

Adult Volleyball League Rules

REVISED: 12-17-2021

LEAGUE AUTHORITY

1. The operation of this league will be fully governed by the policies and regulations set forth by the Ottawa Recreation Commission (ORC) staff.
2. The ORC, its staff, and its agents will not be responsible for any injuries or accidents incurred by players or spectators. The ORC will not be responsible for lost or stolen items.
3. The ORC reserves the right to cancel and reschedule games as is necessary to accommodate gym space, field space, other programs, and for inclement weather.
4. The ORC reserves the right to forfeit any match in which an infraction of league rules has been committed.
5. The ORC reserves the right to remove any player from competition, or the facility, for directing harmful and abusive language or other inappropriate action towards officials, facility supervisors, ORC staff, and/or individuals of the opposing teams.
6. Team Managers will be contacted with any cancellation and rescheduling information.
 - a. It is the team manager's responsibility to notify all other team members.
7. No alcoholic beverages or tobacco products will be allowed at ORC operated facilities.
8. Teams must have the registration form and fee turned in by the registration deadline to be placed in the league.
9. Once the schedule is made teams may ask to reschedule a game due to conflict.
 - a. The schedule is final once games begin. (We will try, but can't guarantee, to accommodate requests)

ROSTERS

1. All players must be 16 years or older.
2. It is recommended that teams have a minimum of **7** players on their roster; with a maximum of **12** players.
3. The team roster must be turned in prior to the first game.
 - a. Roster is listed on the registration form.
 - b. Roster additions must be made prior to a league game, in person or by emailing Pwhaler@orcks.org
4. A player not on the roster will be considered an ineligible player.
 - a. Players will be considered ineligible until officially signing the roster.
 - b. Ineligible players subject the team to forfeiting the games in which he or she has participated.
5. All players must play in at least **4** of the team's regular season **7** games to be eligible for the League Tournament.
 - a. Any player who does not meet this requirement will be considered ineligible and subject the team to forfeit the tournament game(s).
6. A player may only be on one roster within a league division.
 - a. Any violation of this rule will subject their team to forfeit.
7. Players wishing to switch teams must first get approval from the ORC League Supervisor.
 - a. Upon approval, the player must sign his/her new team roster prior to the 4th game of the season.

FORFEITS

1. Forfeiting matches negatively affects opponents, officials, and the ORC. Team managers should communicate potential conflicts, or forfeits, with ORC staff at least 48 hours prior to their game. Proper communication will allow ORC staff to attempt to accommodate potential conflicts in a timely manner. Should forfeiting become a continuing issue, the ORC reserves the right to suspend postseason eligibility or issue a team fine.

MISCELLANEOUS

1. Children must be attended at all times.
2. There shall be no loose volleyballs during game play.
3. Any rule not covered in these rules will be left to the discretion of the ORC.

PLAYING RULES

1. Official USA Volleyball Rules will be observed with the following adaptations:
2. All players must wear athletic shoes with smooth, rubber soles.
3. Rally scoring is in effect.
 - a. Teams must win by two points in all matches – regular and post season.
4. Teams must have (4) players to start the game and continue a game.
 - a. If a team has less than the (4) player minimum, the match clock will start with a 10-minute grace period.
 - i. Set #1 will be an automatic forfeit (25-0).
 - ii. After 10 minutes, the match will be called a forfeit (25-0, 25-0, 15-0).
 1. If the fourth player arrives during the grace period, Set #2 can begin with the time remaining.
 - iii. Forfeits are scored 25-0, 25-0, 15-0 during the regular season.
5. Regular season matches:
 - a. Will consist of three sets.
 - i. The first and second set are to 25 points, and the third set is to 15 points.
 - b. Each match has a 45-minute time limit with a continuous running clock.
 - i. If time limit expires with the score tied, play will continue until a team has a one-point advantage.
6. In tournament play, matches will be best two out of three.
7. League tiebreakers will be settled in the order of:
 - 1) head-to-head matchup
 - 2) points allowed
 - 3) points scored
8. Each team will be given one 30 second time-out per game.
9. A ball hitting the ceiling (or any permanent attachment to it) may be played if it comes back into the courtside of the team that hit the ball; except on serves.
 - a. A ball hitting the ceiling and landing out of bounds or across the net is a side out or point.
10. Teams are allowed to substitute when they are serving. The substitute must enter in the back row.
11. The ORC follows a strict Code of Conduct (below). Team managers are responsible for ensuring all team members, fans and spectators follow the ORC Code of Conduct.

DIVISION SPECIFIC RULES

WOMEN'S A DIVISION

1. Jump serves **are** allowed.
2. Blocking is permitted. If two people block the ball at the same time, either player may hit it again.
3. Spiking **is** allowed.

WOMEN'S B DIVISION

1. Jump serves **are not** allowed.
2. Spiking is **not allowed** in front of the 10 ft line. A spike is considered any ball hit from above the net with a downward force.
 - a. Hits at the 10 ft line or behind will not be considered a spike regardless of amount of force used.
 - b. Referee judgment will determine if a hit is considered a spike.
 - i. Referee judgment cannot be argued or appealed.
 - ii. Any player arguing a spike judgment call will be first given a warning.
 1. Subsequent argument will result in ejection from the match and possible suspension.
3. Flat footed blocking will be allowed.
4. Players may jump in front of the 10 ft line but may not block or spike.

CO-ED DIVISION (ALL)

1. Must have minimum of (4) players to start the game:
2. Teams must always have at least two members of the opposite sex on the court.
3. If the ball is hit twice or more on the same side, it must be hit at least once by a female.

CO-ED A DIVISION

1. Jump serves **are** allowed.
2. Blocking is permitted. If two people block the ball at the exact time, either player may hit it again.
3. Spiking **is** allowed.

CO-ED B DIVISION

1. Jump serves **are not** allowed.
2. Spiking is **not allowed** in front of the 10 ft line. A spike is considered any ball hit from above the net with a downward force.
 - a. Hits at the 10 ft line or behind will not be considered a spike regardless of amount of force used.
 - b. Referee judgment will determine if a hit is considered a spike.
 - i. Referee judgment cannot be argued or appealed.
 - ii. Any player arguing a spike judgment call will be first given a warning.
 1. Subsequent argument will result in ejection from the match and possible suspension.
3. Flat footed blocking will be allowed.
4. Players may jump in front of the 10 ft line but may not block or spike.

CODE OF CONDUCT

1. Team managers are responsible for knowing and upholding league rules.
2. Team managers are responsible for the conduct of their team, players, fans, and spectators in attendance.
3. **NO TOLERANCE POLICY**
 - a. During the game a player may receive a warning for their 1st offense, depending on the severity of the offense, subject to the discretion of the officials and ORC staff.
 - b. Any player ejected from a game will be asked to leave the ORC League Premises.
 - i. The player will also be subject to a \$25 fine before they will be allowed to play again
 - c. Suspensions are left to the discretion of the ORC staff and are not eligible for appeal
4. Any player or coach who verbally or physically threatens an opposing player, referee, scorekeeper, or supervisor will be ejected from the game
 - a. Any use of obscene language or repeatedly arguing and complaining with the referee is forbidden.
 - b. The offender is subject to a suspension from the league for the season or longer.
 - c. The offender must also apply for reinstatement to the volleyball program.
5. Fighting is expressly forbidden.
 - a. Participants and spectators involved in fighting will be removed from the facility and potentially be barred from the facility for the remainder of the season.
6. No tobacco, alcohol or controlled substances are allowed in the facility.
 - a. Violation of this rule will result in the team being ejected from the league.
7. All rule violations and judgment calls made by the game officials are final.
8. Any spectator who comes out of the stands onto the court to confront a game official or ORC staff shall be immediately ejected from the facility. (This includes before, during, and after a game)
9. Suspensions cannot be protested.

OTTAWA RECREATION COMMISSION
ADULT VOLLEYBALL TEAM ROSTER / LIABILITY WAIVER

In consideration of your accepting my child and/or teammates' entry(ies), we hereby, for ourselves, our teammates, our heirs, executors and administrators, waiver and release any and all rights and claims for damages we or my teammates may have against the Ottawa Recreation Commission and its representatives, successors and assigns for any and all injuries suffered by myself or my teammates at any activity sponsored by this group. The Ottawa Recreation Commission also reserves the right to photograph or videotape participants in programs and/or facilities. The photos and/or video are strictly for the ORC use and may be used in publications, flyers, brochures, videos, websites, and other advertisements. I grant permission to the ORC to use photographs and/or videos of my child and/or teammates' entry(ies) solely for the purpose of marketing and advertising in the above-mentioned ways.

Further, I hereby agree that if I fail to conform my conduct to the Adult Sports Code of Conduct, I will be subject to disciplinary action as determined by the Ottawa Recreation Commission.

TEAM NAME: _____

MANAGER: _____

PHONE: _____

PLEASE PRINT LEGIBLY OR THE LIABILITY WAIVER MAY BE DENIED.

	Player Name	Address	City	State	Signature	Date
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