleyball League. Any and all situations not specifically covered by these rules shall be acted upon by the League Directors, and all actions by them will be FINAL.

If there are any further questions or ideas regarding the Adult Volleyball League, please contact the league directors.

## Results and Standings

Results for matches will be posted on the first business day following your match. Standings, schedules, blank rosters, manuals, and Sports Code of Conduct can be found on our website at [www.townofwellington.com](http://www.townofwellington.com).

## Amendments

This manual or any section thereof, may be amended through evaluation by team managers, referees, etcetera, as deemed necessary by the Town of Wellington Recreation Department.

If you have questions, ideas, or need information on the Adult Volleyball League, please call our sports office at 970.568.7410 Monday through Friday between 9:00am and 4:00pm.



### IMPORTANT PHONE NUMBERS



League Director: Jake Raynolds.....  
Cancellation Line.....

970.568.7410  
970.568.1219

## Purpose

The purpose of the league is to combine the interest of volleyball teams, and players, of the community into friendly rivalry, wholesome recreation, and clean sportsmanship.

## Functions of Recreation

Wellington Recreation shall be responsible for the financial program, the general organization of the leagues, and the scheduling of dates for leagues.

## Governing Body

The league governing body will be Wellington Recreation.



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## **Registration, Rosters, Transfers, and New Players**

The keeping of the players' roster of each team, transferring of players, and the addition of new players shall be the responsibility of, and subject to the approval of, the officials.

Team rosters are unlimited. **All players must be at least fourteen (14) years of age, i.e. players cannot play until the day they turn fourteen.** Players may be added anytime during the season. Player additions must be made at the gym by contacting the official or game supervisor before your match. Each player added must fill out and sign the roster before he/she will be allowed to participate. Any player under the age of eighteen must have a parent or guardian sign a release waiver prior to participation (the waiver must be signed in presence of recreation staff).

Teams may register for only one league.

Final decision regarding player eligibility will be made by the league director.

**Players may play on multiple teams, as long as they are not in the same league and must play only one division up or down.**

**Player List:** If teams are looking for players, the Recreation Office has lists of available people looking for teams to play on. Please call 970.568.7410 for more information.

Any player that is too competitive or skilled for a certain league may have to be dropped from your roster or your team may be moved to a more competitive level. This will be at the discretion of the League Directors and/or the officials.

Players must have a photo ID available for identification at all matches. Any team found guilty of playing a person under an assumed name will be charged with a forfeit and a fine. That player and coach will also be ineligible to participate in the league for the remainder of the season.

## **Protests**

If a team wishes to protest a call, it can only be a rule interpretation call or player eligibility. The protest must be made prior to the next live ball. The floor captain must notify the officials of the intent to protest. A \$50 (cash) fee will be charged at the time of the protest. If the protest is upheld, the fee will be refunded. In the case of a protest for player eligibility, \$50 per player challenged will be charged.

## **Facility Policies**

Children and spectators under fourteen will only be allowed in gym when permanent bleachers are present. Presence of spectators and/or children is subject to gym owner's policy. Hallways are only to be used for getting to and from the gym. Loitering and practice is not allowed in hallways.

**Food and Beverage:** Absolutely NO FOOD OR BEVERAGE will be allowed in any of the facilities, including locker rooms, hallways, and gymnasiums. Please do not litter facility grounds with trash. Any player, coach, or team representative detected with alcohol on his/her breath, or appearing to be under the influence, will be asked to leave the facility immediately and will be reported to the Recreation Office.

**Tobacco Use:** Tobacco use is not allowed in any part of the schools, churches, or Town facilities, including locker rooms and hallways.



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**Athletic Braces:** All braces, (knee, arm, etc.) must have all metal covered and padded. If braces are not covered properly, the player will not be allowed to participate. Braces designed for athletics are acceptable. All braces are subject to the approval of the officials.

**Alcohol:** Alcohol is not allowed in any Town facility or in any Town parks. Violators of this Town Ordinance will be suspended from league play and may face fines and or legal penalties. School policy does not allow any alcohol or tobacco use anywhere on school grounds.

**Game Time:** The Town's permits for rented facilities are for specific times. You will not be allowed inside the facility until the time scheduled for the first game. Please do not arrive early!

## League Classifications

**A Level:** Designed for those teams who wish to play for competitive reasons in the highest level of competition offered. Players in this category should have a strong volleyball background with organized playing experience. Teams employ multiple offensive attacks and defense strategies with consistent hitting and blocking.

**BB Level:** Designed for teams who wish to play quality volleyball. Players in this category have above average volleyball skills. Team uses power volleyball skills well - - bump, set, and spike. These teams attempt offensive and defensive strategies.

**B Level:** Designed for teams who are less aggressive than the "BB" level teams. These teams may have several inexperienced players, and generally, hitting and defensive skills are weaker. These teams bump, set, and spike. Generally uses basic formation for offense and defense.

**Leisure Level:** Designed for teams who participate mostly for exercise and enjoyment. These teams attempt to bump, set, and spike. Players in this category should not be competitive. These teams use basic formations for offense and defense.

## Indoor Volleyball Rules

Any rules that are not stated will be governed by the current NFHS Rule Book.

1. **Coin Toss:** Two options are available to the winner of the coin toss. The winner may choose to serve/receive or take the choice of the court for the start of play.
2. **Time Limit:** There will be a forty five (45) minute time limit for the match. Included in the forty five minute time limit will be an optional five (5) minute warm-up period. Both teams must agree if a shorter warm-up period is decided.
3. **Scoring and Results of the Match:** Rally scoring shall be used. Each match will consist of two games to twenty five (25) points and a third game to fifteen (15), winning by two (2) points with no cap, or the forty five minute time limit. For the third game, a coin toss will determine serve/receive and side. *If a game is tied when time expires, the next point will decide the winner.*
4. **Number of Players:** For Coed leagues, a maximum of three (3) males for 6's and two (2) for 4's may participate on the court, if a full team is present. Teams must start with a minimum of four (4) legal players for 6's and three (3) legal players for 4's. At no time can males outnumber females on the court.
5. **Forfeits:** Teams that do not have the legal minimum number of players after the five (5) minute warm-up period, the first game is forfeited. By ten (10) minutes after the match time has started the second game will be forfeited and by fifteen (15) minutes after the match time has started the third game will be forfeited. A \$25.00 forfeit fee will be assessed to the forfeiting team and must be paid before they can continue league play.

If a team drops below the legal number of players due to an on the court injury, they may continue play



without penalty.

Officials, or staff, cannot work or play in forfeited games. When a forfeit is declared, teams can practice until five (5) minutes before the next match is scheduled to begin.

6. **Time Outs:** Each team will have two thirty (30) second time outs per game. In the event of an injury, the clock will be stopped for a reasonable amount of time.
7. **Substitutions:** There can be an unlimited number of substitutions. Players may only re-enter for the same player (For B and Leisure divisions only: Players may substitute for any legal player). If a legal player wants to go into the game where a player is missing they may do so at the next dead ball situation. A male may only be substituted for a male and a female may only be substituted for a female.
8. **Uniforms:** Uniforms and numbers are not required to Town league play.
9. **Jewelry:** No jewelry will be allowed except for flag wedding bands. Any Medical ID jewelry or non removable jewelry must be taped to the body or deemed safe by the official. Sub-dermal piercings are not allowed.
10. **Hats:** No head wear with a bill or other hard surface will be allowed.
11. **Coed Contact Rule:** During coed play for 6's and 4's, if a team contacts the ball more than one time during offensive action, one of the contacts must be made by a female player. Contact of the ball during blocking does not count as one of the three team hits. Therefore, after a block a male player can hit the ball over the net since such contact would be considered to be the first team hit.  
A ball contacted more than once by a team, without a female player having contacted it, remains alive and does not become an illegal hit until it fully crosses the plane of the net or is legally contacted by an opponent.
12. **Service:** After the officials whistle and signal to serve, the server has five (5) seconds to serve the ball. The serve may be made from anywhere behind the server's baseline. Any portion of the foot touching the baseline at the time of serve is a violation. On the toss, if the server decides not to serve the ball he/she must let the ball drop to the floor. The server must contact the ball on the second toss.  
If a served ball contact the net and remains in play on the opponent's side of the court, it is a live ball. Any served ball that contact the antennas or is served outside of the legal playing area is out. It is illegal to block a served ball.
13. **Ball Contact:** The ball may be played off of any part of the body. 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.  
For 4's there will be no open hand dinking (re-direction of the ball with the fingers) allowed.  
A player may not contact the ball twice in succession, except when blocking (a player may block a ball then legally contact the ball again) and on the team's first hit.  
**EXCEPTION:** During the first hit (serve, soft or hard attacked ball, free ball, and blocked ball) of the team, the ball may be double contacted. Example: During the team's first hit, successive contact with various parts of the body is permitted in a single action of playing the ball. These include contact involving finger action on the ball. The ball however, may not be caught or thrown.
14. **Rotation:** When the receiving team wins the rally, the team must rotate prior to serving. Service order must alternate male/female with an even number of male/female players.
15. **Overlap:** Overlap is determined by the position of the feet on the floor at the instant the ball is contacted by the server. The adjacent players may not overlap with each other and the back row players may not be nearer to the net than the corresponding front row player (example: left back must remain behind the left front player at the instant the ball is contacted).  
**For 4's there is no rotation or overlap fault. All players are eligible to attack the ball.**
16. **Back Row Attack:** For 6's, the players in the back row may not attack the ball, if at the moment of the contact the ball is entirely above the top of the net while in front of the attack line (ten foot line).



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17. **Block:** 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. Blocking of the ball across the net above the opponent's team area shall be permitted provided:
- the block is made after the opponents have executed an attack-hit or
  - the block is made after the opponents have hit the ball in such a manner that the ball would, in the first referee's judgment, clearly cross the net if not touched by a player and no member of the attacking team is in a position to make a play on the ball.

During coed play only, when only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking. The remaining back row player must be behind the attack line until the ball has been contacted by the blocker's or has been hit in such a manner that no block is possible. Note: If a back row player is not participation in a block, there is no restriction on both back row players being in the attack zone.

18. **Player Net Contact:** 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.  
When a ball is driven into the net and causes it to touch an opponent, no fault is committed.
19. **Antennas:** If the ball touches any part of the antenna, it will be considered out of play. For 4's, there will be no antennas used. For 4's, the top of the pole will be the indicator for a ball out of play.
20. **Ceilings/Walls:** Any ball that hits the ceiling and/or a raised backboard can be played if the ball comes down on your side of the court. Any ball that touches surrounding walls will be considered out of play. A ball that touches a vertical backboard and, in the judgment of the official, may be played will be declared a dead ball with a replay. Only the player making a play on the ball may touch the wall in order to play a ball. A player may not use the wall in order to gain an advantage on the play.
21. **Matches will not be rescheduled due to a team's inability to field enough legal players at the game's scheduled time.**
22. **Any matches cancelled by Recreation Department staff may be rescheduled on a different night and location than your regularly scheduled matches/games (subject to gym availability).**

### **Communicable Disease Rule (Blood Rule)**

#### **Town league procedures to deal with bleeding participants:**

1. Whenever a player suffers a laceration or wound where bleeding or oozing occurs, the game will be stopped immediately.
2. The player will be removed from the game until the bleeding has stopped and the wound is adequately covered.
3. If a legal substitute is available, he/she will replace the injured player and play will continue.
4. If no substitute is available, the game clock will be stopped for a reasonable length of time (two to five minutes) to enable the injured player to dress his/her wound.
5. The player may re-enter the game only with the official'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.

**NOTE: Each team is responsible for supplying its own clothing and first aid supplies.**

**Please come prepared.**



## Town of Wellington Recreation Department

### SPORTS CODE OF CONDUCT

#### Applicability

The Sports Code of Conduct applies to all sports organized by the Town of Wellington Recreation Department, whether taking place on Town-owned property, or on any other property that the Town has arranged to use.

“Sports” include any and all activities or events listed under the category of “sports” in the most current catalog of the Recreation Departments offerings. The Town may add or delete activities from this category in the Town’s discretion.

#### Definitions:

**Town:** The Town of Wellington

**Coach:** The person designated as a team’s spokesman. This person may be either a player or non-player.

**Field of Play:** The part of a court, field, ring or other sports venue that is considered within the boundaries of regulation play of a particular sport.

**Field Supervisor:** A Town employee in charge of the operation and staff of a scheduled sports game, match, or event, as well as this code of conduct.

**Coordinator:** The Town’s Recreation Coordinator/Sports or such other person as head of the Recreation Department may specify.

**Official:** A person who the Town has arranged to be present at a sports venue for the purpose of administering the rule of the game, match or event, as well as this Code of Conduct.

**Parent:** The legal guardian or other family member responsible for a child who is under the age of eighteen and is participating in a sport sponsored by the Recreation Department.

**Participant:** Any coach, player, parent, spectator, official or any other person involved in any way with any sport sponsored by the Recreation Department.

**Participation:** Any involvement in a Recreation Department sport, including spectating, officiating, playing, coaching, or attending a sporting event.

**Player:** A person who physically participates in a sport or is on the roster of the team or group participation in the sport.

**Probation:** A period of time during which a person who has previously violated the Sport Code of Conduct may have not further violations.

**Recreation Department:** The Town of Wellington’s Recreation Department.

**Sport:** Any Recreation Department organized activity or event that is listed under the category of “sports” in the most recent catalog of offerings or a new yet to be advertised activity that is run by a recreation staff member who is specifically designated by organizational chart as a member of the sports team.



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**Spectator:** A person who watches a sport for entertainment with no physical involvement.

**Sportsmanship:** Conduct, such as fairness, respect for one's opponent and officials, and graciousness in winning or losing, that are appropriate to one participating in a sport.

**Sports Venue:** An area improved with fencing, buildings, bleachers, goals, turf or other landscaping, lines or other markings or any other facilities intended for use by players, officials, spectators or anyone else participating in a sport. Examples of sports venues include fields, courts, tracks, gymnasiums or field houses, arenas, pools, ice rinks and bowling alleys.

**Suspension:** Loss of the privilege to participate in any manner in a Recreation Department sport.

**Unsportsmanlike:** Exhibiting poor behavior through negative, disruptive or inappropriate actions.

## Prohibited Acts:

No participant shall:

1. Physically attack any other participant or any Town staff person. This includes but is not limited to striking, shoving, kicking or otherwise touching or subjecting another person to physical contact in a threatening or alarming manner.
2. Refuse to abide by an official's decision and/or contest such decision in an unsportsmanlike manner.
3. Use obscene language or gestures, harassing, insulting, taunting, or challenging language, racial, ethnic, sexual slurs, or unsportsmanlike demonstrations of dissent concerning an official's decision.
4. Use unnecessary roughness in the play of a game against an opposing player.
5. Throw or cause to be deposited any object onto the field of play.
6. Violate the Town of Wellington's open container ordinance, or other state or local alcohol or drug laws, while at a sports venue, or enter the field of play while under the influence of drugs or alcohol.
7. Smoke on any indoor sports venue, or while coming off or going on the field of play, or while on the field of play, whether indoors or outdoors.
8. Display other unsportsmanlike conduct before or after games or events, or while at a sports venue during a scheduled activity, game, match or event.

## Enforcement:

The minimum penalty for smoking shall be a warning, and the maximum penalty shall be ejection from the game. For all other violations, the penalties shall be as follows:

1. Minimum Penalties: Ejection from the current sports activity or event and suspension from the next scheduled game, activity, or event. Any participant who is ejected must leave the sports venue immediately. This means going far enough away that he or she cannot be seen or heard by any participant within the sports venue. Minimum penalties may be imposed onsite by an official or field supervisor.
2. Medium Penalties: Suspension for up to the remainder of the scheduled season or up to one year, and one or more years on probation. After review of the alleged violation by Recreation Department staff, medium penalties may be imposed if 1) another infraction has occurred by the individual resulting in a penalty within the past calendar year; 2) the individual violated more than one section of this Code during the current incident; and/or 3) in the judgment of staff, the severity of the infraction justifies penalty beyond the minimum but not to the maximum level. Medium penalties may be imposed in addition to minimum penalties.



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3. Maximum Penalties: Suspension for one to five years. Maximum penalties may be imposed if, after review of the alleged violation by Recreation Department staff, it is determined that the severity of the violation justifies the maximum penalty, based on negative impact to the program, other participants, spectators, and/or staff. Maximum penalties may be imposed in addition to minimum and/or medium penalties.
4. Any behavior that is also a violation of law may result in criminal charges.
5. Any participant who engages in three or more of the prohibited acts described above during any twelve-month period shall be suspended for up to five years, followed by two years of probation.
6. Any participant who engages in a prohibited act while on probation shall be suspended for one to five years.

### **Appeals:**

Appeals of any enforcement decision may be made by submitting a written statement of appeal to the Recreation Coordinator within fifteen (15) calendar days of the issuance of the decision to be appealed. If an enforcement decision is not appealed within fifteen days of issuance, it shall be considered final.

The statement of appeal shall include a description of the decision in question and related events, and the basis for the appeal. The appealing party may provide any additional information he or she believes is relevant in support of the appeal.

The Coordinator will conduct such investigation as he or she determines to be appropriate, given the basis of the appeal and the related facts, and may conduct an informal hearing on the matter in his or her discretion. In the alternative, the Coordinator may convene an Appeals Board made up of Town staff who have no personal involvement in the decision being appealed, and such board shall conduct an appropriate investigation.

The Coordinator or Appeals Board, if one is convened, shall issue a written decision on the appeal within thirty (30) days from the filing of the appeal. The written decision shall include an explanation of the basis for the conclusion reached.