



CARBON VALLEY

PARKS & RECREATION DISTRICT

Adult Volleyball Rules & Information Manual

TABLE OF CONTENTS

League Information.....	Page: 2
<i>Facilities</i>	
<i>Contact Information</i>	
<i>Website</i>	
<i>Weather Line</i>	
<i>Inclement Weather Game Cancelation Policy</i>	
Rosters/Waiver.....	Page: 3
Forfeit of a Game Fee/Unsportsmanlike Conduct Fee	Page: 3
Player Eligibility.....	Page: 3
Game Procedures.....	Page: 3
<i>Starting a Match</i>	
<i>Net Height</i>	
<i>Scoring</i>	
<i>Time Outs</i>	
<i>Ball Out of Play</i>	
<i>The Service</i>	
<i>Playing the Ball</i>	
<i>Faults While Playing the Ball</i>	
<i>Blocking</i>	
<i>Playing at the Net</i>	
<i>Crossing the Center Line</i>	
<i>Protests</i>	
<i>Ejections</i>	
Tie Breaker Process.....	Page 5
Alcohol.....	Page 5
Code of Conduct.....	Page 6

Current United States Volleyball rules will be used for and in conjunction with the following:

LEAGUE INFORMATION

Facilities

- Carbon Valley Recreation Center
 - 701 5th Street, Frederick, CO 80530
- Settler's Park
 - 11447 Deerfield Drive Firestone, CO 80504

Contact Information

- Kelly Gray / kgray@cvprd.com / 303.833.3660 x.124

Athletics Information Website

- www.cvprathletics.com

Weather Line

- 303.833.3660 x119

Inclement Weather Game Cancellation Policy

- The purpose of this of this policy is to promote and provide safely maintained quality athletic fields for the patrons of the Carbon Valley Park and Recreation District as well as the Town of Firestone, Town of Frederick, and City of Dacono. This policy outlines the reasons why fields may be closed due to inclement weather to protect the safety of participants and how Carbon Valley Park and Recreation District mitigates turf damage during athletic play.
- Decisions regarding the closure of game fields due to inclement weather will be made at 4 pm daily or 8am on Saturdays. Carbon Valley Recreation Staff will update www.CVPRDAthletics.com with any field closure information as well as send out a communication through the teamsideline.com website via the newsletter and the managers/coach email list.
- Fields will be closed for the following reasons:
 - Water is standing on the infields of ball fields, or goal mouths/midfields of multipurpose fields.
 - The ground is saturated due to excessive rain in previous days ☒ Snow covers the field (snow removal is not allowed)
 - Frost is visible on the turf ☒ Turf can be displaced or dislodged from ground.
 - Mud cakes or clings to shoes
 - Steady rain is falling.
 - Dirt infield areas are saturated and muddy.
- In cases where a decision cannot be made by 4 pm, the decision will be made on site by the official or CVPRD staff member and notifications will be sent out and posted as soon as possible.
-

Team Rosters

- A player's name must appear on a team's roster/waiver before he/she can play. Rosters will be frozen after week 7 of league play. Team rosters are unlimited; however, awards will be limited.
- To participate in a league championship game, a player must not only be on the roster, but also have played in at least one league game.
 - It is the team manager's responsibility to ensure all players have signed team roster and waiver before he/she can play.
- Coed rosters can have the following combinations.
 - 6v6: at the most 3 men on the court at a time, teams can play with more women than men.
 - 4v4: at the most 2 men on the court at a time, teams can play with more women than men.
- All players must be 18 years of age and be able to produce a valid picture I.D for within 5 minutes of a roster challenge.

FORFEIT OF A GAME FEE/UNSPORTSMANLIKE CONDUCT FEE

- A \$30 forfeit fee/unsportsmanlike fee per infraction applies to all cases listed below:
 - A team's attitude becomes such that continuing the game, in the supervisor's opinion would cause control of the game to be lost.
 - A captain refuses to help control team or spectators when requested by the supervisor.
 - A forfeit fee/unsportsmanlike fee is not paid to the CVPRD office by the next regularly scheduled match.
 - Team captains must let the CVPRD office know of forfeit 12 hours before scheduled game.

PLAYER ELIGIBILITY

- All players must be at least 18 years of age as of the current year or have a signed parent waiver. High School students participating in the league are responsible for ensuring that their participation in the league does not jeopardize Colorado High School Athletic Association (CHSSA) eligibility

GAME PROCEDURES

- **STARTING A MATCH:** Home team listed on the schedule will serve first game. Away team on schedule will serve the second game. Home team listed on the schedule will serve third game.
 - Players must alternate in gender if possible and two male players may not ever play adjacent to one another in the rotation (exception is 3:2 or 2:1 male ratios). Females may play in any order.
- **NET HEIGHT:** The net shall be set at a height of 7' 8" at center.
- **SCORING:** Matches will be played using rally scoring.
 - First and second game will be played to 25, third game will be played to 15.
 - Players will call the score out loud before every serve.
 - At the end of the match team captions must sign score sheet to confirm scores.
- **TIMEOUTS:** Each team is allowed one, 60-second timeout per game.

- **BALL OUT OF PLAY:** 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 contacts above the opponent's playing area or crosses the plane of the net into the opponent's court.
 - It contacts the ceiling or overhead objects, regardless of height, over non-playing areas.
- **THE SERVICE:** The service is the act of putting the ball into play by the player in the right back position who hits the ball with the hand (open or closed) or any part of the arm to direct the ball into the opponent's area. Once the ball has been tossed or released by the server, if no attempt to serve has been made, it is considered a service tossing error. Each server is allowed one service tossing error per individual serve. After a service tossing error, the referee must authorize the service again (re-serve) and the server must execute it within the next [8] seconds. Net serves are allowed. The ball must be contacted within 8 seconds following the referee's whistle and the server may have no portion of the body in contact with the end line or outside of the side lines. Service cannot be made with two hands.
 - Duration of service – A player continues to serve until a fault is committed by the serving team.
 - Change of service – The team which receives the ball for service shall rotate one position clockwise before serving.
 - Serving Faults – The referee will signal side-out and direct a change of service to the other team if the ball passes under the net, the ball touches an antenna or does not pass over the net between the antennas, the ball touches a player of the serving team or any object before entering the opponent's playing area, the ball lands outside the limits of the opponent's playing area, or if the server fails to contact the ball within 8 seconds after the referee's whistle.
 - Other than the initial serve of each game, teams must rotate prior to service.
- **PLAYING THE BALL:** Each team is allowed three contacts to return the ball to the opponent's area. Exception is during blocking; consecutive contacts may occur by one or more blockers provided the contacts occur during one action. There will be no coed rule enforced if teams are not judged by the official or supervisor to be excluding players on their team. If an official or supervisor determines that a team is not including all players on the court, the official or supervisor can invoke a mandatory coed rule beginning with the next game of the match. This rule will state that when multiple contacts with the ball are made by a team, a player of each gender must touch the ball before travelling over the net.
- **FAULTS WHILE PLAYING THE BALL:** A team that contacts the ball four times, a player who does not contact the ball cleanly (illegal hit), a player who contacts the ball twice in succession (double contact), a player who touches the top white tape border while attempting to play the ball.
- **BLOCKING:** A block contact is not counted as a team hit and the first hit following a block may be executed by any player, including the player who executed the block. If the ball is hit above the spiker's side of the net and the follow through causes the spiker's hand and arm to cross the net without contacting an opponent, such action does not constitute a fault.
- **PLAYING AT THE NET:** Players attempting to execute a hit or block on the ball may not touch the white stripe on the top of the net. Contact with the white stripe is always a fault except by

loose hair and insignificant contact by a player not involved in the action of playing the ball. If opponents contact the net simultaneously, it shall constitute a double fault and the referee shall direct a replay. Attacking the service is not allowed.

- **CROSSING THE CENTER LINE:** Players feet or hands may cross the center line without committing a fault unless the foot or hand interferes with an opposing player on the other side of the net. If any other body part crosses the center line, it will constitute a fault.
- **PROTESTS:** Protests are not allowed. Any complaints regarding a game, team, or official's rule interpretation should be communicated to Athletics Coordinator before the next scheduled game. Judgment calls will not be addressed.
- **EJECTIONS:** Any ejected player MUST leave the Carbon Valley Parks and Recreation District immediately or police will be called to escort the player from the premises and additional suspensions and penalties may be levied. That player will be suspended a minimum of one game (determined by Athletics Coordinator) and be put on probation for the remainder of the season. A second ejection of the same player will result in a suspension for the remainder of the season. Any player ejected from a game cannot be replaced by an additional substitute.

TIE BREAKER PROCEDURES

- If two teams tie in the overall league record, the tie breaker analysis is the following:
 - Winning Percentage
 - Head-To-Head
 - Head-To-Head Differential
 - Total Points For
 - Total Points Against
 - Total Points Differential
 - Lowest Number of Forfeits
 - Coin Toss

Alcohol

- **Alcohol is prohibited in all parks in the Town of Firestone, Town of Frederick, and City of Dacono.** No player, manager, or team representative is allowed to drink alcoholic beverages or have an open container (container with alcohol) on town or city property. Local law enforcement agencies will continue to enforce this policy by issuing citations to participants who violate this policy.

Carbon Valley Parks and Recreation Code of Conduct

Coaches, players, parents and spectators have a responsibility to behave in a respectful manner that will instill a sense of sportsmanship in all players.

As a coach, player, parent or spectator at a Carbon Valley Park and Recreation District youth sporting activity I understand:

1. It will not be tolerated at any time to lay a hand upon, push, shove, and threaten to strike or verbally threaten an official, player, or supervisor.
2. Being involved in a physical altercation with a player, coach, or other spectator will result in my ejection from the game and possible suspension from future games.
3. All coaches, players, parents, and spectators will abide by the official's decision. The official's decision and/or calls are not arguable. If you have a concern regarding the officiating contact the CVPRD Athletic Staff.
4. Verbal abuse, harassment, and/or unsportsmanlike behavior towards an official, player, spectator, supervisor or athletics staff member is not tolerated.
5. All coaches, players, parents and spectators will refrain from the use of vulgar or unsportsmanlike manners including language while at any CVPRD youth sporting activity, including practices and games.
6. Any coach, player, parent or spectator that is ejected from the game must leave the playing area immediately upon request. Failure to leave will result in suspension of the game and/or forfeiture of the game.
7. Smoking of any kind is prohibited at all outdoor CVPRD sporting events." i.e.. vape pins, cigarettes, cigars, etc."
8. The zero-tolerance policy is in effect at all CVPRD athletic events.

Failure to abide by the Code of Conduct will result in ejection from the game and possible suspension from future games.

Zero Tolerance Policy

There will be zero tolerance for players, coaches and spectators who engage in harassing and/or unsportsmanlike behavior with umpires / officials, other spectators, game supervisors, other players, or CVPRD Athletic Staff. Officials, game supervisors and CVPRD Athletic Staff have the authority to penalize the player, coach, spectator, or team if an official is sworn at, harassed, argued with, or insulted. Penalties will range from: warning, to ejection from game, to suspension from future games and possible forfeiture of the game.

NOTE to parents and coaches:

To ensure quality fields we will be enforcing the following:

Pick up and properly dispose of all trash when leaving the field.

If you can see your footprint when you walk on the infield, do not use the infield.

If the outfield has puddles or is soggy, do not use the outfield.

Use designated bathrooms or port – o -lets. Do not use the school's bathrooms.

I have read and understand the code of conduct.

By receiving this form, you agreeing to the CVPRD Code of Conduct