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EACH CAPTAIN HAS THE RESPONSIBILITY TO MAKE SURE THAT ALL TEAM MEMBERS ARE AWARE OF THE FOLLOWING RULES AND REGULATIONS! ANY RULES NOT COVERED IN THIS MANUAL WILL DEFER TO NSAA VOLLEYBALL RULES.

The City of Lincoln does not discriminate against any person on the basis of gender, gender identity, or gender expression in the operation, conduct, or administration of community athletics programs for youth or adults. For questions regarding this policy, please contact the *Director of Lincoln Commission on Human Rights*, at 402-441-8691.

A player's self-declared gender at registration will be accepted at face value. In the event of a challenge of a player's eligibility, the City of Lincoln has a process outlined for handling investigations of eligibility.

Program Supervisor

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General Information

Weather Hotline: 402-441-7892 x 1

Inclement Weather Text Alert: www.teamsideline.com/lincolnne and "Join our Email & Text Communication List"

Website: www.teamsideline.com/lincolnne

1. BUILDING REGULATIONS

- a. Games will be played at the Calvert Recreation Center and Lux Middle School (when needed) for both the fall and winter leagues.
- b. Smoking is NOT permitted on City of Lincoln or LPS grounds. This rule includes coaches, officials, players, and spectators.
- c. In rainy or snowy weather, please change shoes before you go onto the floor. Please use outer hallways when entering or leaving the game site.
- d. **If children attend games, CONSTANT PARENTAL SUPERVISION IS REQUIRED.**

2. GENERAL LEAGUE RULES

- a. A team shall consist of six players; however, a team may play with five players during the regular season and tournament games. COED teams may not play with more than three players of one gender. When playing with five players vacant position will rotate just as the other five players do throughout the set. In the serving line-up, the vacant position may be placed anywhere in the order. In Coed the vacancy must follow the coed rule (Example: if a player is missing, the vacancy would be between two players of a different gender). When the vacant position rotates into service, a loss of rally will be called on the serving team, a point and the ball will be awarded to the receiving team.
- b. The court shall be 59' long x 29' 6" wide.
- c. The net height for Coed and Men's play shall be 7' 11 5/8". For Women's play the net height shall be 7' 4 1/8".
- d. Requests for time-out may be made by the coaches, floor captain or any player.
 - 1. Each team is allowed two (2) time-outs in each game. Consecutive time-outs may be requested by either team without the resumption of play between time-outs. The length of a time-out shall be 30 seconds.
 - 2. If a third time-out is requested, it shall be refused, and the team warned. If in the judgment of the first referee, a team requests a third time-out as a means of attempting to gain an advantage, the offending team will be penalized with loss of service, or if not serving, the opponents shall be awarded a point.
 - 3. During a time-out, the players are allowed to leave the court and may speak to their coach to receive advice. The coach may enter the court to speak to the players.
- e. In the third game, a time-out may not be called during the last two minutes to allow the match time to expire.
- f. The referee is responsible for the conduct of the players. Under NO circumstances will the referee allow incorrect or unsporting behavior nor rude remarks from the players.
- g. At the moment the server hits the ball, players MUST be in correct position.
- h. The referee gives hand and whistle signals indicating to the server that the ball is ready to be served. A team will be permitted one warning per game for a player serving prior to the signal, on the second violation a loss of rally will be declared.
- i. If a player, coach, or captain of either team requests a time-out, substitution, or line-up check, after the serve has been beckoned, the request shall be refused, and result of play shall stand.
- j. At the moment the ball is hit, the server may not touch or step on the back line of the court.
- k. If a player has incidental contact with an object beyond the ends of the net, for example, a post or cable, this should not be counted as a fault, provided that such contact has no effect on the sequence of play.
- l. If a blocker reaches over the net outside an antenna and contacts the ball above the attacking team's side, it is a fault, unless the attacking team has had an opportunity to complete an attack (see XXI. BLOCKING).
- m. When attacking, a player is not allowed to attack spike the ball with it is completely on the opposite side of the net.
- n. A player may put hands under the net to play a low ball near the net if it does not obstruct an opposing player.

- o. If a back row player at the net, along with the block, lifts hands or arms higher than the net toward the ball in a blocking motion as it comes across the net and is touched by the ball or the ball touches any of the players in that block, it is a fault, with the back line players not having the right to participate in a block. However, if the block containing the back line player does not touch the ball, the attempt to block is not considered to be a fault. Exception: Coed play.
- p. When a ball strikes the ceiling and/or the lights it is out of play only if it makes contact above the opponent's playing area or above the teams playing area and crosses the plane of the net into the opponent's court.
- q. No player may penetrate an adjoining court while the ball is in play. This includes the area behind the adjoining court.
- r. The playing captain is the only player who may address the officials concerning a rule interpretation.

3. **OFFICIALS**

- a. One (1) official will be furnished by the Parks and Recreation Department. The official will call games according to team classification.
 - 1. Each team must provide a suitable game ball. The official will choose the best ball available for the match. No game balls will be available at game site.

4. **FORFEITS**

- a. Scheduled game time is forfeit time. There is NO grace period. Coaches may use a charged time-out to allow a player to get ready but may not use a time-out to allow a player to arrive.
- b. Only the team captain can notify the Team Sports Office if their team is willingly forfeiting their scheduled game.
- c. If a team forfeits 3 times during the regular season, they will be dropped from the tournament.

See: (2.) General League Rules (a.) if playing with five players.

- d. If the first game is forfeited, there will be a ten-minute period before the start of the second game. If a player gets hurt or becomes sick after the start of a match, play may continue with five players. If the preceding game runs late, forfeit time will be immediately following the completion of the prior game.

5. **FREE AGENTS/EXTRA PLAYERS**

- a. We have an ever-growing free agent list with players of all calibers of talent that are looking for a team! If your team is looking to add players, you can access the "Free Agent Listings" on the website.

6. **PLAYER ELIGIBILITY**

- a. All players must complete the **ONLINE** roster/waiver process.
- b. Teams need to have a minimum of 5 players enrolled on their roster by **the first game**. Additional players can be added through the 7th week of play. Absolutely no changes to the roster will be made after the 8th week of play.
- c. After the 8th week of play, rosters will be frozen for the remainder of the season.
- d. All participants must be 18 years of age or older and not attending high school.
- e. ONLINE rosters are now being used for all adult sports through Lincoln Parks and Recreation. Team captains are to enter the names and email addresses of all players and subs on the roster list. An invitation email will be sent to the players. All players are to complete their own enrollment online agreeing to the terms and conditions of the waiver. Each player **MUST** have their own email address. Further instructions on the roster process can be found at www.teamsideline.com/lincolne under the "Downloads" tap and "Forms" heading.
- f. Individuals may play on as many Coed, AND Men's or Women's teams as they wish.

- g. **Players must be able to provide a photo ID** if their eligibility is protested during tournament play. The absence or falsification of player information for a participant will result in a forfeiture of that match. **NO ELIGIBILITY PROTESTS WILL BE ACCEPTED PRIOR TO TOURNAMENT PLAY.**

7. CLASSIFICATION

- a. NOTE: During the season the Team Sports staff reserve the right to move teams to other locations to equalize competition and help evaluate teams for tournament classification.

8. TOURNAMENT

- a. Teams will be re-classified for the season-ending **DOUBLE-ELIMINATION** tournament.
 - 1. We reserve the right to move teams to a higher or lower division.
- b. Championship t-shirts will be given to the top team in each tournament bracket.
- c. **For tournament play, teams must be able to play on any night, and at any location.**

9. TIME LIMIT

- a. There will be a 55-minute time limit on all Coed, Men's, and Women's volleyball matches during the season and tournament play. The 55-minute time limit begins at the scheduled game time. The match will be stopped 55 minutes from the scheduled start time. Should a match start late due to an official reason, the match will end 55 minutes from the start time.
- b. Teams will play three games. **The first two games will be to 25 points and the third game to 21 points or play until time has expired. Games will have a 30-point scoring cap.** **NOTE:** During tournament play no third game will be played if the same team wins the first two games.
- c. If each team has won a game going into the third game, the team that is ahead in the third game shall be declared the winner of the match when time expires. **If each team has won a game and time expires with the score tied, the match winner will be determined by total points scored.** Should there be a tie game when the time limit expires; the game will end as a tie. **EXCEPTION:** During tournament games, the first team to score after time has expired will be declared the winner.
- d. Matches will be scheduled every 60 minutes. The five minutes between matches can be used for warm-ups. If your match has completed, you may use the court until five minutes before the next scheduled match.

10. LIABILITY

- a. The Parks and Recreation Department is not responsible or liable for any injury to volleyball participants which may occur during season play. Each player must sign a City of Lincoln Waiver form prior to playing in league play. Any person refusing to sign the waiver will not be allowed to play.

11. COED PLAY

- a. The rules in general shall govern play for players of more than one gender on the same team with the following exceptions:
 - 1. Serving order and positions on the floor are to be alternating by gender.
 - 2. When a team uses more than one hit to return the ball, one contact must be made by a player who does not identify as a man.
 - 3. One back row player may also block when there is only one player of the same gender in the front row.
 - 4. Coed teams should have six players, with no more than three players of the same gender, to start the game. However, teams can play with five persons (no more than three players of the same gender)

for Coed; and Men's and Women's teams may play with five persons during the regular season and tournament. AT NO TIME MAY A TEAM PLAY WITH FEWER THEN FIVE (5) PLAYERS.

12. GROUND RULES

- a. CHOICE OF PLAYING COURT, SERVING, or RECEIVING SERVE FIRST: The captains will call the toss of a coin for choice of three (3) options available. The winner may serve first, receive first, or take choice of the court for the start of play. The loser of the toss chooses one of the remaining options.
- b. CHOICE OF PLAYING AREA FOR DECIDING GAME: Before beginning the deciding game of a match, the first referee makes a new toss of the coin with the options described above. The captain of the team not calling the toss for the first game shall call the toss for the deciding game.
- c. CHANGE OF PLAYING AREA IN DECIDING GAME: Teams WILL NOT change playing areas in the third game of the match.
- d. INTERRUPTIONS OF PLAY: As soon as the referees notice an injured player, or a foreign object on the court that could create a hazard to a player(s), play will be stopped, and the first referee will direct a play over when play is resumed.
- e. TEAM DELAY: Any act, which in the judgment of the first referee unnecessarily delays the game, will result in the team being charged with a team delay.

13. SPORTSMANSHIP & PROFANITY

- a. The following will not be tolerated:
 - 1.Addressing officials concerning their decisions.
 - 2.Making profane or vulgar remarks or acts to officials, opponents, teammates, or spectators.
 - 3.Committing actions intended to influence decisions of officials.
 - 4.Disruptive coaching during the game by any team member from outside the court.
 - 5.Crossing the vertical plane of the net with any part of the body with the purpose of distracting an opponent while the ball is in play.
 - 6.Shouting or yelling in such a manner as to distract an opponent who is playing or attempting to play a ball.
 - 7.It is forbidden for players to clap hands at the instant of contact with the ball by an opposing player.
 - 8.Shouting or taking any action conducive to distracting the first referee's judgment concerning handling the ball.

14. SANCTIONS-OFFENSES

- a. WARNING: For minor unsportsmanlike offenses, such as talking to opponents, teammates, spectators, or officials, shouting, or unintentional acts that cause a delay in the game, a warning (yellow card) is issued and is recorded on the score sheet. A second minor offense must result in a penalty.
- b. PENALTY: For rude behavior, or a second minor offense, a penalty (red card) is issued by either official or is recorded on the score sheet. A penalty automatically entails the loss of service by the offending team if serving, or if not serving, the awarding of a point to the opponent. A second act warranting the issue of a penalty by an official will result in the expulsion of a player.
- c. EXPULSION AND DISQUALIFICATION: Offensive conduct (such as obscene or insulting words or gestures), towards officials, spectators, teammates, or opponents, results in expulsion of a player from the match, (red and yellow cards together). The disqualified player must leave the playing area within two minutes after being ejected from a game or their team will forfeit the match.

15. PLAYER'S UNIFORMS

- a. Players are encouraged to have numbered shirts but are not required. Shoes should be made for indoor court use (closed-toe rubber-soled shoes that will not mark the floor.) Hats, caps, and head coverings must be removed. Headbands will be allowed.

- b. **Jewelry** such as wrist watches, bracelets, any type of earrings and neck chains, or any other item judged dangerous by the official may not be worn during the match. Medical alert bracelets or necklaces are not considered jewelry, but if worn, they must be taped to the body.
- c. **Penalty: A Red Card will be issued to any player taking the court and not adhering to the policy resulting in a side-out or point for the opposing team. Jewelry must be removed by the player before returning to play.**
- d. **PLAYERS ARE ADVISED TO LEAVE VALUABLES AT HOME.**
- e. The wearing of a hard cast of any nature, hard splint or other types of potentially dangerous protective devices shall be prohibited regardless of how it may be padded. Wearing a soft bandage to cover a wound or protect an injury shall be permitted. The wearing of a protective knee brace or an "air-filled" type of cast on the lower extremities may be permitted.
- f. **OFFICIALS WILL HAVE THE FINAL DECISION CONCERNING PROTECTIVE DEVICES AND ACCESSORIES.**

16. SUBSTITUTIONS

- a. Teams starting a game with five players must add a sixth player as soon as they arrive.
- b. Substitution of players is made when the ball is dead on the request of the captain, coach, or player to the official. A team is allowed to make an unlimited number of substitutions in any one game. If the substitution is not completed immediately, the team will be charged with a team delay. If the team has already been charged with a team delay in the same game, the team shall be penalized by loss of the serve, or the opponents shall be awarded a point if they are serving. More than one player may be substituted during a substitution. Following a complete substitution, the team may not request a new substitution until play has been resumed, and the ball is dead again.
- c. A player starting a game may be replaced by a substitute and may subsequently re-enter the game but in the original position in the serving order in relation to other teammates. Any number of players may play in any one position but may only re-enter the same game in that position. However, if through accident or injury a team is reduced to less than six players and team's allowable substitutions have already been used, a player who has already played may replace the injured player. If a team becomes incomplete through disqualification of a player by the official, and all substitutions have been used, the team loses the game by default, keeping the points acquired.
- d. If an illegal substitution or request is discovered prior to the "ready for serve" whistle, the substitution will be denied without penalty.
- e. If a player becomes injured and cannot continue playing immediately, such player must be replaced. If the team desires to have the player remain in the game, and if the player cannot continue to play immediately, the team must use a charged time-out. If the player is replaced, regardless of time required to safely remove the player from the court, no time-out shall be charged. If an abnormal substitution is used or you must continue with five players, the injured player may not reenter that game. If the same player returns to play in the next game and is re-injured, they are out for the rest of the match.

17. COMMENCEMENT OF PLAY AND THE SERVICE

- a. The service is the act of putting the ball into play by the player in the right back position. The server hits the ball with the hand (open or closed), or any part of the arm to send it over the net into opponent's area (the ball may NOT be kicked for a serve.) The server shall have eight (8) seconds after the referee's ready to serve whistle, in which to serve the ball. The ball shall be cleanly hit for the service but need not be thrown or tossed into the air. **ONLY ONE SERVICE ATTEMPT SHALL BE PERMITTED.**
After the service has been authorized by the referee no other action may take place (i.e., time out, line up check, etc.)
- b. At the instant the ball is hit for the service, the server may not be in contact with the end line, the courts or the floor outside the lines marking the serving area. The service area is extended to include the full width of the 9-meter area behind the end line.

- c. The service is considered good if the ball passes over the net completely between the antennas or their indefinite extension without touching any object other than the net.
- d. If the player serves before the referee's whistle, the service is canceled, and reserve is directed. On the second violation, in the same game, a side-out will be given to the opposing team.
- e. **SERVING FAULTS: The referee will award a point to the receiving team and direct a change of service when one of the following serving faults occur:** (1) the ball passes under net, (2) ball touches an antenna or their indefinite extensions, (3) ball touches a player of the serving team or any object other than the net before entering the opponent's playing area, (4) the ball lands outside the limits of the opponent's playing area. **NOTE: A serve that hits the net and continues into the opponent's playing area shall be considered a LEGAL serve.**
- f. **DURATION OF SERVICE:** A player continues to serve until a fault is committed by the serving team or the game is ended.
- g. **SERVING OUT OF ORDER:** If a team has served out of order, the team loses the service and any points gained during such out of order service. The players of the team at fault must immediately resume their correct positions on the court.
- h. **CHANGE OF SERVICE:** The team which receives the ball for service shall rotate one position clockwise before serving.
- i. Attacking and/or blocking the service is prohibited. No player may complete an attack on a served ball that is completely above the top of the net.
- j. **SCREENING:** The players of the serving team must not, through screening, prevent their opponents from watching the server or the trajectory of the ball. Screening is illegal and a fault.
 - 1. Any player, on the serving team, who has hands clearly above the height of their head, extends arms sideways, moves the arms to distract the opponents, jumps or moves sideways, etc., while the serve is being affected, is guilty of making an individual screen.
 - 2. A team makes a collective screen when the server is hidden behind two or more teammates, and the ball is served over them in the direction of the opponents.

18. OVERLAP

- a. At the time the ball is contacted for the service, the placement of players on the court must conform to the service order recorded on the score sheet as follows (the server is exempt from this requirement):
 - 1. In the front line, the center forward (3) may not be as near the right sideline as the right forward (2) nor as near the left sideline as the left forward (4).
 - 2. In the back line the center back (6) may not be as near the right sideline as the right back or as near the left sideline as the left back. No back line player may be as near the net as the corresponding front line player. After the ball is hit for the serve, players may move from their respective positions. The position of players is judged according to the position of their feet in contact with the floor at the time the ball is contacted for service.
 - 3. The serving order, as recorded on the official score sheet, must remain the same until the game is completed. Before the start of a new game, the serving order may be changed, and such changes must be recorded on the score sheet.

19. ERROR IN POSITION OR ILLEGAL PLAYER IN GAME

- a. When a player(s) of a team is found to be illegally in the game or has entered in a wrong position in the serving order, play must be stopped, and the error corrected. A red card penalty shall be issued to the player(s) at fault by the first referee and the following corrective actions taken:
 - 1. If discovered before a service by the opponents, points scored by the serving team while any player(s) was in a wrong position shall be canceled. If the team at fault is serving at the time of discovery of the error, loss of rally will be declared. (A team is designated as the serving team when the ball is contacted for service.)

2. If the team at fault is not serving at the time of discovery of the error, all points scored by the opponents shall be retained. The serving team shall be awarded a point unless discovery of the error is immediately following a play in which the serving team scored a point. In such case, no additional point will be awarded. The wrong position will be corrected, and play continued without further penalty.

20. PLAYING THE BALL

- a. **MAXIMUM OF THREE CONTACTS ON A SIDE:** Each team is allowed a maximum of three (3) successive contacts of the ball to return the ball to the opponent's area. A block does not count as a contact.
- b. **CONTACT THE BALL WITH THE BODY:** The ball may be hit with any part of the body including the feet. It is legal to kick the ball.
- c. **SIMULTANEOUS CONTACTS WITH THE BODY:** The ball can contact any number of parts of the body, providing the contact(s) are simultaneous, and that the ball rebounds immediately and cleanly after such contact.
- d. **CONTACTED BALL:** A player who contacts the ball or is contacted by the ball shall be considered as having played the ball.
- e. **DOUBLE CONTACT:** The ball contacting various parts of the player's body in a single attempt to play the ball is permitted during blocking, the team's first hit, or the team's second hit if the ball is next contacted by a teammate. Prolonged contact is a fault in these actions. Two or more contacts during the team's third hit is a fault.
- f. **ILLEGAL CONTACT:** Illegal contact occurs when the ball has visibly come to rest or involves prolonged contact with a player's body. **A ball hit cleanly with an open palm from below the ball is a legal contact.**
- g. **SIMULTANEOUS CONTACTS BY OPPONENT:** If the ball is contacted simultaneously by opponents, play shall continue. After simultaneous contact by opponents, the team on whose side the ball falls shall have the right to play the ball three times. If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds.
- h. **BALL PLAYED BY TEAMMATES:** When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.
- i. **ATTACKING OVER OPPONENT'S COURT:** When attacking, a player is not allowed to attack the ball when it is completely on the opposite side of the net.
- j. **ASSISTING A TEAMMATE:** No player shall assist a teammate by holding such player while the player is making a play on the ball. It shall be legal for a player to hold a teammate not making a play on the ball to prevent a fault.
- k. **BACK LINE ATTACKER:** A back line player, returning the ball to the opponent's side while forward of the attack line, must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. The restriction does not apply if the back line player jumps from clearly behind the attack line, and after contacting the ball, lands on or in front of that line.
- l. Completing an attack of a served ball while it is completely higher than the top of the net is prohibited.

21. BLOCKING

- a. Blocking is the action of a player close to the net that deflects the ball coming from the opponent by reaching higher than the top of the net at the moment of contact. An attempt to block does not constitute a block unless the ball is contacted during the effort. A completed block is when the ball is touched by the blocker.
- b. Blocking may be legally accomplished by only the players who are in the front line at the time of service.
- c. Blocking a served ball is prohibited.
- d. Multiple contacts of the ball by a player or players participating in a block shall be legal.

- e. Any player participating in a block shall have the right to make the next contact. Such contact counting as the first of three hits allowed to the team.
- f. The team which has affected a block shall have the right to three additional contacts, after the block, to return the ball to the opponent's court.
- g. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block.
- h. **BLOCK WITHIN THE OPPONENT'S SPACE:** In blocking, a player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent's play. Thus, the player is not permitted to touch the ball beyond the net until the opponent has had an opportunity to execute an attack-hit.
 - 1. An attack is considered complete when the:
 - a. Third contact has been executed.
 - b. Attacking team has directed the ball toward the opponent's court and ball will cross over the net without being touched by another time by the attacking team.
 - c. Ball is falling near the net and in the referee's judgement, no legal member of the attacking team could make a play on the ball.
- i. **CONTACT OF BALL WITH NET AND BLOCK:** If the ball touches the top of the net and a player participating in a block, and then returns to the attacker's side of the net, that team shall have the right to three more contacts to return the ball to the opponent's side of the court.

22. **PLAY AT THE NET**

- a. **BALL IN NET BETWEEN ANTENNAS:** A ball other than a served ball, hitting the net between the antennas may be played again.
- b. **BALL CROSSING THE NET:** To be good, the ball must cross the net completely between the antennas or their indefinite extensions.
- c. **PLAYER CONTACT WITH NET:** It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball, players who are setting, attacking, faking an attack or blocking are considered to be playing the ball until they have completed the contact, returned to the floor if they jumped, and regained their balance.
- d. **SIMULTANEOUS CONTACT OF THE NET:** If two opponents contact the net simultaneously, it shall constitute a double fault and a replay.
- e. **CROSSING THE CENTER LINE:** A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal. Crossing the center line outside of the court is legal provided the player does not interfere with the play of the opposing team.
 - 1. It is not a fault to enter the opponent's side of the court after the ball has been declared dead by the first referee.
 - 2. It is not a fault to cross the assumed extension of the center line outside the playing area.

23. **USE OF A LIBERO**

- a. One libero may be used to replace any back-row player. **In co-ed, one male and one female libero may be used.** The libero may serve in one position in the serve order. Libero replacements are not substitutions.
- b. The libero may only be replaced by the player whom the libero replaced.
- c. One libero replacement may occur during each dead ball unless the libero is replacing the player in the right back position AND will serve the next rally.
- d. The libero may not be used as a substitute for a disqualified teammate
- e. If the libero is disqualified, the team continues play with no libero.

24. DEAD BALL

- a. Occurs when:
 - 1. The ball touches an antenna or net outside an antenna.
 - 2. The ball does not cross the net completely between the antennas.
 - 3. The ball strikes floor, wall or any object attached to the wall (a ball touching any boundary line of the court is good).
 - 4. If the ball contacts a ceiling structure above the playing area and crosses the plane of the net into the opponent's court.
 - 5. A player(s) commits a fault.
 - 6. A served ball contacts an object other than the net.
 - 7. The first or second referee blows a whistle, even though inadvertently.

25. SCORING AND RESULTS OF THE GAMES

- a. A POINT IS SCORED:
 - 1. When a team fails to serve properly, return the ball over the net correctly to the opponent's side, or a fault is committed, the opponent wins the rally and scores a point.
- b. The results of winning a rally are:
 - 1. If the serving team wins the rally, it scores a point and continues to serve.
 - 2. If the receiving team wins the rally, it scores a point and gains the right to serve.
- c. A game is won when a team scores 25 points in games #1 and #2 or 21 points in game #3 and has at least a two-point advantage over the opponent. **EXCEPTION:** Unless time limit is reached. NOTE: There is a 30-point cap.
- d. A time-out may NOT be called within the last two minutes of a match to allow the match time to expire.
- e. At the end of the time limit, the match is complete even if the score is tied. **EXCEPTION:** During tournament games, the first team to score after time has expired will be declared the winner.

26. DECISIONS AND PROTESTS

- a. AUTHORITY OF THE REFEREE AND PROTESTS: Decision based on the judgment or rule interpretation of the referees or other officials are final and not subject to protest.
- b. NO PROTESTS WILL BE ALLOWED DURING THE REGULAR SEASON. Only protests on the eligibility of a player will be honored during tournament play. A \$20.00 cash protest fee is required to question eligibility. All players on the roster are eligible for protest. If protested players are found to be ineligible, the game will be forfeited and the \$20.00 returned. However, if the protested player(s) are found to be legal members of the team, the \$20.00 fee will be retained by the Parks and Recreation Department. **Any player being protested must produce a PHOTO ID as proof of identity.**

27. BANNED SUBSTANCES

- a. Alcohol:
 - 1. According to Lincoln City Ordinance 12.08.190: "It shall be unlawful for any person to consume or to have in his/her possession any alcoholic liquor in any park; and it shall be unlawful for any person under the influence of intoxicating liquor to enter or remain in any park."
 - 2. If alcohol is brought into the dugout by coach, player, or fan, the game will be forfeited immediately.
 - 3. If a player appears to be intoxicated, they will not be allowed to play.
- b. Tobacco:
 - 1. Pursuant to Section 12.08.330 of the Lincoln Municipal Code, it is the policy of the City of Lincoln Parks and Recreation that the following facilities shall be designated as "tobacco-free" and tobacco use shall be prohibited. "Tobacco use" is defined as consumption of tobacco products by burning, inhalation, chewing, or other forms of ingestion. This also includes the use of e-cigs and other related devices.

c. Tobacco-free facilities include:

1. Picnic shelters located in areas defined as “parkland” - ballfields and the multi-use sports fields, including concession buildings and surrounding areas.

2. Signage designating facilities as tobacco-free will be posted in prominent locations. Parks and Recreation Department employees, parents, coaches, and park facility visitors are encouraged to assist in achieving compliance by bringing this policy to the attention of persons violating the policy.

A person found to be using tobacco products in said areas will be asked to cease their usage or to leave the facility premises.

28. CODE OF CONDUCT

City of Lincoln Parks and Recreation Department Behavior Policy: Disruptive and/or Prohibited Conduct.

The City of Lincoln Parks and Recreation Department has established this Behavior Policy to ensure that parks and park facilities are safe, welcoming and provide equitable access to individuals and staff.

Individuals, participants, spectators, and staff are expected to always exhibit appropriate behavior. When any one individual's behavior is so disruptive, threatening, and/or offensive that they are impeding other participants from using parks or park facilities or threatening the safety and security of others or themselves, it is imperative that the Parks and Recreation Department take steps to remedy the situation. Disruptive or prohibited conduct includes any individual or group activity which is harmful or disruptive to other individuals lawfully using parks and park facilities or participating in or observing recreation activities or is otherwise inconsistent with regular activities normally associated with parks and park facilities.

a. Definitions:

1. “Premises” shall include inside and outside areas of the City of Lincoln Parks and Recreation Department property, including parking lots.
2. “Parks” shall mean and include any area of public ground dedicated as a park or held for the enjoyment of the public and managed and maintained by the Parks and Recreation Department within or without the limits of the city which is under the city ownership or control.
3. “Park Facility” shall mean and include any swimming pool, recreation center or any other building or facility held for the enjoyment of the public and managed and maintained by the Parks and Recreation Department within or without the limits of the City which is under City ownership or control.
4. “Recreation Activity” shall mean any activity organized and managed by the Parks and Recreation Department for which a fee may or may not be charged, including but not limited to classes, team sports practices and games, and organized events.
5. “Public Area” shall include parks and park facilities that are open for public use.
6. “Non-Public Area” shall mean area where the public is not allowed.
7. “Class of Facilities” shall group like-kinds of parks or park facilities such as parks and sports fields.
8. “Disruptive Behavior” shall mean any of a group of identified inappropriate, disruptive, or undesirable behaviors that would warrant the intervention of Parks and Recreation Department staff.
9. “Prohibited Behavior” shall mean any of a group of identified behaviors that are deemed illegal or that create an unsafe, threatening, or insecure environment for other participants. These behaviors can result in immediate expulsion from parks or park facilities with local law enforcement assistance if required.
10. “Suspension” or “Suspended” shall mean that an individual is provided written notice that they are not allowed on the premises and/or at a class of facilities of the Parks and Recreation Department for a period of up to 30 days as determined by staff.
11. “Banning” or “Banned” shall mean that an individual is provided written notice that they are not allowed on the premises and/or or a class of facility the Parks and Recreation Department for an extended period greater than 30 days as determined by the Director.

- b. Prohibited Behavior – The following prohibited behaviors will be seen as grounds for immediate expulsion and suspension and/or banning from all parks or park facilities. Refusal to leave the park or park facility when asked to do so by staff shall result in a call to the local law enforcement for assistance. Individuals exhibiting prohibited behavior will be required to leave the premises immediately for the remainder of the day. Depending on the severity of the behavior, an individual may be required to leave the premises with no warning given. Staff response shall be documented. Individuals may be subsequently suspended by staff for a period of up to 30 days or banned for a period of 30 days up to 12 to 36 months after a review by and at the discretion of the Director depending on the nature of the offense. Offenses that may warrant longer banning up to and over 1 year, although all prohibited behaviors are considered serious enough to require banning.
1. Being at a park or park facility while possessing or under the influence of alcohol or drugs
 2. Trespassing knowingly into non-public areas of parks or park facilities without prior permission.
 3. Exhibiting body hygiene that is so offensive as to constitute a nuisance or health hazard to other individuals.
 4. Using abusive or threatening language, including but not limited to name-calling, bullying, obscenities, sexist and/or racist language.
 5. Behaving in a physically violent, threatening, or aggressive manner or any behavior that threatens a person's safety and security, including the individual's own safety.
 6. Possessing weapons or explosive substances, including fireworks, other than by authorized law enforcement personnel or as allowed by permit or written agreement.
 7. Panhandling.
 8. Selling, soliciting, or engaging in any other commercial activity without prior written permission from the Director.
 9. Interfering with staff's ability to deliver services or to create and maintain a safe and secure environment for other individuals.
 10. Vandalizing, damaging, or misusing of park equipment or supplies that results in financial loss to the City.
 11. Participating in gang related activities, to the extent such behavior is clearly recognizable and unambiguous, including the display or possession of gang related symbols, the use or hand signals, soliciting membership, intimidating, or threatening behavior, wearing, or displaying any gang colors or clothing identified with gang activities, etc.
 12. Committing any criminal offense or participating in any illegal activity, including theft from parks or park facilities or violation of Lincoln Municipal Code ordinances other than minor traffic violations.
- c. Disruptive Behavior – Additional behaviors not listed here may be inappropriate and disruptive as inconsistent with appropriate use of parks, park facilities, and recreation activities including violation of rules and regulations of the Lincoln Parks and Recreation Department or rules or policies of a specific park facility. Response to disruptive behavior will generally be progressive in nature. Disruptive behavior shall be determined by staff based on their observation of the behavior and the totality of the circumstances, especially if the situation will benefit from de-escalation or by resolution of the parties involved. Individuals exhibiting disruptive behavior will receive a verbal warning for a first violation. Continued or repeated disruptive behavior will result in being required to leave the premises for the remainder of the day and potential suspension. Staff response may be documented and used in response to the individual's disruptive behavior in the future. Repeat exhibition of disruptive behavior that results in being required to leave the premises more than once in a 30-day period may result in suspension or banning for additional time.
- d. Suspension and Banning Procedure
1. With any prohibited behavior, or any disruptive behavior that cannot be mitigated or resolved as provided herein, staff will initially issue or cause to be issued a written notification of a suspension, herein after referred to as "Notification of Suspension", to the individual committing the offense which shall give notice to the individual the reason for the suspension.

2. The first suspension by staff shall be for a maximum period of 7 days and shall be a suspension from the premises and/or class of facilities of the Parks and Recreation Department. If an individual has previously been suspended for a violation of disruptive behavior within the prior 6 months or if the offense is especially egregious, they may be suspended by supervisory staff for a maximum period of 30 days from the premises and/or class of facilities of the Parks and Recreation Department.
 3. Upon a finding by the Director that there are reasonable grounds to believe an individual should be banned from any or all the premises, the Director shall issue a written banning order, hereinafter referred to as reason for the banning, and to what premises the banning applies. Banning Orders of 6 months or more shall be reviewed by the Law Department prior to the issuance.
 4. The Banning Order shall be served upon the banned individual by certified registered mail when such individual's address is known or by hand delivery by any staff upon knowledge of the individual's entry into any premises or by any contact with the banned individual. A copy of the Banning Order will be provided to all relevant staff. The Parks and Recreation Department shall endeavor to report to the Parks and Recreation Advisory Board regarding Banning Orders on an annual basis.
 5. The banned individual shall have the ability to appeal the Banning Order as provided herein.
- e. Appeal Procedure of Banning Order
1. A banned individual may appeal the Banning Order to the Director by filing with the Parks and Recreation Department a notice of appeal, hereinafter be referred to as "Appellant". The Notice of Appeal of Banning Order shall contain the Appellant's name, address, and telephone number if applicable.
 2. Upon receipt of a Notice of Appeal of Banning Order, the Director shall set a date certain for a hearing on the appeal within 15 days from the receipt of the Notice of Appeal of Banning Order. This time period may be extended with the written consent of the Appellant. The Appellant shall be notified of this date by regular mail to the address indicated on the Notice of the Banning Order.
 3. To be assured a review of the merits at the hearing, the Appellant must be present at the hearing at which the appeal is heard. Failure of the Appellant to attend the hearing may result in a dismissal of the appeal by the Director, which by the operation will leave the Banning Order in effect.
 4. The hearing shall occur in the presence of the Director, or designated representative; the Parks and Recreation Advisory Board Chair or designated representative; and the City Attorney, or designated representative
 5. At the hearing, evidence may be presented. The Appellant shall not be required to offer evidence at the hearing.
 6. After the hearing, the Director, within 15 days of the hearing on appeal, shall make a final binding written order, hereinafter referred to as "Final Order". The Final Order shall be mailed to the Appellant at the address provided in the Notice of Appeal or Banning Order. The Final Order should contain the final decision of the Director and be approved to form and legality by the Law Department.
- f. Non-Compliance: Trespassing
1. If a banned individual enters or refuses to leave any designated premises before the return date listed in the Banning Order or the Notification of Suspension, pursuant to staff's request to leave, the banned individual will be considered as trespassing and law enforcement will be called.