

# Nome City League Co-Ed Volleyball Handbook 2022

## THE LEAGUE

The National Federation of High School Volleyball rules govern play during all matches, except as stated in the league rules. Players and managers are responsible for following these rules.

### LEAGUE ADMINISTRATION:

- The league will be overseen by the League Director who has final say on all matters.
- If needed, the Director has the ability to convene an advisory committee (composed of team Captains) for assistance on any league matter.

### OFFICIALS:

- At least one referee will be assigned to each game.
- **If a referee is not available, the scheduled League Assist team will be responsible to provide a referee for that game.**

### LEAGUE ASSIST:

- Each team will be required to do league assists over the course of the season.
- League Assists will consist of providing three people to do the books/clock and line judge for each game.
- Recreational teams do not need line judges.
- **(An additional person from the League Assist team might need to be available to referee if the League Director cannot find a referee.)**
- Failure to show up will result in a \$25 fine for each game missed.
- Teams incurring fines must pay them prior to their next game to be eligible.

### PROTEST:

- Any protests must be filed within 24 hours of the game the protest involves.
- The League Director will be responsible for all protests. The League Director's rulings will be final.

### TIEBREAKERS:

- Head to head match record.
- Fewest game losses in head to head matches.
- Fewest total game losses in all league contests.
- Most 3 game sweeps in league play.
- Coin toss.

## THE GAME

- Game times are 5:45pm, 7:00pm, and 8:15pm (if necessary).
- The NRC gym clock is the official start time clock.
- Teams will receive 5 minutes of warm-up if the preceding game runs long.
- If a team cannot begin at gametime, the opposing team will be awarded 2 points for each minute. This will continue for 10 minutes, at which point the game will be forfeited. If neither team can begin at gametime, the match will result in a double forfeit.
- **Length of Match:** Matches run 80 minutes from the official start time. The referee has the official match score and time. The referee shall make the match time known to both teams at the start of the game. If scheduled match time has expired and only four games have been completed, any fifth game required will be played until one team is ahead by two points. If time expires during the

fourth game, the first team to lead by two points will win the game. A match may begin up to 10 minutes early at the consent of both teams and the official. The ten minutes will be added to the 80 minutes for a total of 90 minutes.

- **Coin Toss/Rock-Paper-Scissors:** Before the warm-up in the first match, the referee conducts a coin toss or rock-paper-scissors in the presence of both team captains. The winner either chooses: (1) to select to serve or receive service of the first ball or (2) the side of the court on which to start the game. Teams will alternate sides and serve receive between each match.
- **Forfeits:** If a team is unable to field a team with the required number of players under the conditions set forth above, the match shall be forfeited and a forfeit fee must be paid.
  - o **Fines:** Teams that forfeit a match for insufficient number of players are fined \$25 per match. The same fine is incurred should a team fail to honor their league assist obligation. This fine must be paid to the Nome Recreation Center prior to the offending team's next scheduled match. Failure to pay this fine results in the offending team ineligibility for subsequent matches. Upon a second forfeit and fine, the team manager is notified that the team is on probation. After a third forfeit and fine, (six matches) the team is dropped from the league with no refund of fees.
- **Lineups/Official Score sheet:** Before each match, managers must list on the score sheet those individuals playing for their team. Late arrivals may be added to the list. Managers must sign the score sheet and let the official know whether they will be using rotation or substitution at least ten minutes prior to the match.
  - o **Player Rotation:** A team may rotate into the center back position after a side-out has occurred. The previous server rotates out. If a team chooses to rotate, it must do so for the entire game.
  - o **Player Substitution:** A team may substitute rather than rotate and must use substitution for the entire game. A maximum of twelve substitutions per game is allowed, and unlimited individual entries are permitted within those twelve team subs.
- **To Win A Match:** A game (except deciding fifth game) is won by the team which first scores 25 points and has a two-point advantage. If a score of 24-24 is reached, play continues until a two-point advantage is reached (26-24, 27-25).

**All Divisions are using Rally Scoring.** First four games will be rally scoring to 25 points. Fifth (deciding game) will be rally scoring to 15 points. Games must be won by two.

- **To Score A Point:** If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point. The consequences of winning the rally:
  - a. If the serving team wins the rally, it scores a point and continues to serve.
  - b. If the receiving team wins the rally, it scores a point and gains the right to serve.
- **Deciding Game**
  - o Coin Toss/Rock-Paper-Scissors- On the deciding game of the match, a new coin toss/rock-paper-scissors is conducted. The playing captain not calling the first coin toss shall call the toss for the deciding game. The playing captain will have three choices: Serve, receive or side of court.

**To Win A Rally In The Deciding Game** - The deciding game is won by the team which first scores 15 points and has a two point advantage. The consequences are:

- o The serving team scores a point and continues to serve.
  - o The receiving team scores a point and gains the right to serve
  - o In the case of a 14-14 tie, play is continued until a two-point lead is achieved (16-14, 17-15).
- **Ground Rules:** Overhead Clearance - A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net occupied by the team which last played the ball and provided the ball is legally played by the same team.

- **Hitting the ball:** Anytime the ball is hit more than once by a team, it must be hit by a woman before it is returned over the net. Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking or at the team's first contact. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.
  
- **Playing the ball**
  - o Teeing off on a serve is allowed.
  - o Players may not attack a served ball in front of the 10 foot line when any portion of the ball is above the height of the net.
  - o Kicking the volleyball is allowed. However, excessive kicking motions may be determined by official as unsporting and penalized appropriately.
  - o On each 1st team contact (even if it is blocked), a player may have successive contact in a single attempt to play the ball. The contact is legal provided the ball is not caught and/or thrown.
  
- **Time Out**
  - o Each team is allowed two timeouts per match.
  - o In case of injury, the official may call time out which is not charged to either team. The official continues play once the court and surrounding area are safe.
  - o During the deciding game of a match when the time limit becomes a critical factor, time outs called are not counted against the time remaining.
  - o Players who must leave a game due to emergency circumstances (i.e., pagers) will be treated as if they are an injured player.
  
- **Rescheduled and Canceled Matches**
  - o **Reschedules**  
Matches are rescheduled due to power outages, lack of officials, a locked gym, or unavailable gym space. Nome Recreation Center staff will send out an email Nome-Announce when matches are canceled due to bad weather conditions. These matches will be rescheduled into the next available gym space, without penalties for either team.
  - o **Canceled Match**  
Scheduled matches can be canceled by the manager if the Nome Recreation Center is given 48 hours advance notice. The forfeit fee is waived and the match is not rescheduled. The team canceling the match will receive a loss. A team is allowed to cancel one match during the season. A second cancellation will result in dissolution of the team. No refunds will be given. Captains and assistant captains will not be permitted to join another team. All other team members will be allowed to join other teams, but must play two matches on the new team to be eligible for the playoff tournament.

# THE TEAM AND PLAYERS

## **ROSTER:**

- A minimum of 7 registered players is required to start the season.
- Teams must carry a minimum of six players throughout the season.
- Players must meet eligibility requirements. (See Player Eligibility Below)
- Players can not be on more than one team within their league (Competitive vs. Recreational).
- Player additions may be made to team rosters by signing a player agreement form and paying a player fee at the Nome Recreation Center. Players are eligible to participate that same day. *New players may be added up until the player's team has no less than two games remaining. Players must play two matches to be eligible for the playoff tournament.*
- Players must sign in properly for each game. The sign in sheets will be the official attendance record. A player that has failed to sign in for the amount of matches listed above will not attain eligibility for the playoffs.
- Players are responsible to know all league rules.
- Each team must designate a captain to represent the team.
- Captains are responsible to know all league rules and for payment of all team fees/fines.
- Teams must have at least four registered players for a game to start or a forfeit will occur.
- Teams that forfeit due to insufficient players will incur a \$25 fine. Fine must be paid prior to next scheduled game for team to be eligible to play.
- Teams that know in advance (at least 48 hours) that they will not have enough players may contact the League Director to avoid a fine.
- \*Players must have completed registration and payment on file to be eligible.\*

## **ON THE COURT:**

- Teams must have a minimum of 4 players to play, under penalty of forfeit.
- Teams must have a minimum of 1 female, and a maximum of 3 males.
- Teams may play with 3 males and 1 female, or up to six females.
- **Hardship:** When a team's roster is reduced to less than six players (3 male / 3 female) for unforeseen reasons, the team manager may request to add players after the new player registration deadline by submitting a letter detailing the events and reasons leading to such request. This letter must include the names of players no longer with the team and their reasons for leaving. Once a team has added players because of hardship, the players that are replaced may not play the rest of the season (including playoffs). The Nome Recreation Center may allow additional players to bring the roster up to six players.

## **TEAM SPONSORS AND EQUIPMENT:**

- Sponsorship fees are non-refundable.
- Regulation uniforms are not required, though similarly colored tops with numbers on the back are preferred.
- Players must wear non-scuff gym shoes.

## **PLAYER ELIGIBILITY:**

- Must be at least 19 years of age or older 18 and have graduated high school (or have GED).
- Players must pay registration fee prior to competing in first game.
- Players with outstanding balances within the Department of Parks and Recreation must be paid in full prior to attain eligibility.
- No refunds of player's fees without a signed medical release.
- Players that are pregnant must have written authorization from their doctor.
- Use of an ineligible player will result in the forfeiture of the game(s) the illegal player participated.

## **TRANSFERS:**

- Players will be able to transfer to another team in their division provided the team has an equal or worse record.
- If a team folds, players will be eligible to join any team provided they pay the transfer fees.
- Players cannot transfer with less than 3 games left in the regular season.
- Team Captains (or assistant Captains) must give authorization prior to a player transferring.
- Must pay \$25 Transfer Fee for each transfer.

#### **PLAYERS' CODE OF CONDUCT:**

- Captains are responsible for player conduct. Rough/Abusive Play/Profanity will not be tolerated.
- Only a team captain shall converse with the official over any rule or decision made concerning a particular play.
- Verbal/Physical threats or contact with officials by players or spectators will not be tolerated on the court, in the gymnasium or in the NRC parking lot. Players that break this rule will be suspended for at least ½ the season plus 1 game. Threats will be judged by the referee.
- Players ejected from a game for any circumstances will incur a 1 game suspension and \$25 fine. The fine must be paid prior to next game played.
- Accumulation of two ejections from any player will result in disqualification from the league without refund.
- Ejected players must leave gym immediately. Play will not continue until they do.
- Players trying to retain possession by intentionally (the referee's discretion) throwing the ball off of another player's head will be assessed a penalty at the referee's discretion.

#### **Miscellaneous, General rules of play**

- A ball hit into the net, by a team may still be kept in play (up to 3 hits) provided that the net is not touched by a player. Players may not touch the net. If 2 opposing players touch the net simultaneously, the ball is declared dead and is replayed.
- A spiker must contact the ball on his/her own side of the net, **but** may in the course of the follow through reach over (but not touch) the net.
- Back row players can legally spike the ball from behind the 10 foot (3 meter) line. Must jump behind the ten foot line. The player can land behind or in front of the 10 foot line.
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, or the ceiling above a non-playable area.
- The only time a player is allowed to reach their hands over the net is during the follow through of a spike or a block attempt. Serves cannot be blocked. The player must not touch the net in any scenario. **The block attempt must not interrupt the opponents 3 contacts.** Failure to comply with these rules will result in the play being called dead and the opponent scoring a point.
- Men can line up next to other men on the court just so long as we are abiding by the rule that: Anytime the ball is hit more than once by a team, it must be hit by a woman before it is returned over the net.