

Adult Volleyball League Rules and Regulations

Captains are responsible for informing their team of the rules, schedule changes, etc.

***As consideration of being permitted to participate in activities sponsored by the Parks & Recreation Department, each participant agrees to assume all liability for injury and damages resulting from such participation and agrees to hold the City of Wisconsin Rapids and the Parks & Recreation Department free and harmless of account of any act or commission, commission or negligence of said City or Department or any act of their offices, agents or employees. Participation in any athletic event will not be denied any individual for reason of race, creed, color, sex or ability.*

The following are special Bylaws and rules governing the Recreation Volleyball League of the City of Wisconsin Rapids. The official 2023-24 WIAA Girls' Volleyball Rules will apply in any situation not covered herein.

League Fees:

- \$250.00, non-refundable

Registration:

- Teams must register by **October 13, 2023** (wr.activityreg.com) or through the City of Wisconsin Rapids Parks & Recreation Office. (Check payable to: City of Wisconsin Rapids)
- No team will be allowed to register without payment or completed roster.

Player Eligibility:

- **AGE:** All players must be at least 15 years of age or older.
- All players must legibly print and sign concussion form and score sheet prior to league play.

Roster:

- Maximum number of players allowed is 15.
- All additional players added to rosters must be completed before they play. Failure to do so will result in a forfeit.

Game Time:

- Games will be played as scheduled.
- Cancellations will be announced on Facebook (Wisconsin Rapids Parks & Recreation), and captains will be notified email or text, based on contact information provided.

Game Day Guidelines:

- **Balls:** Each team will furnish their own practice balls.
- **Blood:** Any player who starts bleeding for any reason during a game, must come out of the game until the bleeding subsides or until the bleeding area is covered and blood is not visible through the bandage.
- **First Aid:** The City of Wisconsin Rapids will supply first aid kit with cold packs, bandages and tape for all the games.

Game Time:

- Referee will start match with a coin toss, winner shall have the choice of serving first or the choice of courts for the first game. Teams will alternate serving first and change court in each succeeding game.
- A match will consist of three games to 25 points with rally scoring. **Cap of 25 points.**
- Net height will be approximately 7'6" for all Women's and 7'11" for Co-Rec.
- Receiving team will rotate into the serve.
- **There will be NO blocking or attacking a served ball.**
- Captains will list players' names on score sheets, prior to each match. Upon completion of match, captains will sign to verify the scores on the score sheet.
- Parks & Recreation Department will supply game ball. Alternate game ball may be used if agreed by both captains.
- Team captains will be responsible for deciding how a match will be played should no official be present. The match must be played. Volunteer officials may be utilized.
- All players must leave the building 10 minutes after the last match ends.

Substitutions:

- Players from the same league may substitute for a team in their same league only if the opposing captain approves it and signs off on the score sheet indicating his/her approval prior to the game.

- Captains have every right to decline substitutes from the same league.
- A player cannot be a permanent substitute for another team in the same league they already play in.
- Substitution will only be permitted on a side-out in the center back position.
- Teams starting with less than 6 players: as players arrive they may enter at the first legal opportunity, once they are warmed up, at any PROPER position.
- Games may not be started or continued with less than 4 players on the court; coed must be 2 men and 2 women. If playing with 5 players, it will be 3 men and 2 women or 3 women and 2 men. Six players on a team shall consist of 3 women and 3 men. Players must be placed in alternating positions on the floor.

Time Outs:

- Each team will be allowed 2 time outs per game.

Grace Period:

- Grace period is **10** minutes after the designated game time to field 4 eligible starters for the first game. Then, five minutes after that to forfeit the last two games.

Player Conduct:

- Any disrespect towards officials will result in ejection from the match/game and the premises. Judgment calls may not be questioned.
- City of Wisconsin Rapids Parks & Recreation Department Leagues require strict enforcement and compliance with School Board rules of **no smoking, no food consumption and no alcoholic beverages, as well as no horseplay** by participants in the school halls and locker rooms. Please cooperate so we do not lose the privilege to use the facilities by the Board of Education.
- No street shoes or bare feet are allowed on gym floors. Any player breaking this rule shall be ejected from the league.
- Unsportsmanlike conduct, disorderly conduct, such as profanity, abusive or obscene language, excessive jockeying and baiting, etc., will not be allowed by players. We have a ZERO TOLERANCE rule. Simply put, the person will be ejected from the league.
- If there are trash cans at your gym, please use them. If not, please take your litter with you.

Forfeits:

- Using an ineligible player.
- Team fails to field a team of at least 4 eligible players. Grace period is 10 minutes for first game; 5+ for second and third games.
- Team forfeits three matches during the season, may be dropped from the league.
- If a player is ejected and it results in the team having fewer than 4 players, that team will forfeit the match.
- Player is not at least 15 years old.
- Concussion form and/ or score sheet has not been signed prior to play.
- It is the captain's responsibility to inform the office if they cannot field a team.

Make-Up Games:

- Games called off due to weather will be rescheduled by the Parks & Recreation Office.
- Team captains will be notified of the time and site by email and posted on our Wisconsin Rapids Parks & Recreation Department Facebook page.

Uniform Rule:

- Baseball caps or other hats are not permitted to be worn when playing.
- All-purpose shoes or sneakers are permitted.
- Pants, shorts or sweat pants may be worn, any color or style.
- Undershirts are allowed, no restrictions.

Awards:

- The top two teams will receive a team award, such as a chamber gift certificate.
- First place will be determined as follows:
 - Win, loss record – Tie: Winner of the most games between these two teams.
 - Best defense between teams tied; followed by best defense overall.
- Awards will be mailed at the end of the season.