

2019 ADULT VOLLEYBALL

Rules, Policies, & Procedures

- League Information:** Some league rules, policies, and procedures may change following the Captains Meeting, as participant feedback will be solicited and considered. Any changes will be updated and re-posted following the meeting.
- Captains' Meeting:** Monday, Jan 9 at 6:00 PM at the Alamosa Family Recreation Center (AFRC)
- Team Registration:** Jan 9-Feb 4, 2019; \$75 team fee
- Player Registration:** begins Jan 8; \$30 per player
- Season:** mid-February to late-April (9 season games + tournaments)
- Division/Day of Week:** **Coed Rec - Mondays, Coed Comp - Wednesdays, Coed Leisure – Mon/Wed**
Women's (Rec, Comp, Leisure) - Tuesdays & Thursdays
- Drop-In "Practice":** Feb 19-21, from 7:30-9:30pm; \$2 drop-in fee/day -OR-
Free for registered players or AFRC members.

New rules highlighted in yellow.

Location

Primary site is the Alamosa Family Recreation Center- 2222 Old Sanford Rd. Alternate locations may be used if needed.

End-of-Season Tournament Information

The end-of-season tournament will be a seeded, double-elimination format. Prizes will be awarded for 1st and 2nd Place tournament winners in each division, provided that at least 5 teams are registered in a division. **Every effort will be made to keep tournament games on the same night of the week as league. (We cannot completely guarantee this as tournaments depend on the total number of teams and possible game cancellations due to weather.)**

Contact Information:

Alamosa Family Recreation Center: (719) 589-2105

League Director: Don Mendoza, (719) 587-2524 or dmendoza@ci.alamosa.co.us

Website: www.AlamosaRec.org Facebook: "City of Alamosa Activities"

Administrative Disclaimer/General Policies

We reserve the right to make league changes as needed, which includes but is not limited to rules, regulations and policies. If/when a change is made, the team representative will be notified immediately.

If leagues have fewer than 4 teams, the combining of Rec and Comp divisions may occur. Additionally, league dates and locations may be amended as circumstances warrant. Objective participant input is welcome in the pre-season.

Once the league schedule has been posted, games will not be rescheduled. If a team has a special request (i.e. request a certain date off), please note it on the team roster. All attempts will be made to honor special requests, but no guarantees will be made.

Communication from the League Director to Team Captains will mostly be done via email. Schedules, information, and weekly updates will be emailed to captains on a regular basis. Captains are responsible for disseminating information to their team's players.

Objective

The objective of Alamosa Parks & Recreation Adult Sports Programs is to promote and regulate amateur adult sports in the community in a fun, fair, and safe setting.

Team Registration

To register, you must have the total team fee (\$75) in the form of cash, money order, check, or make credit card payment at the AFRC. Once the schedule has been made, no other teams will be allowed to enter the league and NO REFUNDS shall be given for any team fee. A minimum of 3 teams must register for the league to commence and 5 teams for an end of season tournament.

Player Registration

The \$30 player fee must be paid at the AFRC or online at www.AlamosaRec.org prior to participating in a game. Each participant **MUST** register themselves. Captains will no longer be allowed to register other participants, unless they are a parent/guardian registering their dependent child. Every player must have a signed waiver form on file for the 2019 Adult Volleyball Season; the waiver may be signed at the AFRC or online. There is no deadline for player registration; however a player must have played in three regular season games to participate in the end of season tournament. Once a participant has played in a game, no refund will be given.

Warning Statement/Insurance/Injuries

Participation in supervised athletics and activities includes a risk of injury which may range from minor to severe. Although serious injuries are not common, it is impossible to eliminate this risk. Participants have a responsibility to help reduce the chance of injury. Players must obey all safety rules. By participating, each player acknowledges that she has read and understands this warning. Those who do not wish to accept the risks described in this warning should not participate.

The City of Alamosa carries no insurance on players or coaches. Participants are responsible for all charges resulting from medical emergencies. Participants are responsible for any first-aid equipment or supplies needed. Captains are encouraged to keep a list of insurance numbers for team members in case of emergency.

Player Eligibility

All participants must be at least 16 years old to be eligible to play in any rec or comp division and at least 14 years old to play in any leisure division. Players under the age of 18 must have their waiver form signed by a parent or guardian.

Players may only play on one team in each division. Player transfers are prohibited once that player has participated in one of their team's games. Every attempt will be made to accommodate players who participate in both the Recreational and Competitive leagues, but some games may need to be played concurrently.

Updated team rosters will be printed at 5:00pm on every game night. Players registering after that time should show proof of payment to the scorekeeper in order to participate.

One Night Drop-In Player

A team may pick up a player to participate in one match for a fee of \$10 per occurrence. That participant must pay at the front desk and show a valid ID. The receipt for the One Night Drop-In Player **MUST** be given to scorekeeper before participating. Once the participant has played, the participant **MAY NOT** play for any other team in that division. If the participant would like continue playing on that team, they should contact the League Director to set up payment for the \$20 remainder to be paid before participating in the next game. To be eligible for tournament play, this player will still need to play in at least 3 games during regular season.

Player Identification/Captain's Roster Challenge

Players are strongly advised to have in possession an acceptable form of legal identification (driver's license, military I.D.) at all games.

When a captain suspects a member of the opposite team to be an illegal player, he or she may request that player's identity be verified. The captain must notify the official or scorekeeper of the roster challenge. At that point, the official will stop the game and determine the player's identity by the following:

- Recreation Staff, an official, or scorekeeper may verify the player's identity.
- The player shows identification to the official.
- The player shows identification to Recreation Staff by 5:00 PM the following day.

The game will continue even if the player's identification is not verified. If the player fails to comply with the third criteria, the game will be forfeited, reported as a loss.

Recreation Staff reserves the right to deny any implausible challenge if it is perceived as an attempt to delay the game.

Playing under an assumed name

Playing or attempting to play under an assumed name will result in the guilty team forfeiting the game and ejection of that player from the game. A second offense results in automatic removal from league without refund.

Player Ejections

1st Ejection: Two game suspension + \$25 fine paid to Parks & Rec prior to playing in next eligible game.

2nd Ejection: Suspension for remainder of season, without refund;

If two or more players on the same team are ejected in the same match, their team shall forfeit the match.

Tournament Player Ejections

If a player is ejected at any point during the tournament, that player will no longer be eligible to participate for the rest of the tournament in that division; even if their team advances for more than two matches.

1 Minute Rule: An Ejected player or coach must leave the premises of the Recreation Center within one minute. If the ejected person does not comply, the authorities will be notified to remove the individuals and the game shall be called a forfeit by the offending team.

We reserve the right to further suspend or ban an individual from Recreation activities either temporarily or permanently based on the severity of the offense.

Fighting – Zero tolerance

Fighting is not tolerated; consequences are the following:

- Players or spectators who are caught fighting will be ejected from the game and are subject to penalties and fines.
- Penalty may result in a temporary or permanent Parks & Recreation activity ban.
- The game officials and Recreation Staff have the right to eject any player/coach/spectator or call a forfeit.

Fee Information

Forfeit Fee: \$0.

However, two "No Show, No Call" occurrences will result in the team's removal from the league, without refund.

Ejection Fee: \$25/person/occurrence (+ two match suspension). Two ejections will result in a player's removal from the league, without refund. The Ejection Fee is payable to the AFRC Front Desk; proof of payment must be shown to the scorekeeper prior to next eligible game.

Coach, Manager, or Team Representative

At registration, a designated team representative who conducts team business must be named. This person must be at least 18 years old and may be a player who actively participates in the game or a non-player. A team representative must provide accurate contact information, including a mailing address, phone number(s), and an email address.

The team representative is responsible for reading, knowing, and understanding the policies, procedures, and rules of this league. The team representative also is responsible for disseminating information to team members. All department contacts with the team will be made through the team representative. It is imperative that our office be notified of any team representative changes throughout the season. Team Representatives are also responsible for the discipline and

proper conduct of their team members.

Player Uniform and Equipment (Supportive Braces/Jewelry/Eye Glasses)

- Team/player uniforms are not required but are allowed.
- Non-marking shoes are required.
- Eye glasses are permitted.
- Bandanas and hats are acceptable, as well as head bands, bobby pins, hair clips, and barrettes that are flat.
- Supportive braces may be worn as long as the original manufactured equipment is intact, not altered or defective, and does not have any sharp edges.
- The wearing of jewelry is allowed but not recommended due to the physical nature of the sport. Jewelry should be removed or taped prior to the start of the game. If an official or Recreation Staff asks that a player remove a piece of jewelry, the player must comply or that player will not be allowed to participate.

League Standings

Standings will be updated weekly and posted online at www.AlamosaRec.org. They will be determined by the following:

1. Win/Loss Percentage
2. Head-to-head winner
3. Game differential between tied teams
4. Points differential between tied teams
5. If teams did not play in season, then the tie is broken by record versus higher ranked teams in descending order.
6. Forfeits automatically lose a tie breaker.
7. If teams are still tied, a coin toss will determine which team shall be the higher seed for post season tournament.

Games/Matches

A match is the best 2 out of 3. The 1st and 2nd sets are to 25 points- rally scoring (must win by a minimum of two points). If needed, the 3rd set will be played to 15 points with no cap (the game will finish).

Net Height

Women's Rec & Women's Comp: 7 ft., 4-1/8 in.

Co-Ed Rec: 7 ft., 8 in.

Co-Ed Comp: 7 ft., 11-5/8 in.

Game Cancellation & Make-Ups

In the event of inclement weather or building cancellations, Recreation Staff will contact team captains. Otherwise, players may call our office for information at 589-2105 or our Weather Line at 587-2554. Make-ups will be scheduled as quickly as possible and may be scheduled on any available weekday.

Forfeits

Games are expected to begin on-time. If a team does not have the minimum number of players required at game time, that team shall forfeit the first set (with a score of 0-25) and will be given 10 minutes before the second set begins. If that team still does not have the minimum number of players required for the second set, the match shall be called a forfeit and the score shall be recorded as 0-25.

Please help us avoid "No Show, No Call" Forfeits as a courtesy to other teams, players, and staff. Team captains should call the League Director by 12:00pm on the day of their scheduled game to inform us of the game forfeiture. The game will be recorded as a loss by forfeit. Forfeits may be declared for one or more of the following infractions:

- Illegal players (players not on a roster, players using an assumed name or ineligible players) participating.
- Misconduct by players, coaches or team managers before, during, or after the contest.
- Not having the required number of players to play a complete match (see division specifics).

Match Rules

NFHS Rules apply with the following exceptions:

Players per Side

Game format is 4 v 4 for all leagues.

Minimum # to start /finish

A team must have a minimum of 2 players to start/finish a game. In coed leagues, there must be at least one female on the court. If a coed team has only two male players to start/finish a game, the game will be a forfeit.

Service Order

Only service order must be maintained. The ghost rule no longer applies in any division.

Player Positions

Players may freely move to front row to attack or block at any time. Positional faults do not apply in any division.

Rec League Rules

Open-handed tips and side-sets are allowed in Coed Rec and Women's Rec. Ball handling will be called much looser.

Comp League Rules

Open-handed tips and side-sets are NOT allowed in Coed Comp or Women's Comp. Ball handling will be called stricter.

Coed League Rules

If a team uses more than one contact to return the ball, a female player must contact the ball.

Ball Handling (Details)

As per NFHS rules, unintentional double-hits are allowed on the first contact only. In Coed and Women's Competitive leagues, side sets are illegal; forward and backward setting over the net is acceptable, as long as the line of the setter's shoulders is perpendicular to the trajectory of the ball. **Decisions made by official are final.**

Time Outs

Each team is allowed two (2) time outs per match.

Substitutions

All divisions may use either the NFHS substitution rules (player 1 for player 2; player 2 may only re-enter for player 1, etc....) or may rotate subs into the serving position. Substitution method must be consistent throughout game. Teams are allowed an unlimited amount of substitutions. If a team is playing short-handed and an additional team member arrives, he/she is allowed to enter the game in between rallies and will be added to the end of the serving order. If a player arrives late, he/she is allowed to be listed last in the serving order and begin playing.

Referee/Scorekeeper

There will be one referee and one scorekeeper at each match. It is their responsibility to record and report the official score as well as keep the official game time.

General Policies

Participants and their fans DO NOT have privileges to the Alamosa Family Recreation Center while they are here for games unless they also have a gym membership or pay the daily pass fee. They are not allowed to use any of the equipment, running track, or any other room during their time in the facility. Fans are asked to remain in the bleacher section provided in gymnasiums.

1. Any abuse of facilities or equipment could preclude the opportunity for further use.
2. Please observe all gym rules and help others to do so also.
3. Children need to have adequate supervision.

Player and Team Code of Conduct

Teams and players are expected to show sportsmanship and will be held accountable for their actions.

Range of Penalties for unsporting behavior:

1. Warning(s)
2. Foul(s)
3. Player Ejection(s)
4. Game forfeit
5. League Expulsion
6. Criminal charges

Through evaluation, the League Director may determine if a player or team will be allowed to participate in future programs/leagues.

Should any player, coach or spectator threaten a Parks and Recreation employee, he/she will be banned from participating in and attending all games for the remainder of the season.

Should any player, coach or spectator assault a Parks and Recreation employee, criminal charges will be filed and he/she will be banned from all Parks and Recreation activities for life.

Alcohol, Tobacco, & Drug Policy

Alamosa City Code 10-23: It shall be unlawful for any person to bring into, possess or drink alcoholic beverages in any park or City building, alcoholic liquor or beer. No player, coach, or spectator shall appear to the contest area under the influence of alcohol or drugs. If a player/coach/spectator is found or suspected to be under the influence of drugs and/or alcohol, the authorities will be called and following penalties can take place:

- Minimum Penalty: the player/coach will be immediately be ejected from the game.
- Maximum Penalty: the player and/or the team will be suspended from further league play by the League Director and will be subject to possible prosecution.

Tobacco is not permitted within the Alamosa Family Recreation Center (or near the common outdoor areas- parking lot, entryway. Anyone found to possess, consume, or use tobacco will be asked to discontinue its use or leave the grounds. League staff and officials reserve the right to remove individuals if they do not comply with this request. This act is considered unsportsmanlike conduct, which may result in player, coach, or spectator ejection/removal.

Blood on Clothing/Equipment

Recreation Staff is instructed that when an injury occurs where blood is present, the injured player must be removed from the game until the blood flow has stopped and been cleaned up. Clothing or equipment that was contaminated must be replaced or removed. Staff shall give a "reasonable amount of time" for these requests to be completed. If a player is unable to meet these demands, the player will not be allowed to return to the game. Teams can continue with fewer players, if that player is unable to return. If a player should need to change uniforms, they must change into a similar uniform with a permanent number to continue to play.

Unattached Players

For those individuals not associated with a team, contact the League Director at 589-2105 and leave your name/contact information. A list of unattached players will be provided to captains prior to the start of the season. All unattached players are encouraged to attend each season's organizational meetings.

Privacy Information Policy

Alamosa Parks and Recreation has a policy of not releasing participants' names, phone numbers or addresses to any source. The intent of the policy is to assure individuals that information given will be used strictly for administrative purposes, and not for solicitation.

Bad Checks/Outstanding Debts

A team or player with outstanding debts (bad check) to City of Alamosa/Parks and Recreation will not be allowed to register for or participate in any department activity until the debt is paid in full. In the case of a bad team check, any scheduled contest will be forfeited until restitution has been made in full. The check-writer has a maximum of 24 hours from the time of notification to make restitution according to the City's Finance policies. Contact the Finance Dept. at 589-2593. Failure to make proper restitution within 24 hours will result in removal from the activity, without a refund.

Refund Policy

Once the schedule has been finalized and posted, no refunds shall be given to the team(s) unless the league is cancelled due to unforeseen circumstances, with the exclusion of player conduct.

Protests

Judgment calls made by the officials are not subject to protest. They can be discussed or clarified with the official only by the team captain and only done so in a respectful and professional manner. Game protests are not conducive to the program's objective and are not accepted. The League Director and Recreation Division Manager welcome participant feedback/discussion and are available at the Recreation Center weekdays 9:00am-5:00pm.