

# Ankeny Parks & Recreation Adult Volleyball League Rules

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## INTRODUCTION

Please review the enclosed rules and materials with your team. The Ankeny Parks & Recreation Department reserves the right to make changes to this document as necessary during the course of the season. Managers will be notified of any changes.

## LIABILITY STATEMENT

The City of Ankeny, Ankeny Parks & Recreation, its employees or appointed agents assume no responsibility for any personal injury or loss that any team member or spectator may incur as a result of Parks & Recreation programs. Individuals are encouraged to have their own personal health/accident plans for any such injuries which could occur. Players may be held responsible for unnecessary damage which may occur as a result of misconduct in a facility.

## ELIGIBILITY

1. All players must be 18 years of age prior to the start of league play.
2. The fee for participation by a non-resident is \$10 per person.
3. All team and non-resident fees must be paid prior to participating in the league.

## INCLEMENT WEATHER

- If there has been inclement weather, teams may call the Weather Hotline at 963-3575 or check for updates on [www.teamsideline.com/ankeny](http://www.teamsideline.com/ankeny) after 4:30 pm.
- If Ankeny Schools are cancelled or let out early due to weather, then all activities scheduled that night will be postponed.
- If there is no school due to in-service, there **will be** games that night
- If programs have been cancelled due to weather after a game has started, City staff will decide as to whether the game will continue or be cancelled.

## ALCOHOLIC BEVERAGES & SMOKING

- **No alcohol is allowed to be brought on to School property.**
- Ankeny School District has a smoke free policy. Smoking is only allowed in personal vehicles while on School property.
  - First Warning: – Player or players will be asked to leave
  - Second Warning – Team will be disqualified from the league with no refund

## ROSTERS

- Roster changes can be made up to the third game of the season by contacting Parks & Recreation. After the deadline a player may not play in the league or the season ending tournament. Roster additions must be on the official roster held at the Parks & Recreation office. All fees must be paid when players are added.
- No player is allowed to play on more than one team within the same league in Ankeny in the same season. If a person is on two (2) or more rosters in a league, the player will be assigned to the first team they played for.
- Teams shall consist of six (6) players: three (3) males and three (3) females. A team may play with four (4) players, but the males cannot outnumber the females. You must alternate male/female in the lineup with substitutions coming from the serving or back middle positions.

- Roster Protest: If a team or the Department has a question about a player's eligibility, the following procedures should be followed:
  - Players in question must be protested to the umpire before the game ends. The name of player(s) will be recorded by the umpire on the scoresheet.
  - If name does not appear on roster, the team will forfeit the game.
  - Single Elimination Tourney — Each tournament player must have played in two regular season games to be eligible for the tournament unless approved by teams.
- Any violation of these rules will result in suspension.

## RULES OF CONDUCT

- Each team manager will be held responsible for the conduct of his/her team players and is responsible for seeing that all rules are observed. The team manager must always maintain complete control of him/herself and his/her team members; this includes before, during, or after a game and any time involved with Parks & Recreation programs. The key to a successful program is in the hands of the manager and, in turn, his/her players. Good leadership will ensure a good program.
- Unsportsmanlike conduct, disrespect, vulgarity, or profanity will not be tolerated at any time. Any manager or player removed from a game for breaking Rules of Conduct will receive an automatic one game suspension to be served in the next consecutive game. A longer suspension may be given by the Recreation Superintendent, depending on the severity of the offense or frequency of misconduct. Any player or manager that is ejected from a game in this manner must leave the park.
- Personal harassment of City staff may be cause for either the team or individual to be suspended from league play. A player does not have to be in the game for this rule to be in effect. He/she could be a spectator of a team. Teams are responsible for their own spectators.
- Any manager or player that is involved in a **fight** or **making physical contact** with a City staff or another player shall be suspended from all Ankeny Parks and Recreation Programs for one calendar year.

## FACILITIES/EQUIPMENT

It is imperative that all participants show respect and take care of school facilities and equipment.

- Cleated or black soled shoes will not be allowed. Change into your game shoes at the gym so courts will remain in good shape all evening.
- Participants without the proper gym shoes will be asked to leave or sit-out. You must have proper shoes to participate.
- Participants are not allowed in the gym more than 15 minutes before your game.

## GAME FORFEITS

- Be **RESPECTFUL** – teams sign up wanting to play and not wanting forfeits. Do your part, have enough players each week and be ready to play at game start time.
- Game forfeits will be scored in Team Sideline as 3 – 0 for the team winning by forfeit.
- More than one (1) forfeit in a season or if the entire team no shows, without notifying the opposing manager and Recreation Supervisor will result in immediate release from the league with no refund of fees.
  - You must notify the opposing team manager and Recreation Supervisor before 4:30 p.m. on the scheduled game day.

**Parks & Recreation encourages no children at adult volleyball games.** If a child/ren does have to be present, they must be always supervised by an adult. All children must remain in the gym. If supervision is not provided, a team player will be required to sit with the child/ren and the team will play short if necessary. If City staff must stop the game to manage children, City staff have the right to ask parents to take their children out of the facility.

## SCORING

- Matches will consist of three (3) rally games to 25 points. There is a 27-point cap on the first two (2) games. The third game will rally to 25 with no cap and win by two (2) or time limit. If the game is called by time

limit, a team can win by one (1) point. If the teams are tied, the game will continue until either team scores one (1) point.

- Two (2) thirty second timeouts per game. No time out with 5 minutes left in the match.
- **Standings and scores will be updated daily on the Team Sideline website [www.teamsideline.com/ankeney](http://www.teamsideline.com/ankeney).** Teams should double check scores for errors.
- In the event of identical league records, the following tiebreakers will be followed:
  - Head-to-head record
  - Head-to-head differential
  - Total Points For
  - Total Points Against
  - Strength of Schedule
  - Coin Toss
- End of season tournament games will consist of best of three (3) games, first two games, rally to 25, 27-point cap. Third game will be to 15 points, 17-point cap.
- Tournament champions will receive tee shirts.

## GAME RULES

The USVB Rulebook will be followed with changes listed below and other league rules.

- Teams will be given five (5) minutes to warm up and 55 minutes of playing time.
- Two (2) thirty second timeouts per game. No time out with 5 minutes left in the match.
- Teams will do odd/even to determine who will serve first.
- The entire end line may be used as the serving line and serving area. The server must start with both feet behind the court line and may step one foot over the back line with the follow-through of the serve.
- If a ball contacts any part of the net or is hit into the net and continues over, the ball will be deemed playable. This includes a ball skimming the net or hitting into the net and continuing over the net.
- No double hits are allowed when receiving a serve.
- Receiving team of a serve is not required to bump the serve. Teams will make a judgment call on whether the handling was clean.
- Service
  - **Co-Ed Recreation: Server does not have to contact the ball on the first toss if the toss is bad.** However, the ball must hit the floor before being touched or caught by the server. This will allow a redo. This may happen only once per person per service rotation.
  - **Co-Ed Competitive: The USVB rule for a single toss on serve will apply.** Any ball tossed and caught or tossed and allowed to drop to the floor will constitute a side out.
- A female player must make contact, unless it is a one hit volley.
- A player may not make contact with the net whatsoever.
- No double hits are allowed on first ball over, if the ball is spiked.
- Any ball which hits the ceiling, supporting vents, raised baskets, or lights directly above the playing area is considered playable.
- Any ball which hits the side basketball backboard, supports or cable is the judgment of the playing teams as to whether the ball would have been playable. The ball becomes dead, and a decision will be made.
- No player may penetrate the half court line before, during or after playing the ball. The rule applies even if the court is empty at the time of the infraction.
- Any part of the body may be used to contact the ball. However, a kicked ball, meaning excessive swinging of the foot, will be considered a mishandled ball and would be called a dead ball.
- **Net violation should be called if a player's foot is COMPLETELY over the line or IMPEDES the play of another. If half of the foot is touching the line and it does not impede another player, this is not a foul.**

- Extra players can rotate into the game, but they must rotate into the same position for the game. No substitutions except for injuries. Rotation is allowed into either the middle back or serving position.

***Parks & Recreation has final say over any interpretation of the a forementioned rules and guidelines and will determine best actions to reach an appropriate resolution.***