



## City of Arlington Parks and Recreation Adult Sport Rules: Volleyball

### General Information

- **Game Schedules** are available at [www.teamsideline/arlington.com](http://www.teamsideline/arlington.com)
- **Contact:** 817-459-5463
- Sports Rainout Line 817-459-6697; updated by 3:30pm each day.
  - If games have been canceled due to weather problems, it is your responsibility to contact the Sports Office for your newly rescheduled game time and date. All efforts will be made to reschedule games for the same day of the week as your regular games. No refunds will be made except when leagues are filled or are cancelled by the Parks & Recreation Department, nor will refunds be given once schedules are posted or after registration day. Be prepared to play rain-out games whenever or wherever scheduled.
- The City of Arlington Parks and Recreation Department reserves the right to add, delete or amend the rules and regulations at any time for the betterment of the program and reserves the right to approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities and reserves the right to remove teams from play for failure to complete financial obligations, failure to notify League administrators of intent to forfeit games, un-sportsmanship actions displayed during play, roster violations, and/or any other actions deemed detrimental to the league and reserves the right to combine or open leagues to allow more teams to register and to avoid canceling leagues.
- The Parks and Recreation Department routinely takes photos and/or video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by participating or utilizing our facility, you are granting the City of Arlington and its agents the right to use and publish your image or your minor children's image, and that no monetary remuneration will be given.

### Eligibility & Rosters

- It is the team captain's responsibility to submit a completed roster, and all players must sign the roster to play.
- Players must be 18 years of age or older prior to the start of league play and all players must carry a current picture I.D. with them during league games to be considered an eligible player. Minors are subject to approval with a Minor Consent Form must be at least 14 and minors must be listed on the roster they are playing.
- If a player's name is found on multiple rosters, the player shall belong to the team they play for first. Player's can be on one team per division.
- Rosters must be turned into the Athletic Office or to the scorekeeper prior to the first game. If rosters are not turned in prior to the start of the first game, the result will be a forfeit of the first league game and all future games until a roster is submitted. All information on the roster form must be complete for the player listed to be considered part of the team.
- Roster changes will be allowed until the 3rd week of play. After that, no roster changes will be allowed unless approved by Athletic Manager. Any team caught playing an individual who is not on their roster will forfeit all games in which the illegal player played if the opposing team protests.
- Teams who have won their division 3 consecutive seasons must move to the next level of play if available.
- All league teams will be allowed to have a maximum number of 13 players.
- All players must be on roster to be eligible for playoffs. If applicable.
- For Coed, teams can play short 1 female without penalty. Females can however outnumber males. Teams can start with 3 but must have at least 1 female.

### Equipment & Uniforms

- Referees may ban any equipment that they deem as unsafe or illegal and jewelry may not be worn at any time during the game.
- Players must wear shoes that are designed for their sports and playing surface. For indoor courts, no turf shoes or other black-soled shoes will be allowed. Players may not play in slides, metal cleats, barefooted or in socks.
- The City of Arlington Parks & Recreation will provide the official game ball unless both captains and officials agree on a game ball.
- No electronic devices are allowed on the field/court of play (headphones, tablets, go pro, etc.)

### Awards

- League awards will be given out to first place & second place teams.

### Conduct & Discipline

- **Removal:** At the discretion of the officials or staff, a player or coach may be removed from the game for minor infractions. Note: Removals will require the player/coach to leave the facility/park, but no additional team penalties, or suspensions will be issued.



- **Ejections:** At the discretion of the referee or staff, a player, coach, or spectator may be ejected from the game for any unsportsmanlike conduct (to include the consumption of alcohol). Note: Players, coaches, or spectators who have been ejected or suspended must leave the facility and grounds immediately and not return to any Arlington Adult League until the completion of the suspension.
- **Protests** based upon player eligibility will be allowed before the game and rules interpretations will be allowed during the game.
  - **Player Eligibility Protests** must be executed in the following manner: Notify the official verbally before the game begins that the match/game is under protest. The match will not be played, player eligibility will be verified at that time for all players on both teams and a result will be determined. If all players are eligible, the team that protested will receive a loss. If any player is found to be an illegal/ineligible player, that team will receive a loss. If both teams have ineligible players, it will be ruled a double forfeit.
  - **Rule Interpretations Protest** must be executed in the following manner: Notify the sports assistant immediately after the play/call to make a note on the score sheet as to what rule interpretation is being protested. Notify the officials that the game is being played under protest and the game will continue. The League Administrator or his/her designee will rule on all protests after the game.

#### Game Structure

- All games will be played in accordance with the current USA Volleyball (USAV) rules with the addition of the following:
- **Standings and Playoffs:** Playoffs will be awarded to the top 4 teams in the division.
- **Game Time:** Each match consists of three games of rally scoring to 25, unless otherwise stated on the schedule. In the case of a tied score, the team must win by 2 with the max of 30 points. Game one will be forfeited at the scheduled match time; game two will be forfeited ten minutes after the scheduled time of the first game; and game three will be forfeited fifteen minutes after the scheduled time of the first game. If both teams are not ready to play at the scheduled time, the game will be declared a double forfeit, and each team will receive a loss in league standings.
- **Time Allotted:** All games will have a one hour for game time.
- **Time Between Sets:** Teams will be allowed 1 minute between sets.
- **Tiebreakers:** All tie breaker situations will be resolved in the following manner:
  - Winning percentage
  - Head-to-head
  - Head-to-head Differential
  - Total Points/Runs For
  - Total Points/Runs Against
  - Total Points/Runs Differential
- **Forfeits:** If a team forfeits two league games during the season the team can be dropped from the league with no refund of entry fees. All teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit. Make-up games scheduled on days other than the original night will not apply to the number of forfeits.
- **Blood Rule:** a player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time (official's judgment), the individual will not have to leave the game. Uniform rule violations will not be enforced if a uniform change is required. The official shall stop the game and allow treatment if injured person would affect the continuation of play. The official will immediately call a coach or other authorized person to assist the injured player. The rules of the game regarding substitutions, re-entry, and short-handed player will apply, if necessary.

#### Playing Rules

- **Rosters:** must be legibly filled out listing each player and be turned into the scorekeeper at least two minutes prior to scheduled game time.
- **No Subs are allowed. Teams must play with all games with rostered players.**
- **Start Time:** All games will start at scheduled game time and if team(s) are not ready to play at the scheduled game time the clock will be started. An official game can be started with one team having 3 players from their roster but may not continue with less than 3 players.
- **Warm Up:** three minutes, starting from the end of the previous game.
- **Timeouts:** Each team is allotted one 30 second timeout to be used anytime during the game. 1 per set per team.
- **Net Height:** The official height of the net for women's leagues is 7'4 1/8" and 7'11 5/8" for Coed/Men's (a variance of +/- 3/4" is legal).
- **Net Violation:** If there is a collision between players then there will be a replay of services.



- **Serve**
  - At the beginning of the match, the winner of a flipped coin will have the choice of serving first or choosing their preferred side of the court.
  - The serve must be put into play within eight (8) seconds from the time the official signals by whistle to begin play.
  - Only one attempt is allowed per serve and the ball must land within the opponents' court.
  - One re-serve (toss up) is allowed per service. On the first toss the ball can be caught, or it may hit the ground. Failure to serve after tossing the ball up a 2nd time will result in loss of point and serve.
  - You must rotate on the serve and every side out is a rotation. Players of the serving team must rotate clockwise, and the right back must serve.
  - In Coed, the serving order, and positions on the court at service shall alternate male/female (or vice versa).
- **Volley**
  - In Coed, when the ball is played more than once by a team, at least one of the contacts must be made by a female player.
  - In Coed, when only one male player is in the front line at service, one male back line player may be forward of the attack line for the purpose of blocking.
  - In Coed, when one male back line player is participating in a block attempt, the other male back line player shall remain behind the attack line until the ball has been contacted by the blockers or has been hit in such a manner that no block is possible.
- **Libero Position:** The Libero position will be allowed in the Women's Competitive Leagues on with the following caveats:
  - No special-colored jersey will be required; however, before the match is to begin, the team must announce they will be using the special defensive player position, and clearly identify the libero player to the opposing team.
  - Only one libero player may be used in each game.
- **Ball Obstruction:** A ball other than the serve may strike one or more times on the ceiling and/or ceiling fixtures. Play may continue so long as the ball remains on the side of the net of the team that caused the ball to strike the obstruction. Any ball crossing the net and striking the ceiling, ceiling fixture or basket will be in violation and result in a point.
- **Player Ratios/Rotations**
  - If a player arrives after a game has started, he/she shall rotate in at the center back position or remain out of the game until the team rotates to the point where he/she can come into the center back position.
- **Friday / Sunday Co-Ed Recreational:** No Spiking / aggressive hits with-in the 10' line. A Spike is considered as a downward swing of the arm with the ball going in a downward trajectory. This is considered an aggressive play and will be ruled as a fault. A player from the back row may leave their feet straight up from behind the 10' line, remain behind the line and make contact while in the air.