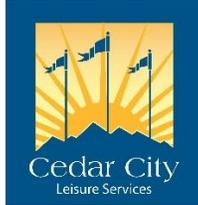


# Cedar City Recreation

## Adult Women's Volleyball Rules



**Cost:** \$250.00 per team – 12 Matches & Double Elimination Tournament

**RULES:** National Federation of State High School Association Volleyball rules will be used as the official league rules unless otherwise stated in bylaws. <https://www.nfhs.com/c-249-volleyball.aspx>

Be aware these rules include: playing net serves and the 1<sup>st</sup> hit may be a double hit.

- 1. Team Names:** Cedar City Recreation is committed to assuring that programs are free from discriminatory, inappropriate, and disrespectful conduct or communication; therefore, we reserve the right to disallow any team name that we feel may be unacceptable due to a racial, religious, sexual, or is otherwise degrading in nature. We ask that all team names, upon submittal, not contain or refer to profanity and/or be racial or sexually explicit in nature. In the event we need to remove a team name we will simply change the schedule to reflect the Coaches last name or provide the opportunity for the team to change their name. In addition, any team wearing a uniform deemed inappropriate by the above guidelines will not be allowed on the field, therefore resulting in a forfeit.
- 2. Team Size:** A team shall consist of six (6) players on the floor. During league play, a team may play with as few as three (3) players. During tournament play, a team must have at least 5 (five) eligible players to begin the match.
- 3. Games:** Rally scoring will be used. Each team will play two (2) sets to 25, (a team must win by two (2) points.) Each set will be capped at 27. For the tournament only we will add a third set to 15 with no cap, if needed.
- 4. Roster/Waiver & Eligibility:** Rosters/Waiver will be provided at the first match for all players to sign. Players MUST sign the official roster/waiver BEFORE they play. It is the responsibility of the coach or manager to see that all players sign the roster and know these guidelines.

- a. If a participant is under the age of 18 the roster/waiver must be signed by their parent or guardian.
  - b. Rosters will be limited to ten (10) players. Players will be added to the roster the first night they come to participate. Do not put a player's name on the roster until they are at the gym ready to play in their first match.
  - c. Rosters will be frozen the second to last week of play for each team and will be indicated on the season schedule. Players may not be added after this week.
  - d. All players on the roster must have played in a total of 6 league sets prior to the tournament to become eligible for tournament play. Attendance is taken for each set. If a player has not played in 6 sets of the league matches, they will **NOT** be allowed to play in the league tournament. A coach may ask the supervisor to see the attendance records at any time to verify eligibility and is ultimately responsible to make sure the correct players are marked present for each set.
  - e. Definition of playing in a set: In attendance and participating during the complete set.
  - f. Injury or medical issues will be considered for an exception to roster/waiver & eligibility rules. If you have a player who needs special consideration to the roster/waiver or eligibility rules because of injury or medical issues, please notify the League Director to be approved for tournament eligibility or roster alterations.
  - g. The participant whose name is listed on the roster must sign the roster; a teammate cannot sign for another teammate. Offenses to this rule will result in a 2-match suspension of the participant, the person who signed illegally and the team manager.
- 5. Transfer of Teams:** Players are not allowed to transfer from one team to another within the same night of a league. Players sign one roster and play with one team within the same night. You may not substitute for a team who doesn't have enough players. Even if the other team agrees to it. It is NOT legal and is NOT allowed.
- 6. Substitutions:** Free substitutions are allowed at any time, providing the ball is dead and the substitution is brought to the attention of the official.
- a. In the past free substitutions have been allowed at any time, if the ball is dead, and you bring it to the attention of the official. We haven't been keeping track of *whom* you go in for, only that you were substituting. This rule was put into place to keep the game moving along and make it easy for teams to substitute players without causing long delays. If we find that your

team is abusing the free substitution rule, you will receive ONE (1) warning. The second offense will result in your team forfeiting the match (both sets). An example of abusing the rule would be: I play all the way across the front row, sub out before my turn to serve, and come in on the next rotation on the front row again, not even for the same player I came out for. THIS IS NOT ACCEPTABLE. If this happens the rule will need to be changed to follow the High School substitution rule, which means you would have to substitute for the same position and player each time.

- b. **Back Row Players:** since we don't penalize teams for playing with less than six (6) players, the one thing we do ask is that the player who is serving is NOT allowed to come to the front row and hit or block. (If you happen to be playing with three (3) or four (4) players, it is only one rotation that the server will be considered a back-row player and may not hit or block.
- 7. Protests:** Protests must be made to the supervisor at the time of the alleged infraction. (Judgment calls cannot be protested.) If you wish to protest eligibility of an opposing team this must be done before the match begins, not after the match is played.
  - 8. Game Times:** Games are scheduled to be played every 45 minutes, but if a court becomes available, your team should be ready to play early.
  - 9. Regular Season Forfeit Times:** During the regular season, a team will forfeit their first set if they do not have at least Three (3) players by five (5) minutes past the scheduled start time. If they do not have at least three (3) players by ten (10) minutes after the scheduled start time, they forfeit both sets.
  - 10. Tournament Forfeit Times:** During the tournament, a team will forfeit their first set if they do not have at least five players by five (5) minutes past the scheduled start time. If they do not have at least five players by ten (10) minutes after the scheduled start time, they forfeit both sets.
  - 11. Tournament Ghost Rule:** A point and side out is awarded to the opposing team when the missing player(position) should rotate to the back-right service position. (For tournament only.)
  - 12. Tournament Seedings:** Tournament bracket will be seeded from the standing in regular season play. A tie breaker in season standings will be determined by
    1. Head to head between the tied teams
    2. Point differential between the tied teams
    3. Tied teams record against the highest seed opponent
    4. Coin Flip

- 13. Supervisors:** Paula Burgoyne Jenson will be supervising the league. If you have any questions about anything feel free to contact her. Also, if there are times when you can see that assistance in setting up nets is needed; your help is welcomed and appreciated. We need to start as close to 6:00 pm as possible to stay on time.
- 14. Gyms & Equipment:** Please be respectful of the gyms by staying off the playing floor with “outside” shoes. *Please DO NOT* let your children climb on the bleachers or play in the hallways unsupervised! Please help gather the volleyballs after your team warms up. Do not let children play with Cedar Recreation balls.
- 15. Honor System/Team Responsibilities:** As most of you are probably aware, each team and individuals are responsible for calling touches, net violations, and balls that go out of bounds. This system has been in use and has been working for 20 years. If this system fails, we will need to increase the league fees to add another official.
- 16. Code of Conduct:** Cedar City Recreation has Code of Conduct that each participant in the Cedar Recreation Adult Volleyball league is expected to follow. The Code of Conduct is posted online at [cedarcity.org](http://cedarcity.org). It covers everything from fighting, drinking, attacking an official, to the use of inappropriate language and more. It is the responsibility of the team manager/coach to make sure each participant on their team is aware of the Code of Conduct.

