

ROWLETT ADULT COED VOLLEYBALL RULES



LEAGUE REGISTRATION INFORMATION

League registration can be completed in one of the following ways:

1. Walk-In Registration – Please submit your team registration form and league entry fee at the time of registration.
 - Walk-In Registration at: 5300 Main Street, Rowlett, TX 75088
 - Please check your receipt to ensure that your team was registered for the league that you requested.
2. Phone Registration – Please call the Athletics' staff to register your team by phone.
 - a. To register by phone, you will be required to make your league payment by card (Mastercard or Visa). Will you also need to email your registration form at time of registration.
3. Online Registration (RETURNING CUSTOMERS ONLY) – Please click on the "Online Registration" link located in the right column on www.rowlett.com/parksandrec. New customers must register in person.

SCHEDULES

After registration ends, league admins will formulate the league schedules, and they will be available within four business days of when the registration closed. Coaches will be notified via e-mail of any changes to the league schedule; however, participants should check the website often for schedule updates, standings, and registration information for leagues.

NOTE: The City of Rowlett Athletics Department reserves the right to schedule on alternate nights if necessary, under extreme circumstances including inclement weather.

SPECIAL SCHEDULE REQUESTS

We cannot guarantee any schedule requests; however, we will try to accommodate team requests as best as possible. Please inform us at the time of registration if your team has any date, time, or team conflicts.

ROSTERS

SIGNED ROSTERS & WAIVER FORMS ARE DUE BY THE CONCLUSION OF YOUR TEAM'S FIRST GAME. FAILURE TO SUBMIT A SIGNED TEAM ROSTER BY THE SET DEADLINE WILL RESULT IN YOUR TEAM BEING

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WITH A FORFEIT LOSS FOR EVERY GAME THAT A ROSTER IS NOT SUBMITTED. The roster must be completely filled out and signed by all players who actively participated in the first game. The coach should include the players' names, addresses, and phone numbers of any players that are not present for the first game, but may play on the roster at any point during the regular season. The team roster can be submitted to the Athletics' staff via:

- RCC Staff: staff will be provided a binder to which each team may submit their team roster on their first night of league play. Blank rosters will be included in the binders for any team that would prefer to fill out their team roster on site.
- E-Mail: You may submit via email to Raehgan Shaw at rshaw@rowlett.com

The coach is highly encouraged to keep a copy of the roster to present if the eligibility of a player is in question as this will assist in verifying players during this process. The protested player(s) in question will need to be able to present a government photo ID which includes their name and photo to allow the league official to confirm the details. If the player(s) in question is unable to present a government photo ID, he or she will be deemed ineligible. All roster protests must be made prior to the conclusion of the game. Roster protests will only be conducted at the request of the opposing team. It is the responsibility of the team coach to submit a roster protest to the league official. League officials and/or administrators will not be held accountable for questioning a player's eligibility, only for verifying it. A copy of the team roster is attached, but blank rosters can also be printed under the "Download" section on www.teamsideline.com/rowlett.

GYMNASIUMS

All league games will be played at the Rowlett Community Centre (5300 Main Street).

REFUNDS

No entry fee will be refunded after schedules have been made. NO EXCEPTIONS.

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1. CITY ADMINISTRATION RULES:
 - a. The City of Rowlett Adult Volleyball Leagues are sanctioned by the Texas Amateur Athletic Federation (TAAF). The league will follow TAAF rules and regulations with some exceptions noted in these bylaws.
 - b. Alcoholic beverages, smoking, and littering are prohibited at any Rowlett Parks & Recreation facilities or parks.
2. TEAM ROSTERS & WAIVER FORM:
 - a. Team rosters are limited to 12 players.
 - b. Players must be at least 18 years of age prior to the start of the season.
 - c. Players can only be on one team roster per division.
 - d. All players must sign the team roster before playing.
 - e. Photo ID Card: Every player must be able provide a photo ID card which states the player's name and date of birth.
3. ROSTER CHANGES:
 - a. All roster transactions must be e-mailed into the league coordinator prior to 5:00 pm on the day of the game.
 - b. All rosters are frozen upon completion of the team's third game of the season.
4. MATCH TIMES & FORFEITS:
 - a. Forfeit times are as follows for each match:
 - i. Set 1 – 5 minutes after game time
 - ii. Set 2 – 10 minutes after the start time for the 1st Set
 - iii. Set 3 – 15 minutes after the start time for the 2nd Set
 - b. If both teams do not have enough players to field a team by game time, then the match will be called as a double forfeit.
 - c. A forfeit will be scored a 3-0 win.
 - d. As a courtesy to all involved, coaches should contact the Parks & Recreation Department representative member, by 4:00 PM on the day of your game, if it is known that you cannot field a team for a game.
5. Rowlett PARD GYM GUIDELINES:
 - a. Teams may have squirt-type bottles on the bench. Open containers and cups with refreshment are not permitted in the gym.
 - b. No food will be permitted in the gym per PARD policies. This policy is to be enforced for players and/or spectators alike.
 - c. Please be considerate of others by not bouncing the volleyball or practicing in the gym when another game is in progress.
 - d. Teams are responsible for the conduct of their fans. A team may be warned to control their fans. Upon a second warning, the official may award the opposing team with the serve & a point. This rule includes keeping all children seated in the spectator area and off the gym floor during play.
6. COIN TOSS
 - a. A coin toss before the first game of each match will determine which team serves first. The winner of the coin toss serves first during the first and third games.

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7. POSITIONS OF PLAYERS & SUBSTITUTIONS

- a. A team must rotate clockwise following a side out.
- b. Team members must rotate on the court and must remain in that position until the serve has been contacted. The player in the back right hand corner of the rotation will be designated to serve and continue to rotate clockwise.
- c. There will be free substitutions. Players may make a substitution when play is stopped, or the ball is dead. A substitute must report to the referee before he/she may enter the playing area. The position of the substitute will be the same as the player being replaced without changing the serving order.

8. Player Eligibility

- a. Acceptable combinations will be:
 - i. Teams must start and finish a game with at least four (4) players. There must be at least two (2) female players on the court at all times.
 - ii. 2 women and any of the following combinations of men (2 or 3). *Note: The Ghost Rule will be in effect when playing short a female player. Please refer to Rule 8.5 for further explanation of the rule.*
 - iii. 3 women and any of the following combinations of men (1, 2, or 3),
 - iv. 4 women and any of the following combinations of men (0,1, or 2),
 - v. 5 women and any of the following combinations of men (0 or 1), or
 - vi. 6 women and 0 men.
- b. If a team has 3 women & 3 men, then they will all be required to play.
- c. A team shall never have more than 3 men on the court at the same time.

9. The match will consist of:

- a. Best 2 of 3 games.
- b. Will play two (2) games to 25 points, must win by 2 points, and games will be capped at 30 points.
- c. The third game (if needed) will be played to 15 points, must win by 2 points, and will be capped at 20 points.
- d. The time limit is fifty-five (55) minutes.
- e. If the final game is tied with no remaining time left, the game will be played until the next point is scored to determine the winner.

10. Timeouts

- a. Each team will receive one (1) timeout per set.
- b. Timeouts will be 30-seconds in length.

11. SERVICE:

- a. The referee must blow his/her whistle before each serve to indicate readiness to call the play. If the ball is served before the whistle is blown, then the serve will be cancelled and repeated.
- b. The referee may stop play at any time for children, balls, and other obstacles on the court. Children and other spectators must be on the sidelines at least four (4) feet from the sideline. They may not be behind the backline.

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- c. If the ball, after having been tossed or released by the server, lands without touching the server it is considered a service tossing error. After a service tossing error, the referee must authorize the service again and the server must execute it within the next five (5) seconds.
- d. If the ball, after having been tossed or released by the server, makes contact with any part of the server's body as it falls it will count as a fault. Service is lost and a point is awarded to the receiving team.
- e. The ball may contact the net during service as long as it makes contact with the net within the net antennas. If it strikes an antenna during service, then it is considered a fault.
- f. At the time of service, it is illegal for the serving team players to wave their arms, jump up and down, or form groups of two or more players to distract the receiving team or form a screen to conceal the action of the server. This constitutes a fault and is a penalty. At the time of the foul the referee will award the receiving team a point and the right to serve. No shouting or yelling at the opposing players or players on your own team will be allowed.
- g. The receiving team is not allowed to block or attack the serving team's serve. If this happens, then a point is awarded to the serving team.
- h. When there is an even amount of male and female players on the court, the serving order and positions on the court at service shall be an alternation of male and female or vice-versa in co-rec play.
 - i. When there are more male players than female players, the ghost rule will be in effect.
 - ii. When there are more female players than male players, then the team will still be required to alternate male and female players and no two male players will be allowed to serve back-to-back.
 - iii. Serves may be taken anywhere behind the backline.
- i. A woman must volley the ball before it is returned if it is hit more than once. Two men may not return the ball without a woman hitting the ball once. A man may return the ball if it is hit only once.

12. THE RUN OF PLAY

- a. No open hand hit is allowed unless it is done during the serve or a spike. Otherwise, the ball must be hit with the fist, wrist, or fingertips unless the upper body is used. When both hands are used, the ball must be contacted simultaneously with each hand by using interlocking hands. (This is simply defined as one hand somehow joined with the other hand). One hand may be placed in the other hand or fingers may be interlocked, or fists interlocked. Overhand fingertip hits are exempt from being interlocked. A hit will be counted each time the ball contacts any part of the body. This ruling will be left up to the discretion of the referee.
- b. Once a ball comes to rest momentarily in the hands, arms, or the body of a player, the ball is considered to be held. Scooping, lifting, pushing, and carrying the ball is considered to be holding and is a fault.

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- c. A player contacting the ball more than once with any part of his or her body, without another player contacting the ball between hits, will be considered as double contacting the ball. A double contact is a fault, unless the first contact was a block.
- d. When two or more teammates touch the ball simultaneously, it is counted as one hit. If teammates collide, no fault is committed. Any player may play the ball next if the simultaneous hit is not the third team hit.
- e. A block is not considered a contact. A team is allowed three (3) hits to return the ball to the opponent's side of the court even after a block.
- f. When only one male player is in the front row at service one male back-row player may be forward of the attack line for the purpose of blocking. The remaining back-row player must be behind the attack line until the ball has been contacted by the blocker(s) or has been hit in such a manner that no block is possible. If a back-row player is not participating in a block, there is no restriction on both back-row male players being in the attack zone.
- g. Contacting the ball during a block over the net before the hitting action of the opponent sends the ball towards the opposite side is a fault. A block can only be made when the ball has been hit towards the opponent's side of the court, and would have crossed the net if it was not blocked. 10.8.A block must be made inside the net boundaries. Blockers cannot reach across the net from the outside and block the ball.
- h. Encroachment into the opponent's court with any part(s) of the body is permitted, provided some part of the body remains either in contact with or directly above the center line, and there is no interference with opponents. In addition, completely crossing the center line with the foot, feet, or hands, or encroachment with other body parts must not present a safety hazard to opponents. Touching the net with any part of the body is prohibited during play. The hand may go over the net while striking the ball and follow through, but no part of the body may touch the net.
- i. The ball must be in the extended plane of the net before it can be returned by the receiving team. When the ball has cleared the extended plane of the net, it may not be hit again by the team which volleyed it over.
- j. After the ball is served, players may change to any position on the court. However, original backline players may not come to the frontline to spike, but only to set, block or return the ball. When a point is declared, the players must return to their original position.
- k. There can be no more than two men on the frontline at any time.
- l. Ceilings, walls, and backboard rule:
 - i. The ball is playable:
 - 1. When the ball is volleyed and it strikes your side of the ceiling and returns to your side, providing that you have not used all your hits.
 - ii. The ball is dead and a point is declared:
 - iii. When the ball is volleyed and it strikes your side of the ceiling and bounces into your opponent's side of the court.
 - iv. When the ball is volleyed and it strikes your opponent's side of the ceiling and falls into your court or your opponent's court.

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- v. When the ball strikes the wall of the gym.
- vi. When the ball strikes the basketball backboard, the hoop, the net, goes through the basket, or strikes the basketball supports.

13. ROSTER CHECKS

- a. Roster checks can only be requested by coaches listed on team roster.
- b. Roster checks can only be requested at the following times:
 - i. Prior to start of game
 - ii. End of 1st set – roster checks requested at these times will be conducted during change of sides.
 - iii. If a roster check is requested, both teams' rosters will be verified by the gym supervisor.
 - iv. If after a roster check all players are found to be eligible to play, the requesting team will receive a yellow card (delay of game penalty). Opposing team will be awarded a point and serve.
 - v. If a player is found to be ineligible after the roster check, the player will be ejected.
- c. A \$50 fee (cash) will be charged for any roster checks made. If a player is found to be ineligible after the roster check, a refund will be processed.

14. DISCIPLINARY ACTIONS

- a. Removal: At the discretion of the official, they have the right to remove a player, coach, or spectator from the game for minor infractions (OFFICIAL'S DISCRETION), but the player, coach, or spectator will NOT be required to leave the facility for a removal. There is no team penalty, and the player is not suspended for a game.
- b. Ejection: Any situation that an official deems unsportsmanlike may be cause for ejection.
 - i. First Offense = 1 Game Suspension
 - ii. Second Offense = May result in suspension from league
 - iii. You can only protest a rule interpretation NOT A JUDGMENT CALL!
- c. Ejected players, coaches, or spectators will automatically be suspended for a week from all Rowlett Parks & Recreation athletic leagues. It is the responsibility of the player, coach, and/or spectator who was ejected to comply with this policy. Any violation of this policy will result in further disciplinary action to possibly include expulsion from the league. If a player, coach, or spectator is ejected twice in any one season, even if the ejections occur in more than one league during the season, he/she will be suspended for the duration of the season in all leagues offered by the City of Rowlett. If the second ejection occurs during the last game of the season, the player will be suspended for the entire following season.
- d. Any player who verbally abuses a player, official, or staff member, AT ANY TIME (includes after the conclusion of a game) will be suspended from their next eligible game.
- e. Physical abuse of a player, official, or staff member will result in EXPULSION of that player(s) from all City of Rowlett Leagues for at least a one year period and possible legal action.

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- f. The Athletic/Aquatic Supervisor will review any other actions determined to be detrimental to the league.
- g. Anyone ejected from a game (player, coach, or spectator) for inappropriate behavior must leave the facility property immediately. If they do not or if they leave and return later, their team will forfeit their game for that day (even if game has already been played). If that game was played and lost, the next game will be forfeited. Ejected individuals who are serving their suspension are NOT allowed to attend their team's games even as a spectator.
- h. The Athletic/Aquatic Supervisor reserves the right to increase or decrease the severity of penalties based on previous history, unusual or special circumstances, or to protect the integrity of the league.

15. ZERO TOLERANCE

- a. Our Code of Conduct Policies have been put in place to encourage good sportsmanship and enhance the overall experience for everyone involved in the Rowlett Parks and Recreation adult sports leagues. Prior to participating in any of our programs we expect parents, participants and coaches to read these documents and familiarize themselves with what is expected of them. On occasion, it may become necessary to take action should the Code of Conduct Policy be violated.

Rowlett Parks and Recreation reserves the right to take ANY of the following actions if necessary:

- i. If an official (referee, umpire, league representative) observes behavior from a coach, parent, spectator, or participant before or during a sporting event that violates our conduct policy, that official may warn the individual or individuals that such behavior is unacceptable and must stop immediately. Failure to stop the behavior will result in an ejection from the event and the individual must leave the field or building immediately.
- ii. If in the opinion of the official, the behavior is significantly inappropriate, the official may demand that the individual leave the event without issuing a warning.
- iii. Failure by the individual to leave the event as instructed will result in a stoppage of play until the individual has left. Continued failure to comply will result in possible game forfeit due to unsportsmanlike conduct, and the authorities being called to remove the individual who may at that point face arrest.
- iv. Any instance where a coach, parent, spectator, or participant is ejected from a sporting event it will be reviewed by the Recreation Assistant Director and selected league officials and may, depending upon the individual circumstances, result in additional action including being banned from attending or participating in future events for a length of time to be determined.
- v. Any activity violating our conduct policies that takes place after a sporting event, during team practices or outside of the sports facilities will also be subject to the above review and potential suspension. Examples may include confronting an official, coach or player in the parking lot after a game,

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harassment of players at school or online, offensive, abusive or harassing emails sent to another parent, coach, league representative or city official or sending of a mass email to a team, group of coaches, parents, or any third party, etc.

16. FORMAL IMPROPER CONDUCT INCIDENT PROCESS

- a. The Rowlett Community Centre provides a form on its website and front desk to allow coaches, parents, spectators and players to submit a formal allegation to the Athletics Programmer.
 - i. Process
Incident allegation is submitted to the Athletics Programmer
 1. Improper Conduct Incident Form located on Team Sideline website to be filled out
 2. Form is submitted to the Athletics Programmer
 3. Athletics Programmer will send to Athletics/Aquatics Supervisor and the allegation will be discussed with Assistant Director.
 4. Assistant Director will determine if the allegation becomes an official violation, dismissed.
 - ii. Violations will be:
 1. Investigated utilizing Rowlett Youth Sports Code of Conduct Rules (available on website)
 - a. committee member with a conflict or perceived conflict of interest will voluntarily recuse themselves from the investigation. If the complaint involves a family member of the committee member, they will automatically be recused.
 2. Submitted to the Rowlett Parks and Recreation Assistant Director
 3. Committee will vote and act on the complaint
 - a. Player, Coach, or parent impacted will be notified by committee member via email and/or mailed letter
 - b. Parents will be required to be present with their player when notification occurs
 - c. Committee member will notify Head Coach and appropriate communication to rest of team
 4. Rowlett Parks and Recreation Assistant Director to submit final ruling to Rowlett Parks and Recreation Director.

17. PROTESTED GAMES:

- a. **ALL PROTEST MUST BE SUBMITTED TO THE PARKS AND RECREATION ATHLETIC DEPARTMENT BY THE TEAM MANANGER/CAPTAIN ONLY.** The Athletic Department will review all information and decide based on the facts provided and interviews
 - i. Official protests may ONLY be filed for violation of the rules an/or regulations, and not on judgement calls made by the referees. Games may NOT be protested based on the quality of the officiating. At the time a head coach determines to

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protest a game, he/she must immediately notify the official, opposing head coach, and scorekeeper of the protest.

- ii. A \$50 fee (cash) will be charged for any protests made.
- iii. If protest is successful, a refund will be processed.

Please note: Once the league and tournament schedules have been released, they will not be changed without the Director's approval.

18. MAKEUP GAMES:

- a. It is the responsibility of each team's manager to check for the team's make-up schedule.
- b. Every attempt will be made to schedule all make-up games on your league night; however, the City of Rowlett reserves the right to schedule on alternate nights if necessary.
- c. The City of Rowlett will do everything possible to make up all games that are canceled due to weather; however, unusual or extreme weather patterns may lead to the games being permanently canceled with no refunds in order to keep leagues on schedule.
 - i. Rowlett Parks & Recreation's programs/leagues follows GISD inclement weather policy. If GISD cancels school, the Parks & Recreation department will cancel games scheduled for that day.

19. AWARDS

- a. The season champions will receive a championship t-shirt.

20. LEAGUE TIEBREAKERS

- a. Tie breaking procedures will be decided by TeamSideline using the following guidelines:
 - i. Winning Percentage
 - ii. Head-To-Head
 - iii. Head-To-Head Differential
 - iv. Total Points Against
 - v. Coin Toss

*No additional games will be played to break ties

21. CLEAN UP:

- a. In an effort to assist our PARD staff, we ask that teams clean up after themselves before exiting the gym.

22. COMMUNICATION / WEBSITE SERVICE:

- a. The Athletic Division will use www.teamsideline.com/rowlett to post all schedules, standings, game scores, league bulletins, and other important league information. All coaches and players are encouraged to use the website in order to stay current with league issues.