

FREDERICK COUNTY PARKS AND RECREATION DEPARTMENT 2016 CO-REC VOLLEYBALL LEAGUE RULES

I. ELIGIBILITY:

A. Players:

1. All players on a team's roster should be at least sixteen (16) years old in order to participate. Anyone under 18, should have a participation waiver filled out by a parent or legal guardian.
2. Uses of Ineligibles- Any team using an ineligible competitor (one not listed on the official roster) will forfeit all contests in which that competitor has participated once the ineligibility is recognized by the Frederick County Parks and Recreation Department.
3. Ejections-Anyone displaying poor sportsmanship to FCPRD staff or other program participants will be subject to ejection. Anyone ejected during a match must leave the gym thus, sitting out the remainder of their team's match. The ejected player will also sit out his or her team's next match and the player will have to pay a \$25 reinstatement fee prior to the start of the following match. Then the player will be reinstated. If the player is ejected again, he or she will be removed from the league and will be subject to a 2-year ban from all FCPRD programs, parks, and other facilities.

II. TEAM ROSTERS:

A. Rosters:

1. Each team must submit an official roster along with the entry fee (before the team's first match). The correct full names, addresses, and phone numbers along with the signature of the coach, are necessary on each roster.
2. Team rosters are limited to a maximum of 24 and a minimum of 6 players on a roster.

B. Adjusted Team Rosters:

1. In the event a team wishes to add or replace a player, it must do so in writing (drop/add form or email) before 5:00 p.m. on February 27.

C. Default:

1. There will be five (5) minute grace period from the starting times of each game in a match. Failure to play at that time will result in a game forfeit for each time slot.
2. In the event a team withdraws from competition, or is dropped from the league, all contests will stand as played. **The schedule will not be reproduced.**
3. Any team which defaults five (5) times within the season will be dropped from the league for the remainder of the season. Extenuating circumstances will be considered.

D. Substitutions and line-ups:

1. **The number of male players may not exceed the number of female players.** If 2 men & 4 women start due to lack of enough male players, once a male player arrives, he will be allowed to substitute so as to balance the roster at 3 & 3.
2. There will be unlimited substitutions, but a player must substitute on a dead ball. Men may only substitute for men and women can substitute for both men and women.

III. DUTIES OF OFFICIALS:

1. Officials will be in complete charge of all contests.
2. The official may eject any competitor, coach, or team supporter who displays unsportsmanlike conduct before, during or after a contest.
3. The official will make all decisions regarding any infraction of the rules which occur inside the boundary of the playing area.
4. The official will make all decisions on any points not specifically covered by the rules.
5. Anyone who questions or disputes an official's judgment call may be ejected.

IV. PROTEST:

A. Procedure:

1. Protest forms must be filled out completely with the league commissioner at the beginning of the game.
2. FCPRD Staff will have 48 hours to make a decision regarding the protest.
3. The decision on a protest should be made known to the teams involved immediately following the 48 hour window.

V. RULES:

1. A match shall consist of best two out of three games. **Each game is played to 30 (Rally scoring will apply, win by 2).** A point will be scored on every serve. If team A is serving and Team B wins the rally, then team B wins a point and the serve. The official will keep the official score sheet.
2. Players and/ or teams **cannot** warm up within spectator areas. There will be a five minute warm up on scheduled courts before the first game only. Games will start promptly at the top of each hour. Please do not show-up more than 15 minutes before your scheduled game time.
3. If a match ends before the hour is up, teams may continue to play until 5 minutes before the top of the hour, without keeping score.
4. Each team is allowed two (2) timeouts of 30 seconds per game.
5. The Team that serves first will be determined by a coin toss.
6. **All areas of the school other than the gymnasium are strictly off limits.**
7. Gym shoes must be worn. Street shoes, including those with rubber soles, are not permitted.
8. Tobacco and alcohol are not allowed on school premises.
9. ***Children are not allowed to run or horseplay. Violators will be asked to leave regardless of game situations.***
10. Your team has three hits to get the ball over the net. No player can hit the ball two consecutive times. **Note: a block is not a hit.** *Co-Rec play: at least one female must touch the ball before the ball crosses the net when a team uses all three hits.*
11. The ceiling or anything hanging from the ceiling is out of play on a serve or if the opposing teams ball hits the ceiling and then crosses the net. The ball can hit the ceiling and stay on your team's side before crossing the net.
12. Net serves are allowed. The ball **IS IN PLAY** if it goes over the net after it touches the net during a serve.
13. **Positions**-Men and Women must hold alternate positions during a serve.
14. A team may start a game with 5 players if there are 3 women and 2 men. A team may not start a game with 3 men and 2 women.
15. To break a tie for postseason tournament seeding, FCPRD will consider:
 - i. Head-to-head
 - ii. Head-to-head in the number of games won and lost against each other.
 - iii. Total points scored for
 - iv. Coin toss by FCPRD staff member