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**Department of Parks and Recreation**  
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# **Adult Volleyball Leagues Rules and Regulations**

## **1.0 Administrative Regulations and Information**

- 1.01 The following Adult Volleyball Leagues shall be governed by these rules and regulations:
- a. Coed A and Coed B
  - b. Men's
  - c. Women's
- 1.02 Qualifications for participation in Adult Volleyball Leagues is based on the following criteria:
- a. Submission of a timely filed team application.
  - b. Submission of a timely filed roster, signed by a designated manager, which documents, through the listing of full names (no nicknames), signatures, addresses and zip codes, that 66% of all players are bonafide and proven county residents. Additionally, the roster must include at least one telephone number (either home or work) and a jersey number for each player listed.
  - c. Submission of the franchise fee payable to "County of Loudoun" on or before the established deadline date. Partial fees will not be accepted.
  - d. Submission of "out of county" residents fees (\$29.00 fee for each out-of-county resident on the roster/roster change form) payable to "County of Loudoun" with the submission of each roster or change of roster form.
- 1.03 **Games will not be postponed for any reason other than inclement weather or unavailability of playing sites, in which case games will be postponed by the League Office.** Any other reason for postponement will be determined by the Commissioner on a case by case basis **(After 4 pm and on weekends recorded postponement/cancellation information may be obtained by calling 703- 777-0456.**
- 1.04 Dates and facilities designated by the League Office for regular season games, postponed games, playoff and tournament games must be met by all teams or a forfeit will result. Notification of makeup dates for postponed games will be made as soon as possible. After such notification, the responsibility of the League Office has ended.
- 1.05 **No person or persons shall possess and/or partake in alcoholic beverages or illegal drugs, cigars or cigarettes, of any kind while participating either as a team member or spectator at programs administered by the Loudoun County Department of Parks and Recreation.**
- a. **First Offense: player shall be suspended for the team's next ten (10) games. Should the suspension be imposed with less than ten (10) games left, suspension will carry over to the next sport league in which the suspended player is enrolled.**
  - b. **Second Offense and each offense thereafter: suspension will double in number of games suspended (i.e. second offense-20 games, third offense-40 games, etc.)**

- c. Spectators will be asked to leave the facilities, and/or be prosecuted. In all cases, player/spectator is subject to prosecution.

- 1.06 All rosters, roster changes, protests or any other paperwork affecting the administration of this league will not be considered official unless the Commissioner is notified in writing. PAPERS SENT BY MAIL SHOULD BE VERIFIED BY TELEPHONE.
- 1.07 **Tournament Play: at the conclusion of regular season play, leagues will have a postseason tournaments scheduled (See general information sheet of the specific league for details). The top six (6) teams will make playoffs from each division.**
- 1.08 **Each team manager/coach is urged to carry these rules and regulations to each game in case of a violation by an official and/or team. A copy of the rules must be presented to the staff, the opposing teams and the official immediately after the alleged violation. The violation must be corrected before the game may continue.**
- 1.09 **Continued violation of any of these rules and regulations by a team or a player may result in forfeiture of game, removal of player from league, or team being dropped from league.**
- 1.10 **Any question or situation not included in these rules or official interpretation thereof, shall be referred to the League Commissioner for final disposition.**

## **2.0 Coaches/Mangers**

- 2.01 **The coach, manager or his designee shall be the team representative.**
- 2.02 **The team representative shall be responsible for the following:**
  - a. **attending all league meetings**
  - b. informing team members of the outcome of league meetings or protest review
  - c. knowing the league rules and informing team members as to their interpretation
  - d. distributing league materials to team members
  - e. **controlling the language and conduct of his/her players and spectators**
  - f. liaison to the League Office
  - g. Fees, rosters, protests, and any other league paperwork required by the League Office or these rules, and the timely submission of same.
  - h. Call in or email his/her scores within a 48 hour time period.

## **3.0 Officials**

- 3.01 Games will be officiated by qualified and experienced referees.

## **4.0 Franchise Fees**

- 4.01 The franchise fee shall be an established amount to cover league expenses, including but not limited to the following:
  - a. Supervision
  - b. Registration and user fees
  - c. Awards
  - d. Officials
- 4.02 The franchise fee will be announced each year at the organizational meeting and must be paid on or before the deadline date established by the League Office.

- 4.03 No franchise fees will be accepted at organizational meetings. Any team (New or Returning) may apply for league entry beginning the next business day after the organizational meeting.
- 4.04 A team roster and application must accompany each team's franchise fee in order to be considered for a league.

### **5.0 Player Eligibility**

- 5.01 A player must be eighteen (18) years of age or out of high school prior to the opening game of the season
- 5.02 No player on a current high school or college team may participate in these leagues (entry of name on any school roster constitutes participation).
- 5.03 **Any player suspended or barred from participation in these leagues by the Loudoun County Department of Parks and Recreation is ineligible to participate on any team in any league under the Loudoun County jurisdiction until the suspension is lifted. Suspended players must take the initiative to contact the League Office to apply for reinstatement of eligibility.**
- 5.04 All professional athletes must be reinstated to amateur status before being eligible to participate in these leagues.
- 5.05 **A team playing an ineligible player shall automatically forfeit all games in which this player participated. Participation is defined as being roistered on a team, playing or serving as a player-coach. An individual may serve as a non-playing coach/manager for more than one team.**
- 5.06 **Any player using an assumed name shall be permanently barred from these leagues.**
- 5.07 **If a player, manager or coach is ejected from a game, this person is automatically suspended from the next game his/her team plays. A second offense by the same person shall result in suspension for the remainder of the season. Any team that has three (3) ejections by either players or coaches will be suspended for the remainder of the season. This rule is not subject to protest or review.**
- 5.08 A player may participate on only one (1) team in each of the defined leagues (see Rule 1.01) under the jurisdiction of PRCS. Example: A male player may play on one team in each of the following leagues: Men's, and COED, but he may not play on two Men's league teams or two COED league teams. An individual may serve as a non-playing coach/manager for more than one team.  
**EXCEPTION: Women may participate on one team in each division so long as the teams are ineligible to meet in regular and/or post-season play. Example: A female player can participate on one team each COED division and the Women's league**

### **6.0 Team Rosters**

- 6.01 Team rosters must be submitted to the League Office by the entry deadline each year. Rosters must be typed or printed on the roster form provided by the League Office in original form. Rosters must list the proper name (no nicknames), signatures, address, zip code, jersey number, and either a home or work telephone number of each player, manager or coach. **INCOMPLETE ROSTERS AND DUPLICATED COPIES WILL NOT BE ACCEPTED.** Teams failing to comply will not be considered for the league.

- 6.02 **For participation in these leagues, all rosters must be comprised of at least 66% Loudoun County residents, and this percentage must be maintained throughout the season.** Place of employment does not qualify a player as a resident. Proof of residency may be required at any time. **EXCEPTION:** corporate (company) teams may participate provided that:
- a. The corporation, company or agency must be based in Loudoun County or have a branch office in Loudoun County.
  - b. All players must work for the corporation, company or agency, or branch office based in Loudoun County.
- 6.03 **All roster changes, i.e., additions, deletions, etc., must be made in writing on a separate change of roster form and filed with the League Commissioner prior to that player's participation in league games. Team roster may be changed only by team managers or coaches.**
- 6.04 **Roster changes will not be allowed after the fourth regular season league game, except in cases of extreme emergency. Requests for emergency decisions will be adjudged by the League Commissioner, whose decision will be final.**
- 6.05 **A player who is dropped from a team may not be reinstated to that team during the same season or within the same division.**
- 6.06 **If it is determined that a team roster is falsified, the team representative shall be suspended from participation to in the Loudoun County Adult Volleyball League for the remainder of the season and one additional year.**
- 6.07 **Each team may carry a maximum of (15) people on their roster. For COED this can be any combination of men and women as long as the teams can meet the requirements to play in each individual match.**

## **7.0 Uniforms and Equipment**

- 7.01 **For safety and injury prevention, cast, jewelry or any other item deemed dangerous by the officials may not be worn during the game.** Players wearing glasses must have shatterproof lenses or eyeglass protectors. It is the responsibility of each player to comply.
- 7.02 Players and coaches must wear regulation volleyball, tennis or gym shoes (with non-marking soles) for all games and practices.
- 7.03 It is suggested each team provides its own uniforms, practice/game balls, and score keeper. Official time clocks, horns and score sheets will be provided by the League Office.
- 7.04 Net Height
- a. COED (all divisions) – 7'11" (Seven Feet, Eleven Inches)

## **8.0 Playing Rules**

- 8.01 **Games will be played in accordance with official Domestic Competition Regulation Volleyball rules as adopted by the USA Volleyball, except where amended by the special league rules below:**

## 8.02 Teams will be playing a 3 game series.

- a. Rally scoring to 25 for all three games. A team must win by 2 points with a 30 point ceiling.
- b. Every match has a one hour time limit.
- c. A ball hitting the net on the serve and going over is okay.
- d. Players can use any part of the body to hit the ball.
- e. A coin toss will occur prior to the first game. The winner has the option of serve or side. The team not serving has the choice of which side of court they wish to start on. Teams will switch sides and service for the second game.
- f. The same coin toss procedure will occur prior to the third game.(as noted in 8.02e)
- g. Two time-outs (other than for injury), of 30 seconds are allowed each team per game.
- h. Substitution must enter at the service position.
- i. Team members must be in rotation at the time of service.
- j. If a player hits a ball that hits the ceiling above their side of the court, the ball is in play. If the ball hits the ceiling above the opponent's side of the court or comes down on the opponent's side, the ball is dead. If a player hits a ball that hits a basketball apparatus, the ball is dead.
- k. If a ball is contacted (other than a block) more than once before going over the net, then a female must make contact.
- l. Blocking: For coed leagues, if a team has 2 women in the front row at the same time, a back row player may come forward to help block for that service. This player must be in rotation at the time of service and may not attack the ball in front of the 10 foot line (a block is not an attack). If there are 2 men in the front row, no back row player may come forward to block.
- m. No double hits called on first ball over the net.
- n. A serve *may not* be blocked or attacked.

## 9.0 Forfeiture

- 9.01 If the required minimum number of players (4) has not been met by the scheduled starting time by one of the teams, the team having the required number shall win by forfeit, and the score shall be 7-0 per game. If the minimum number of players is not met 10 minutes after the original start time then the second game shall be forfeit with a score of 7-0. If the minimum number of players is not met 20 minutes after the original start time, then the third game shall be forfeit with a score of 7-0. If both teams fail to have the required number of players, the game shall be declared a double forfeit and will not be rescheduled.
- 9.02 The minimum number of players to start a game is (4).

<b>ACCEPTABLE COURT COMBINATIONS FOR COED VOLLEYBALL</b>	
<b><u>Players</u></b>	<b><u>Male vs. Female Court Ratios</u></b>
<b>4</b>	1 Male & 3 Females or 2 Males & 2 Females
<b>5</b>	1 Male & 4 Females, 2 Males & 3 Females, or 3 Males & 2 Females
<b>6</b>	1 Male & 5 Females, 2 Males & 4 Females, or 3 Males & 3 Females

- 9.03 A team forfeiting six league games because of failure to have the required number of players may be dropped from further participation until their case is reviewed. All games will stand and no part of the franchise fee will be returned.

- 9.04 Using an ineligible player shall result in forfeiture (see 5.05)

- 9.05** An official or facility supervisor may forfeit a match in the event there is excessive game disturbance problems with players or spectators. The League Director will review on a situational basis.
- 9.06** Courts may be used for practice games in the event a match is forfeited due to lack of players. (NOTE: Officials will not officiate practice games). The game area must be vacated 10 minutes prior to the next scheduled match or as directed by the facility supervisor.
- 9.07** If game has started with a team having less than (6) players on the court, a later arrival cannot enter the game unless both teams agree to it prior to the start of the game. A late entry must substitute in at the serving position (unless that position is held by a person of the same sex) or the next available position in the clockwise rotation to keep the male to female rotation in order. Each forward player shall move one position in rotation as necessary.

### **10.0 Protests**

- 10.01 No protests on game situations (official's judgment) are allowed.** If a ruling is believed to conflict with official rules or these special league rules or a question of eligibility is involved, a coach may protest the game. Scorer must enter protest on the official score sheet. A written protest must be submitted to the League Commissioner, postmarked within 48 hours after completion of the game. A \$50.00 fee must accompany each protest, checks made payable to "County of Loudoun." If the appeal is granted, the fee will be returned. A postage meter machine tape will not be accepted as a postmark.
- 10.02 Each protest must contain the following information:**
- a. Date, time and place of game
  - b. Names of officials and score keepers
  - c. The rule and section of the official's rules or local rules under which the protest is made.
  - d. The decision and conditions surrounding the making of the protest
  - e. All essential facts involved in the matter protested.
- 10.03 Protests will be reviewed by the league commissioner. This decision will direct whether the protest will be denied, or whether the game will be replayed or forfeited. This decision is final.**
- 10.04 If any of the procedures for protest are not followed, the protest will not be accepted.**

### **11.0 Cancellation of Games**

- 11.01 In case of inclement weather on the day of a game, call (703) 777-0456.**
- 11.02 Facility date and time are subject to change. Games may be rescheduled for any available day.**

### **12.0 Conduct of Players and Others**

- 12.01 Code of Conduct**

**Coaches, managers and players shall not:**

- a. At any time lay a hand upon, shove, or strike and official or facility supervisor. Penalty: Life suspension from all sport activities sponsored by the Loudoun County Department of Parks and Recreation.
- b. At any time, strike an official or be guilty of physical attack as an aggressor upon any player or spectator. Penalty: life suspension from all sport activities sponsored by the Loudoun County Department of Parks and Recreation, with the possibility of assault charges being filed.**
- c. Bait or be guilty of objectionable demonstrations of dissent at an official's decision. Penalty: warning by officials and/or ejection from the games. If ejected, the person is suspended from the next game his/her team plays.
- d. Refuse to abide by an official's decision. Penalty: ejection from the game and suspension from the league until his/her case has been reviewed.**
- e. Use unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Penalty: ejection from the game and suspended from the league until his/her case has been reviewed.
- f. Make an abusive verbal attack upon any official, facility supervisor, player or spectator. Penalty: ejection from the game and suspension from the next game his/her team plays.
- g. Disobey or attempt to circumvent league rules and regulations or the intent thereof. Penalty: suspension for the remainder of the season.

**12.02 Any coach, manager or player who is ejected from a game is automatically suspended from the next game his/her team plays. A second offense by the same person will result in a suspension for the remainder of the season. Any team that had (3) three ejections by either players or coaches, will be suspended for the remainder of the season.**

12.03 Any coach, manager or player who is placed on probationary statue and is reported again for violating the "Code of Conduct," or league rules will be given a minimum penalty of suspension for the remainder of the season.

12.04 Teams are responsible for the conduct of their spectators. Failure to attempt to control disruptive spectators will result in forfeiture to the opposing team.

**12.05 All sections of rule 12.00 Conduct of Players and Others are not subject to protest or review.**

### **13.0 Playoff Seeding**

#### **14.0 Playoff Seeding tiebreakers**

- a. **Record (wins vs. losses)**
- b. **Head to head competition**
- c. **Overall point differential.**

B. Pre-Game and Ground Rules

1. Line-up cards must be filled out at least five minutes prior to game time.
2. No smoking is allowed on Loudoun County PRCS & Loudoun County Public School property.
3. No food or beverages are allowed in gymnasiums.
4. Only players, managers and team scorekeepers whose names are on the roster are allowed on the bench.
5. When less than 10 minutes remain between matches, a 5-minute warm up time will be granted.

C. Equipment

1. All Players must wear no skid shoes.
2. A game ball other than the Loudoun County PRCS ball that it is provided may be selected if both teams agree upon it before the game.

E. Awards

Playoff Winner – Team Trophy  
Regular Season Champion -Shirts

G. Blood Borne Pathogen Participant Compliance

Any bleeding participant must stop bleeding before continuing play. No participant may continue play until all exposed blood on the body and clothing is removed and/or properly bandaged.

VII. Managers - Captains

- A. The manager shall select an on-court captain to be the representative of his/her team prior to the start of each game. Only the team representative is permitted to raise a question concerning a rule interpretation.
- B. The team Manager is responsible for the conduct of his/her players and spectators at all times and may be held responsible for their actions. It is the Managers responsibility to make sure all players become familiar with the Loudoun County “Player Code of Conduct.”
- C. Any team manager may submit an Official Comment Form to the facility supervisor to bring to the League Directors attention the good or bad representation of an official.

IX. Insurance

Persons or players participating in activities sponsored by the Loudoun County PRCS Parks & Recreation Department are not covered in any way for personal liability or property damage. There is a liability waiver on the roster that is signed by all participants. Players, coaches, managers and team scorekeepers all participate at their own risk.

**The Loudoun County PRCS Parks and Recreation Department and League Director have the final authority to make decisions pertaining to all Adult Volleyball League Rules and Regulations.**