

# PLEASANT HILL RECREATION & PARK DISTRICT

## ADULT CO-ED VOLLEYBALL RULES & REGULATIONS

### INTRODUCTIONS

Welcome to Pleasant Hill Recreation & Park District's Adult Volleyball League. This publication provides standard regulations for all Adult Co-ed Volleyball Leagues conducted by the District. The league also operates under the rules of the United States Volleyball Association (U.S.V.B.A.) and the Sports Association of Northern California Recreation Agencies (S.A.N.C.R.A.).

All updates and changes in this publication are in **bold print** and screened, as shown here.

### BASIC PHILOSOPHY

One of the goals of the Pleasant Hill Recreation & Park District is to provide recreational opportunities for people of all ages. The Adult Volleyball League provides the community with an opportunity to participate in an organized sports activity. The leagues are set-up for competitive play but the overall goal is enjoyable participation for all. The District is not offering professional leagues. The main emphasis of the league is the recreational elements including the fun, enjoyment, good sportsmanship, and friendships that are developed.

### LEAGUE COORDINATORS

It is easier to obtain good teams than good league coordinators. Unethical action by some coaches and players can cause excellent league coordinators to leave; and consequently, there is a shortage of qualified persons willing to perform this important function.

When a league coordinator assesses a penalty or makes a decision, he is simply doing his duty. League coordinators are there as representatives of the District and not the teams. It is the league coordinator's duty to uphold the integrity of the games; and their decisions, even though occasionally a mistake in judgment, are final, conclusive and must be accepted. It is then the team representative's responsibility to request an interpretation if needed. Other players must refrain from conferring with the league coordinators.

### LEAGUE REGULATIONS

1. A team must have paid all fees and have a team roster on file before considered registered and entered in the league.
2. Team representatives should arrange other facilities for team practice.
3. The League Director has the option of moving players or teams to whatever league and date of play he deems is in the best interest of providing a balanced program.
4. The League Director may, because of conditions beyond his control, change or revise the league schedules.

5. After the first regular scheduled game, all teams forfeit the right to their entry fees unless the entire league is disbanded, whereby all teams will be refunded their entry fee minus all costs incurred by the league up to that point.
6. The Pleasant Hill Recreation & Park District reserves the right to establish rules and regulations at any time deemed necessary for the efficient operation of the league. Further, all rules and regulations will be interpreted by the District staff as deemed necessary to ensure a smooth and consistent program in keeping with the standards and intent of adult leagues.

## **TEAM AND PLAYER ELIGIBILITY**

1. A player may participate in the league only if the player's name, address, city he/she lives in, zip code, telephone number, and signature appear on the official team roster as filed with the Recreation & Park District.
  - a. Any player participating under an assumed name or false address will be considered an ineligible player and shall suffer suspension for the remainder of the season.

PENALTY: All matches will be forfeited in which the ineligible player participated.

- b. Players must be eighteen (18) years of age or older and out of high school.
2. Roster Additions and Withdrawals:
  - a. All players added or withdrawn **must** be done on Pleasant Hill Recreation & Park District's "Add/Withdrawal Form."
  - b. Players may be added or withdrawn up till **5:00** pm on game day at the Administration Office. The office is closed weekends and holidays.
  - c. Teams may carry a maximum of ten (10) players on their roster.
  - d. No roster additions or withdrawals can be made after playing your second to last match of the season. Additions must be turned into the office before a person may participate.

3. A player may only play in one (1) league and on one (1) team at any given time during the season in the Pleasant Hill Recreation & Park District's Adult Volleyball League and is allowed only one team trade per season.

PENALTY: The player will be suspended for one calendar year from the date of the detection and all teams he/she played on will forfeit the matches the player participated in.

4. The League Director maintains the prerogative to disqualify any player or team, at any time, if it is in the best interest of the league.

## **PROTESTS**

1. Only a regularly scheduled game may be protested. No protest based solely upon a decision involving the accuracy of a judgment call on the part of the official may be filed.
2. A protest will be considered only if the league coordinator, officials and opposing team representative are notified at the time of the dispute (before the next ball is served) and the game is officially recognized as being played under protest.
3. The protest will be resolved by the league coordinators as quickly as possible and play will resume. If the protest cannot be resolved in a timely manner, play will resume immediately and the league coordinators will notify the team captains of the protest outcome.
4. All protests not decided at the gym, must be submitted in writing to the Pleasant Hill Recreation & Park District, 147 Gregory Lane, Pleasant Hill, CA 94523, Attn: Adult Volleyball Protest. All protests must be submitted with a \$20.00 protest fee within 48 hours of the disputed game. The fee will be returned if the protest is found valid.
5. The protest should contain the following information:
  - a. Date, time and place of game.
  - b. Names of league coordinator, officials, scorekeepers, teams and team representatives.
  - c. The rule and section of the Official Rule under which the protest is being made.
  - d. The decision and conditions surrounding the making of the decision.
  - e. All essential facts involved in the matter protested.
6. A \$20.00 fee (per player) will be required if a team requests the league to investigate an ineligible player. If the player is found to be ineligible, the fee will be returned.

NOTE: All players should carry a drivers license or have it close by, e.g. in their car. Players must be prepared to show it to the league coordinators at all times. If it is out in the car, it must be shown to the league coordinators immediately after the game.

6. In all cases, the ruling of the Pleasant Hill Recreation & Park District will be final.

## **EQUIPMENT**

The league will provide (through the entry fees) a game ball, volleyball nets and poles, league awards, gymnasium, gym maintenance, lights, rule book, standings and results, and other such equipment or materials as required for the efficient conduct of the league.

## **SCHEDULE CHANGES**

1. **TEAMS PLAYING IN MORE THAN ONE CITY:**  
Pleasant Hill Recreation & Park District's schedules will not be adjusted to avoid conflicts with other leagues. Teams who enter more than one league do so at their own risk.

2. Games which have to be made up due to weather, power failure, or other circumstances, will be rescheduled following the end of league play or on the earliest possible day arranged by the League Director. Make-up games will be played in the order of postponement and may be played on a different weeknight or weekend day than the league regularly plays. If the games cannot be played, the win-loss records will be computed on the games actually played.
3. If a league coordinator does not appear for a league game, the game will be postponed and made up according to the above rules on make-up games.
4. In the event that the league schedule cannot be completed within three (3) weeks of scheduled completion date, the League Director may declare the league completed. The league standings will be based on the team's records at the time of the declaration. Each team will be refunded their share of entry fee money for games not played.

## **FINAL LEAGUE STANDINGS**

League champions will be the teams that complete the schedule with the best win-loss-tie record (with 1 point for a win, 1/2 point for a tie, 0 points for a loss and -1 point for a match forfeit loss). If teams are tied with identical records after completing the league schedule, the higher final standing will be awarded to the team:

- a. With fewer match forfeits. (If a winner is not determined, all tied teams move to step b)
- b. With fewer game forfeits in head to head competition. (If a winner is not determined, all tied teams move to step c)
- c. With the best record in head to head competition. (If a winner is not determined, all tied teams move to step d)
- d. With the most games won in head to head competition. (If a winner is not determined, all tied teams move to step e)
- e. With the highest point differential in head to head competition. (If a winner is not determined, all tied teams move to step f)
- f. With fewer games forfeited during the league. (If a winner is not determined, all tied teams move to step g)
- g. With the least games lost in league competition. (If a winner is not determined, all tied teams move to step h)
- h. With the highest total point differential in all league games played. (If a winner is not determined, all tied teams move to step i)
- i. By coin toss.

NOTE: The point differential is calculated by subtracting points given up from points scored.

## **PLAY-OFFS**

Play-offs will be single elimination; number of teams eligible will be determined by the size of each league. Championship games may be scheduled on a different night than the league normally plays.

1. A player must play in at least two (2) league matches to be eligible for the play-offs.
2. Visit the sports website [www.pleasanthillrecsports.com](http://www.pleasanthillrecsports.com), after 6:00 p.m., two working days after your league's last game to receive play-off information.

## **SPECIAL INFORMATION**

1. The team representative shall be the official representative of the team unless he designates one of the players as a team captain prior to the game. Only the team representative or his designate may discuss a call or decision made by the officials.
2. The team representative will be responsible to see that all their players know and abide by the rules and regulations as stated in this book, U.S.V.B.A. Rule Book and the Team and Player Code of Conduct
3. NO DRINKING of alcoholic beverages is allowed at the school site by players, coaches and team representatives, before, during or after a game.

PENALTY: The School District will have the individual(s) arrested.

4. NO SMOKING is allowed at the school site by players, coaches and team representatives, before, during or after a game.
5. **NO FOOD OR DRINK of any kind is allowed in the gymnasium.**
6. ANY PLAYER DISMISSED FROM A MATCH IS SUSPENDED FROM PLAY FOR A MINIMUM OF THE NEXT TWO LEAGUE MATCHES.
7. Any suspension which runs through the last match of the season or beyond, will be extended to include all play-off matches.
8. ANY PLAYER DISMISSED FROM TWO MATCHES IS SUSPENDED FROM PLAY FOR THE REMAINDER OF THE SEASON.
9. All dismissed players must leave the school site immediately and are required to stay away from the school site until the suspensions are lifted.
10. Hard soled shoes and running shoes are not allowed.
11. Casts or other dangerous equipment are not permitted.
12. Please pick-up your litter to help keep league fees down.
13. Teams are not to warm-up on the court unless time permits. Warm-ups should occur only on the side line areas. If sideline warm-ups interfere with the game in progress, the league coordinators may ask the teams to cease their warm-ups.

14. Please leave the gym promptly after the last match of the evening. The parking lot gate is locked shortly after the last matches are played.

## **PLAYER CONDUCT**

There is no place in athletic sports for the unethical player. Unsportsmanlike conduct is contrary to the basic principles of athletic sports. The "Player Code of Conduct" was established for the protection of the participants, survival of the sport and continuation of the league. Violation of the "Player Code of Conduct" will not be condoned.

## **S.A.N.C.R.A. – TEAM AND PLAYER CODE OF CONDUCT**

The following "Team and Player Code of Conduct" has been adopted by all participating agencies with S.A.N.C.R.A. and will be strictly enforced. A suspension in one agency is recognized as a suspension in all agencies.

1. **NO PLAYER SHALL:** At any time lay a hand upon, shove, strike or threaten a league coordinator or officials. League coordinators are required to immediately suspend player from further play and report such player to the league supervisor. Such player shall remain suspended until his case has been considered by the league supervisor.

**MINIMUM PENALTY:** Suspension from two league matches and placed on probation for remainder of season.

**MAXIMUM PENALTY:** Suspension for life and/or assault charges filed.

2. **NO PLAYER SHALL:** Refuse to abide by an official's or league coordinator's decision. League coordinators are required to immediately suspend player from further play and report such player to the league supervisor. Such player shall remain suspended until his case has been considered by the league supervisor.

**MINIMUM PENALTY:** Suspension from two league matches and placed on probation for remainder of season.

**MAXIMUM PENALTY:** Suspension for the remainder of season.

3. **NO PLAYER SHALL:** Be guilty of objectionable demonstrations of dissent at an official's or league coordinator's decision.

**MINIMUM PENALTY:** Warning by the official or league coordinator.

**MAXIMUM PENALTY:** Removal from the game and suspension for two league matches.

4. **NO PLAYER SHALL:** Discuss with an official or league coordinator in any manner the decision reached by such official or league coordinator except the manager or captain.

**MINIMUM PENALTY:** Warning by the official or league coordinator.

**MAXIMUM PENALTY:** Removal from the game and suspension for two league matches.

5. **NO PLAYER SHALL:** Be guilty of using unnecessary rough tactics in the play of the game against the body or person of an opposing player. League coordinators are required to immediately suspend player from further play and report such player to league supervisor.

**MINIMUM PENALTY:** Suspension from two league matches and placed on probation for remainder of season.

**MAXIMUM PENALTY:** Suspension for remainder of season, plus two years.

6. **NO PLAYER SHALL:** Be guilty of physical attack as an aggressor upon any player, league coordinator or spectator. League coordinators are required to immediately suspend player from further play and report such player to the league supervisor.

**MINIMUM PENALTY:** Suspension from two league matches and placed on probation for remainder of season.

**MAXIMUM PENALTY:** Suspension for life and/or assault charges filed.

7. **NO PLAYER SHALL:** Be guilty of an abusive verbal attack upon any player, league coordinator or spectator. League coordinators are required to immediately suspend player from further play and report such player to the league supervisor. Player shall remain suspended until his case has been considered by the league supervisor.

**MINIMUM PENALTY:** Suspension from two league matches and placed on probation for remainder of season.

**MAXIMUM PENALTY:** Suspension for remainder of season, plus two years.

8. **NO PLAYER SHALL:** Appear upon the court of play at any time in an intoxicated condition. League coordinators are required to immediately suspend player from play and report name to the league supervisor for further consideration.

**MINIMUM PENALTY:** Suspension from two league matches and placed on probation for remainder of season.

**MAXIMUM PENALTY:** Suspension for remainder of season.

9. **NO PLAYER SHALL:** Be guilty of gambling upon any play or the outcome of games with any spectator, player or opponent. League coordinators are required to report violation of this rule to the league supervisor.

**MINIMUM PENALTY:** Placed on probation for the remainder of the season.

**MAXIMUM PENALTY:** Suspension for the remainder of the season.

10. **THE TEAM IS:** Responsible for the conduct of its fans and supporters. If the conduct of its fans and supporters becomes abusive towards opposing team members, officials or league coordinators, they place the team in jeopardy of forfeiting the game.

**MINIMUM PENALTY:** Warning by the league coordinator.

MAXIMUM PENALTY: Forfeiture of the game.

11. NO PLAYER OR TEAM SHALL: Be guilty of REPEATEDLY violating minor league rules or behave in a manner that is disruptive to the smooth operation of the league and who's general conduct is, although not flagrant, undesirable to the standards of the adult sports program.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for remainder of season, plus one full year.

12. NO TEAM SHALL: Be guilty of breaking the rules in the "Team and Player Code of Conduct." In any situation where the rules are broken and individual offenders cannot be determined (i.e., a major fight), then the league supervisor can take disciplinary action against the teams as a whole.
13. The team and team representative are charged with the responsibility of their team members. Any player who refuses to abide by the penalty levied against them by the league coordinators or District representatives, places his team and team representative in jeopardy of losing the match by forfeiture and suspensions.

## **RULES**

The Pleasant Hill Recreation & Park District Adult Co-ed Volleyball League plays under the 2014-15 Official United State Volleyball Rules (U.S.A.V.R.) rules with the following exceptions:

### **A. PLAYERS:**

1. Teams will play with no less than 4 nor more than 6 players on the court at any time.
2. There must be at least 2 women and 2 men on the court at all times.
3. There will be no more than 3 men nor 3 women on the court at any time.
4. A team may carry no more than 10 players on its roster.
5. There must be at least 3 males and 3 females on each roster.
6. If a team uses a player not on its roster, that match is forfeited.
7. The same person may not play on more than one team per night nor make more than one team trade per season.
8. Teams may elect to either rotate or substitute their excess players into a match:
  - a. If a team substitutes, the captain must signal the referee that they wish to make a substitution. Substitutions must be player for player (of the same sex) and a player may enter the game only three times with a start counting as one substitution. (this is a USVBA rule)
  - b. If a team elects to rotate, they must notify the referee who will be rotating (men, women or both) and into what position on the court. The

rotation must continue throughout the game. If an extra player arrives in the middle of a game, the rotation may commence or the new player may be included.

- c. Rotating substituting teams must be prompt and accurate with their substitutions.
9. There is no hole when there are less than six players on the court.

## B. MATCHES:

1. All games are to 25 points, with a maximum of 27 points. Rally Scoring will be used in all three games, if needed. Third game will be to 15.
2. All matches must begin no later than 10 minutes past the scheduled start time (8:25 & 9:20 pm). The gym clock will be used as the official timekeeper. If both team captains agree, the start of the match may be delayed to no later than 15 minutes past the start time. The first game is forfeited at game time if Rule "A, 2" cannot be met by a team.
3. All matches end at the scheduled time for the next match (8:15 & 9:30 pm).
4. A match is forfeited at 20 minutes past start time (8:35 & 9:55 pm) if Rule "A" cannot be met by a team.

Note: If a team forfeits two matches during a season, it may be suspended from participating in future seasons.

5. All games are rally point games, with each serve resulting in a point.
6. At the end of match time, the league official will notify the teams the official end of the match.
7. When the teams are notified as to end of the match, any balls in play will continue until play ends on that rally. The score, as it stands at the end of play on that ball, will be recorded on the score sheet. [To clarify, play will continue at the sound of the horn/whistle/notification. If the ball is not in play at that time, the current score will stand. It does not signal the last play or last serve of the game.] If teams are tied, see Rule #8.
8. A match will consist of up to three games, the first team to win two games will be the winner of the match. Any part of a match at the conclusion of the time limit is considered a legal match.
  - a. If only two games are played and each team won one game, the match will go down as a tie.
  - b. If the first two games are split with one win each and the third game has begun, but not completed, the winner of the match will be determined as follows:
    1. If either team has scored seven (7) or more points, the third game will be considered a complete game, and the team leading will win the game and match.

2. If neither team has scored seven (7) or more points or the score is tied, the third game will not count in the match scoring. Thus, the match will go down as a tie, one game each.
3. During PLAY-OFFS any part of a game is considered a complete game at the end of regulation time.
  - a. If teams split the first two games and have started, yet not completed the third game, the team leading the third game will win game three and the match.
  - b. If teams split the first two games and have not yet started or are tied in game three at the end of regulation play, play will continue until one team scores three (3) additional points or reaches a game winning score—which ever comes first.
- c. Any part of games one and two at the conclusion of the time limit is considered a legal game.
  1. If a game is finished in a tie, each team will receive a half point (0.5) for that game. The half point will be added to the other games played to determine the winner of the match.

<p>Note: As a courtesy, if you finish early, please leave the court after 10 minutes to the hour, so matches in their last ten minutes may concentrate on playing without any interruptions.</p>
--

C. TIME OUTS:

1. Two time outs of 30 seconds each are allowed per team per game.
2. No time outs are allowed in the last 15 minutes or later of the scheduled match time (by the gym clock).
3. If a time out is called in violation of the above time out rules, the time out will be denied and a warning will be given.
4. A maximum of two (2) minutes may be taken between games.

D. OFFICIATING:

1. Each team is required to supply four (4) players to officiate (head referee, umpire and two line persons/scorekeeper) when scheduled. All officials must report to the assigned court at the beginning of the hour to organize the match. Failure of a team to provide officials will result in a loss of one (-1) point from their overall standing. Failure to start the match on time, at game time, will result in a loss of a half point (-0.5) from their overall standings.
2. Officiating teams are required to record the match score on the posted score sheet in the gym. Failure to do so will result in a loss of a half point (-0.5) from their overall standings.
3. Officiating teams, especially the referee (up ref) and umpire (down ref), are responsible for knowing the rules set forth in this publication and U.S.V.B.A.'s

Rule Book, thus calling matches in accordance with all those rules. Failure to officiate using the published rules will result in the following penalties against the officiating team:

1st Offense: A verbal warning from the gym coordinator or program supervisor.

2nd Offense: A loss of a half point (-0.5) from their overall standings.

3rd Offense: A loss of one point (-1.0) from their overall standings. If a team continues to not follow the rules, they may be dropped from further participation in the league.

4. Only players on rosters for this league may officiate.
5. All children in the gym MUST be under the direct supervision of an adult and both seated against the back wall of their playing court. Any children running around will lead to a warning (yellow card) by the offending team, followed by a side-out or point awarded (red card) to the opposing team. If the children continue to be a problem, the game will be forfeited.
6. Both the referee and umpire (up and down refs) must keep their whistle in their mouths while the ball is in play. This is not only for the sake of good officiating, but for safety when balls or other objects come on the playing area.
7. New teams must attend a District officiating walk-thru prior to participating in the program. This is offered the same evening as league play, before games start.

#### E. BOUNDARIES:

1. A Ball Hitting Objects Above The Playing Area: A ball shall remain in play if it contacts the ceiling or other overhead objects above the playing area. The ball is out of play if it makes contact above the opponent's playing area or above the team's playing area and crosses the plane of the net into the opponent's court. A ball is out of play if it contacts the ceiling or overhead objects, over non-playing areas.
  - a. All **side** baskets and their vertical supports (those that move) behind all courts are considered non-playing areas (when the side baskets are down).
  - b. All **side** baskets and their vertical supports (those that move) above all courts are considered part of the ceiling (when the side baskets are up).
  - c. All walls are considered non-playing areas.
  - d. Any ball that strikes the moveable overhead basketball supports (over court #1 and court #3) that would stay on the same side of the net is a replay, except on a third hit when it will be called out. Any ball that strikes the moveable overhead supports on the way over the net will be called out.

2. Any player stepping or reaching into a neighboring court is out of bounds (non-playing area) and a side out or point is awarded. Court sideline boundaries are assumed to extend to the walls.

F. PLAYER CONDUCT:

1. Players and spectators shall observe basic rules of good sportsmanship. (See Player Conduct and Player Code of Conduct on pages 6-8).
2. The head referee or coordinator will show a yellow card warning to an offending player or spectator.
3. If the offensive conduct continues, a red card will be shown and a side out or point awarded. The league coordinator must be notified by the head referee at this time.
4. If the offensive conduct continues in the same game by same player, a red/yellow card will be shown and the offending player or spectator will be ejected from the match. The league coordinator must again be notified by the head referee at this time.
5. Any player ejected from a game, may not return to the gym **for a minimum of the next two (2) scheduled matches for their team**. Also, that player will have an automatic yellow card for the remainder of the season.

G. REVERSE CO-ED (The entire Spring season, including play-offs):

Note: Unless otherwise noted, reverse co-ed play will conform to U.S.V.B.A. reverse co-ed rules.

1. Men may hit from behind the ten-foot line.
2. When a ball contacts more than once by a team, at least one of the contacts must be made by a female player.
3. Men are prohibited (not allowed) to jump serve.

H. MISCELLANEOUS RULES:

1. Future priority registration will be given to teams meeting returning team status.
2. The Ball May Touch Any Part Of The Body: Intentional contact below the knee is not allowed. Only inadvertent contact below the knee is allowed. It is ILLEGAL for a player to reach out and contact the ball below the knee. However, if the ball inadvertently hits a player below the knee, it is legal. Note the difference: It is illegal to reach out and hit the ball with any part of the body below the knee. (This is slightly different than the USVBA Rule)
3. Let Serves that go over the net are LIVE BALL (in play). Net balls which land in the opponent's court or is played and not returned over the net, will be scored as a point for the serving team.

**I. IMPORTANT RULES TO REMEMBER:**

1. All games are to 25 points, with a maximum of 27. Rally Scoring will be used in all three games, if needed.
2. Let Serves that go over the net are LIVE BALL (in play). Net balls which land in the opponent's court or is played and not returned over the net, will be scored as a point for the serving team.
3. Men are prohibited (not allowed) to jump serve during reverse co-ed seasons. This rule was first in affect during the Spring 2003 season.

J. LEAGUE COORDINATORS: Jeff Grevenkamp and Lance Hurtado

**Pleasant Hill Recreation & Park District**

147 Gregory Lane  
Pleasant Hill, Ca 94523  
(925) 682-0896 - phone  
(925) 682-1633 - fax

League Contacts:

Lance Hurtado/supervisor: [lhurtado@pleasanthillrec.com](mailto:lhurtado@pleasanthillrec.com)  
Sheila George/registration & administration: [sgeorge@pleasanthillrec.com](mailto:sgeorge@pleasanthillrec.com)

[www.phrecsports.com](http://www.phrecsports.com)

