unsportsmanlike conduct can be ejected from the gym. Unsportsmanlike conduct includes but is not limited to:

a. offensive acts or words toward a player about to play the ball
b. derogatory remarks to officials or opponents
c. questioning or trying to influence officials' decisions
d. showing disgust with officials' decisions
e. using insulting language or gestures or baiting acts which engender ill will;
f. making any contact with opponent which is deemed unnecessary and which incites roughness
g. using any part of a teammate's body or any object to gain physical support for advantages in playing the ball
h. failure to follow directions by an official

The procedure will be: 1) Warning (unless flagrant); 2) Award point or side out to opponent; 3) Eject. Anyone who is ejected must leave the gym IMMEDIATELY or the MATCH will be FORFEITED. The referee will record the name(s) and the reason(s) for the ejection.

25. SERVING: The server shall have eight seconds after the referee's signal to serve, to release or toss the ball for service. If, after releasing or tossing the ball from the hand, the ball falls to the floor or is caught without an attempt to serve the ball, it shall be taken over. This may not happen more than one time during any service. If a player serves before the referee's whistle, a re-serve will be directed. This will not be allowed to happen more than once. Net serves are legal!

26. CEILINGS: The ball may be played off of the ceiling in all gyms, but only when the ball remains on that teams side of the court and in that teams playing area. On the third hit or when the ball is sent toward the opponent's court and it hits the ceiling, side-out or point will be awarded.

27. **SPECIAL CO-REC RULES:**

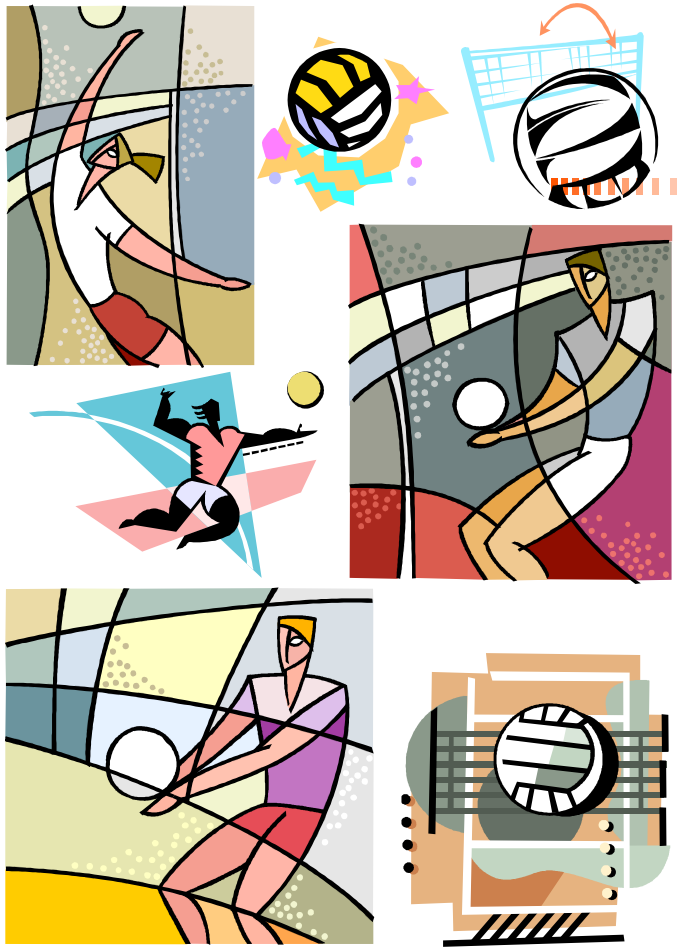
Co-Rec A and B (Competitive Leagues): MEN MAY SPIKE! Overhand and jump serves are permitted. The hitting order does not have to be done with the opposite gender hitting the ball in succession. It can be three women or three men.

Co-Rec C and REC: MEN MAY **NOT** SPIKE! Overhand serves and jump serves are **NOT** permitted (underhand serves only). Hitting order must be done with either gender making the first contact then a player from the opposite gender making the second contact. The third contact may be by a player of either gender. (i.e. man, woman then either gender or woman, man then either gender).

*When there are an equal number of men and women in the line-up the serving order must rotate gender.
*Women may spike the ball in all Co-Rec leagues at all times.

CITY OF PRESCOTT PARKS & RECREATION

VOLLEYBALL RULES & REGULATIONS



***All league concerns should be sent to the league director Rick Hormann at 777-1557. The Prescott Parks and Recreation Office reserves the right to adjust any league at any time.

LEAGUES: A league will consist of between four and ten teams. If the size of a league changes the schedule for that league will be revised. In some cases the remaining teams in that league could possibly be moved to other leagues.

PLAYERS & PARTICIPATION: A person may only play on one Co-Rec team and one Men or Women's team. **Players must be 16 years of age by end of calendar year to participate**. **All players under the age of 18 must have a parent or guardian sign a waiver form available in the programming office or on site prior to playing**. Anyone who is playing on a High School or College Team for the 2011-2012 season risks his or her AIA status by participating in City Leagues.

ROSTERS:

A. Rosters are due before the start of each teams first match. Rosters are then kept on file in the Parks and Recreation Office. There is a limit of 16 players that can be put on a roster.

B. If a manager wishes to add a player to a team, the player may either sign the original roster at the Parks and Recreation Office no later than 5 p.m. on the day of the game or complete a Roster Change Form (on-site) before the first game (See Supervisor). Managers and/or a participant may officially drop players/ themselves from a team roster. Removing players from team rosters must be administered at the Parks and Recreation Office.

C. Players may be added up to the last match of the regular season. Rosters will then be frozen for the playoffs. Players may change teams once per season, provided they have not played on their original team during two or more matches (evenings of play). Players changing teams may not play on two different teams on any one (same) evening. In order for a player to be eligible to participate in playoffs a player must have played in a minimum of two regular season matches with that particular team.

D. Team Captain's/Manager's are responsible for filling out the score sheet with the scorekeeper (on-site) before your first game. Game line-ups must abide by the official roster on file.

MATCH TIMES: Matches will be scheduled no earlier than 6:00pm. Teams must be able to begin games as late as 9:15pm. In the case of games rescheduled due to weather, the loss of a facility, etc., teams may be re-scheduled to play on a night other than their regularly scheduled night.

SCHEDULE CHANGES: Schedule changes may be necessary at times due to loss of facilities or the scheduling of make-up games. The team manager will only be contacted about these changes as the Parks and Recreation Office becomes aware of them.

zone (ten-foot line). At take-off the foot (feet) must neither have touched or crossed over the attack line. After the attack, the player may land in the front zone. A back row player may also carry out an attack-hit from the front zone if at the moment of the contact any part of the ball is below the top of the net. A block is NOT considered as one of the three hits.

19. Each team will be allowed one time-out per game. This time-out may not exceed one minute. The time between games of a match shall not exceed three minutes.

20. If a player is ejected from a City of Prescott volleyball game, the league director will determine the amount of time he/she will be suspended from league play.

21. BLOCK: Blocking is the act at the net which intercepts the ball coming from the opponent's side by making contact with the ball as it crosses the net, before it crosses the net, or immediately after it crosses the net. Only front line players may take part in a block or attempt to block. The team which blocks the ball shall have the right to three more contacts with the ball in order to return it to the opponent's side. CO-REC BLOCKING RULE: When only one male player is in the front row at service, one back-row male player may be forward of the attack line for the purpose of blocking. This male player may not act as a front-row attacker.

22. CONTACT: A legal hit is brief and instantaneous contact with the ball by a player on **any part of the body.** During the first hit of the team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. The first hit of the team includes reception: (a) of the serve; (b) an attack-hit by the opponent (this may be a soft or hard attack-hit); (c) if the ball is blocked by your team or the opponent. Legal hits include setting, bumping, dinking and blocking. Holding, catching, throwing, lifting and pushing are illegal hits because the ball, upon contact with the player, becomes motionless or is in a state of inactivity. A ball rolling up the arm is illegal because of the prolonged contact with the ball. A player may not play the ball while supported by a teammate or by grabbing at the pole, cable, net supports or referee's stand. When playing a ball which is going into the bleachers, a player, while contacting the ball, must maintain contact with the floor with one foot. Simultaneous contact: This is more than one touch of the ball made at the same instant. It is permitted and considered one hit. Simultaneous contact by opponents will be counted as one of the three hits allowed by a team. More than one contact: Two separate touches of the ball by the same player with no interrupting touch by a different player between the two touches is a foul.

23. SPIKE: A spike is a ball (other than a serve) hit in a downward motion with force from above the height of the net into the opponent's court. SPIKES WILL NOT BE PERMITTED BY MEN IN CO-REC C or REC (this is a judgment call by the official)

24. CONDUCT: Any player, coach, managers, substitute or spectator who displays

9. The position of players in order of the serve shall be: Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.
10. At the start of a game, players shall take the positions in the line-up as they were given the scorekeeper. Any part of the server's body may hover in the air over or beyond the serving line, just as long as the ball is contacted before stepping in the court or on the boundary line.

11. All players, except the server, must be inside the court and in proper rotational order. Each front row player must have a part of their foot closer to the centerline than both feet of the corresponding back row player. A player cannot serve out of turn.

12. PENALTY for serving out of order:
   a. Any points made on this term of service shall be cancelled.
   b. Points scored by serving team while opponent was in error are not lost.
   c. If improper order is not discovered until after their serve has alternated and first serve is contacted, there shall be no loss of points.
   d. If receiving team is in error, only one point is awarded serving team.
   e. In all cases, proper order will be regained immediately at the next dead ball. The order as shown by scorekeepers line-up shall be considered the proper order.

13. When the serve is awarded to a team, that team shall rotate one position clockwise (exception: first serve of a game).

14. Substitutions shall be by the gender and rotation method. Players substituting in must come into the game for a player who has just completed serving. This is to mean entering the center back position, as the right back position exits. Note: This does not apply to A or B Division play where players may substitute for one another.

15. The ball may contact the net on or within the side line markers when crossing into the opponent's court. Players are allowed to reach under the net to retrieve a ball being played by their team.

16. If a ball is hit into the net or tape with enough force to drive the net under the blocker's hands, this is not a foul. Players may not touch any part of the net or its supports during the play. If an opposing player hits the ball into the net and the net contacts you and/or your teammates, this is not a foul.

17. A player's foot may legally touch the center line. It is a foul to touch the floor completely across the center line with one or both feet. It is also a foul to touch the floor across the center line with any part of the body other than a foot.

18. Any one player may not play the ball twice in succession. The ball may be played by three players on one team before it must cross the net or be called a foul. A back-row player may complete an attack-hit at any height from behind the front

The Parks and Recreation Office recognizes the fact that many adults have other interests besides volleyball, but with up to 50 teams, it should be understood that requests to adjust schedules once they have been published to meet individual conflicts are impractical, if not impossible. Therefore, requests to adjust schedules may or may not be honored and will be handled on an individual basis.

PROTEST REGULATIONS: Protest of rule interpretations or ineligible players only will be accepted and considered valid. Protests on the referee judgment WILL NOT be considered. Any team manager/coach who wishes to protest a particular incident involving a rule interpretation MUST notify the referee and the scorekeeper that the match is being played "under protest" at the exact time of the incident in question. This recording must take place before the next serve occurs. If the protest is not recorded before the next serve, no protest can be considered valid. For all protests, the team manager must come to the Parks and Recreation Office within 24 hours (one business day) to fill out a protest form and pay a $25 fee. If the protest is won, the $25 will be refunded. In the case of a rule interpretation protest being won, the match will be replayed at the end of the season from point of protest, with the necessary correction being made. In the case of an ineligible player protest being won, the team playing with the ineligible player will receive a forfeit.

INELIGIBLE PLAYER/PLAYERS: An ineligible player is one who has not properly signed on a team roster, is listed on more than one team roster, is playing on more than the legal amount of teams or leagues, is playing under a false name, or is not of proper age.

FORFEIT/DEFAULT PROCEDURES: A forfeit will be declared when no one from the team shows up for a scheduled match. A default will be declared when only a few players show up, but not enough to start the match. After a teams first forfeit, that team will be warned by phone and/or letter. A teams second forfeit will result in the team being dropped from the league without a refund. Any combination of forfeits and defaults may result in removal from the league. In the event that you will not have enough players on a particular night please call the Parks and Recreation Office as soon as possible. There is a free-agent list to draw players to assist your team. If we are unable to assist you with your needs this will give us an opportunity to notify the opposing team.

FACILITIES: The facilities used in this program will include Yavapai College, Grace Sparkes Activity Center, Prescott YMCA and local Middle School gymnasiums.

1. Gyms are not to be entered by teams more than 15 minutes prior to the start of the first match of the evening. Teams will not be allowed to enter gyms until the supervisor from the Parks and Recreation Office is present.

2. Do not remove or take down nets. It is the site supervisors responsibility to handle all nets and equipment.

3. At no time are tables, chairs or poles to be drug across the gym floors. When equipment is to be moved and cannot be rolled on designated wheels, it is always to be carried.

4. All players must wear non-marking athletic shoes. It is further requested that all players carry their gym shoes and change at the gym to eliminate the tracking of dirt, sand and grit on the gym floors.

5. **CONTINUED USE OF THE FACILITIES DEPENDS UPON ALL PARTICIPANTS FOLLOWING THESE GUIDELINES:**

A. **NO FOOD OR BEVERAGE** (other than bottled water) will be allowed in any gym.
B. Absolutely **NO SMOKING** in any part of any gym.
C. **ALL TRASH** must be deposited in trash cans.
D. Children **MUST BE KEPT UNDER IMMEDIATE CONTROL AT ALL TIMES!** They will **NOT BE ALLOWED TO RUN** around the gym. Parents **ARE RESPONSIBLE** for their children's conduct at **ALL** times.
E. **NO ALCOHOL IS ALLOWED ON CITY OR SCHOOL PROPERTY**. This includes parking lots.

6. The Prescott Parks and Recreation Office will not take responsibility for items that are lost, damaged, or stolen from any of the facilities being utilized.

PLEASE BE AWARE: WHEN THE SCHOOLS ARE CLOSED, ALL CITY LEAGUE MATCHES MAY STILL BE IN PROGRESS.

FOR UPDATED CANCELATIONS AFTER 4 PM CALL 777-1688 (1OUT)

PLAYING RULES AND REGULATIONS

Men's A, Women's A, Co-Rec A and B (competitive) divisions will be using a combination of USVBA, AIA and City League Rules. All Men's, Women's and Co-Rec C and REC divisions will be using a combination of AIA and City League Rules.

1. A match shall consist of three (3) rally scoring games. In rally scoring, a point is scored on each serve until a team reaches the final point total. A point will be awarded for each game won. The first two games will be to twenty-five (25) points and the final game will be to twenty-one (21). In Competitive Leagues (A and B) teams must win by two points with a cap of twenty-seven (27) points in games one and two and a cap of twenty-three (23) points in game three. In Recreational Leagues (C and D) all games will be played straight up.

2. Teams are asked to arrive 15 minutes prior to the scheduled start of their match in order to assure that the first match will start on time. Match time is forfeit time. There will be a five minute grace period for first game of the night at each facility. If a team does not have enough players to start the first game of the match at game time they will be given five minutes to come up with enough players to start the second game. If at that point they still do not have enough players to start that game they will have five more minutes to come up with enough players to start the third game. At the end of that final five minutes the entire match will be declared a win for their opponent.

3. Teams will consist of six players; however, a team may start a match with fewer than six players. Men's and Women's teams may start with as few as three players. Co-Rec teams must have a minimum of four players.
Teams playing Co-Rec shall consist of the following combinations:
3 women and 3 men (6 person team), 4 women and 2 men (6 person team), 5 women and 1 man (6 person team), 2 women and 3 men (5 person team), 3 women and 2 men (5 person team), 4 women and 1 man (5 person team), 2 women and 2 men (4 person team), 3 women and 1 man (4-person team)
Note: Co-Rec teams may never have more than three men on the floor at any time. NOTE: When a team has 3 men and two women only two players will be allowed in the front row in the rotation.
Players showing up late may be added for the next game. A men's or women's team with less than three players or a Co-Rec team with less than four players at any time will be forced to default that game.

4. A maximum of eight players will be allowed on the line-up card for one game. Teams that bring more than eight players to a match may use the additional players in the second or third games.

5. A player must be on the line-up card before the game in order to play in that game.

6. Teams must be ready to play at their scheduled game time. If matches are running behind, teams should be ready to play as soon as preceding match is finished.

7. A coin toss shall be conducted by the official with the team captain/manager from each team roughly five minutes prior to the first game of the match to determine serve/receive or playing area.

8. Each team shall submit in writing to the scorer a complete and accurate line-up of players, including first and last names (in serving order) no less than five minutes prior to the first game of the match. Teams must notify the scorekeeper prior to the start of the second and third games that the line-up will either remain the same or submit in any changes in writing. Any changes not noted in the starting line-up may be penalized by point/side out awarded.