



CITY AND BOROUGH OF SITKA

A COAST GUARD CITY

PARKS AND RECREATION

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ADULT VOLLEYBALL LEAGUE RULES & REGS

I. REGISTRATION:

A. Age Guidelines:

1. All participants must be 16 or older or approved by the League Director. Anyone under 18 must have a parent waiver PRIOR to 1st game.

B. Team Registration and Roster:

1. Team Fees must be paid by the fee deadline. Once the schedule has been built, no additional teams can be added for the season. The team fee is \$450. Each team roster may have up to 12 players. New players may be added to the roster at any time. Team rosters are due by the 1st game.

C. Players:

1. Everyone who plays in the league must sign a waiver and release of liability. Player fees are \$71.43 plus city sales tax and are due **prior** to the player's **2nd game played**. Teams that play with unpaid players will result in an automatic forfeit. No player shall be allowed to play on more than one team per division. Players may play in multiple divisions, however, must pay the player fee for EACH division. Players must have played in a minimum of 3 regular season games to qualify for tournament.

D. Divisions:

1. Divisions will be classified as Competitive and Recreational. All divisions are co-ed.

II. RESCHEDULES & FORFEITS:

A. Teams will be allowed one rescheduled game during the regular season.

League Director must be given 24 hours' notice to reschedule, otherwise it will be considered a forfeit. Email andrew.roseman@cityofsitka.org

B. FORFEITS:

1. If a team does not have at least 4 eligible players on the court ready to play within 5 minutes after scheduled game time.
2. If any rule is willfully violated after fair warning from the official.
3. If a team plays with an ineligible player.

III. GAME REGULATIONS:

A. GAME LENGTH

1. Games will consist of (3) sets.
2. Each team will be allowed (1) 60 second timeout per game.
3. 3-minute break between sets.
4. Sets one and two are played to 25 points. Set three to 15 points. Win by two. Rally scoring. Best two out of three.

B. EJECTIONS

1. If a player is ejected from the game, they will be suspended for a minimum of two games or until the league commissioner makes the final decision for future participation.

C. LINE UP

1. A written, legible line up must be turned into the score table 5 minutes prior to game time.

D. UNIFORMS

1. Teams are responsible for their own uniforms/jerseys.

E. GAME SPECIFICS

1. Coin toss at the start will determine serve and court side. Courts will be exchanged after each set.
2. Teams consist of max six players and minimum four players.
3. Teams may not have more males than females on the court. Opposing team may choose to waive this at their discretion.
4. A female **MUST** be involved in each 3 "touch" plays.
5. No jump serves in the recreational (lower) league.
6. Standard volleyball rules apply at the ref's discretion.

IIIa. SUBSTITUTIONS:

- A. There will be no time outs for substitutions, except in the case of injury. An established serving order must be set before the game begins.
- B. Substitutions can rotate into the back row on every side out, but you must keep this pattern the same the entire game.
- C. No free substitution will be permitted, except when a team is short starting player(s). When the player(s) shows up they may enter after a side out and must start in the back row.

IV. FACILITY USERS

A. SPECTATORS

1. Spectators are welcome in the gymnasium areas free of charge.
2. Spectators must be respectful, remove garbage. Unsportsmanlike behavior with result in removal from the facility.
3. ZERO tolerance for drugs, tobacco, or alcohol use on the premises. If a spectator is visibly impaired, they will be asked to leave.

B. PLAYERS

1. Players have access to the gymnasium on scheduled game days.
2. Players will help uphold cleanliness of the facility and its equipment.
3. ZERO tolerance for drugs, tobacco, or alcohol use on the premises. Players that are visibly impaired will be asked to leave.

V. OFFICIATING

- A. Each game will be assigned 1 referee and one scorekeeper.
- B. All officials' calls are final.
- C. Only the team captain may respectfully confer with an official.
- D. ZERO tolerance for any violent acts occurring during any game. Extreme profanity or violence toward an official, scorekeeper, staff, player, or spectator will result in an automatic one-year suspension.

VI. TOURNAMENT

- A. Double Elimination Tournament
- B. Eligible players must play 3 regular season games.
- C. Same rules as regular season apply