

WOMEN'S 3-HIT VOLLEYBALL

LEAGUE REQUIREMENTS

1. **A PLAYER MUST BE 15 YEARS OR OLDER TO PARTICIPATE IN THE LEAGUE (PLAYERS UNDER THE AGE OF 18 MUST HAVE A PARENT OR GUARDIAN TO SIGN FOR THEM).**
2. **TEAMS WILL ONLY BE PERMITTED A TOTAL OF 3 COLLEGE PLAYERS (VARSITY OR J.V.) PER ROSTER.**

ROSTERS

Teams will be permitted to sign as many players as they deem necessary. Each team must submit a completed roster of all its players (please alphabetize) and also a player contract and contract fee for each player. Thirty-five Dollars (\$35) should accompany each county resident's player contract. Non-residents must pay a \$40 player contract fee. The roster, and at least six (6) contracts and player fees are due by 4:00 P.M. November 2. Any teams not scheduled to play the first night must submit roster and contracts by 4:00 P.M. November 6. Failure to submit roster and six contracts and fees on time will mean forfeiture of the first match.

To add additional players once the roster has been handed in, turn your player contract in to the Dept. of Recreation & Parks by 5 p.m. the day of the game in order to participate that night. Additional players may be added to rosters up until the halfway point of the season.

A Contract will not be accepted without the contract fee, and the contract fee will not be accepted without the contract.

A player may only be released to a team lower or even in standings within any division, provided that: 1) written permission has been given by the previous coach or captain to do so, and 2) notice of the change has been received by the Department of Recreation and Parks by the halfway point.

ENTRANCE FEES

The entrance fee must be handed in before the league schedule is made.

DECISIONS

1. The referee and only the referee will call and conduct the game.
2. No judgment calls will be disputed.
3. In situations where the referee's interpretation of a rule is in question, only the team Captain or coach (no one else) may consult the referee.

UNSPORTSMANLIKE CONDUCT

Abuse of the referee will not be tolerated. In any case where a participant gets out of hand and offers abusive gestures and language to the referee, the referee has the authority to eject her from the remainder of that match. In addition, any person ejected from a match must sit out the entirety of her team's following match.

UNSPORTSMANLIKE CONDUCT SANCTIONS

The following acts of team members are subject to sanction by the first referee:

- a. Addressing officials concerning their decisions.
- b. Making profane or vulgar acts, gestures or remarks
- c. Committing acts of gestures tending to influence officials.
- d. Disruptive coaching or other actions by any team member.

- e. Crossing the vertical plane of the net with any part of the body with the purpose of distracting an opponent while the ball is in play.

DEGREE OF INDIVIDUAL SANCTIONS

Offenses committed by team members may result in the following sanctions by the first Referee:

- A. **WARNING:** For minor unsporting offenses such as talking to opponents, spectators, or officials, shouting or other minor unsporting acts that disrupt the conduct of the game, a warning (yellow card) is issued and is recorded on the score sheet. A second minor offense during the same game by the same team member must result in a penalty (red card).
- B. **PENALTY:** For rude behavior, a second minor offense or other serious offenses, a penalty (red card) is issued by the first referee and is recorded on the score sheet. A penalty automatically entails the loss of service by the offending team if serving, or if not serving, the awarding of a point to the opponents. A second act warranting the issuing of a penalty to a team member during the same game results in expulsion.
- C. **EXPULSION:** Extremely offensive conduct (such as obscene or insulting words or gestures) toward officials, spectators or other players results in expulsion of a team member from the game (red and yellow cards together) in which the offense occurred. Expelled individuals must leave the court and team area until the next game of the match. A second expulsion during a match must result in the disqualification of the team member(s). No further penalty is assessed.
- D. **DISQUALIFICATION:** A second expulsion during a match, or any feigned, attempted or actual physical aggression toward an official, spectator, or opponent results in the disqualification of the team member for the remainder of a match (red and yellow card held apart). A disqualified team member must leave the premises. No further penalty is assessed.

MISCONDUCT BETWEEN GAMES

Any sanctions for misconduct between games will be administered in the game following such misconduct.

DISCIPLINARY ACTION

- A. **COUNTY POLICIES**
 - a. Any player physically or verbally assaulting an employee, volunteer, program participant or spectator will be subject to disciplinary action which will be decided in accordance to the severity of the offense.
 - b. Physical assault is defined as offensively touching, shoving or striking another person without that person's consent. Verbal assault is defined as threatening bodily harm or directing excessive profanity toward another without that person's consent.
 - c. The minimum penalty for these offenses shall result in a three match suspension with a maximum penalty of an indefinite suspension from the county's recreation program.
- B. **LEAGUE POLICIES:**
 - a. Any player or team reported by the referees for unsportsmanlike conduct or tactics distracting to the game shall be called before a committee of the league and dealt with accordingly.
 - b. Anyone caught intentionally grabbing & yanking the net after the play is dead will be ejected from the match (and in the event that the standards or net are

damaged, that player will be forced to pay for any damages that occur). Anyone caught grabbing the basketball backboard rim or net or dunking volleyballs will be ejected from the match.

- c. Other acts of unsportsmanlike conduct will be dealt with by the referee, such as:
 1. Stomping of feet or making loud noises against opponents during play; talking to opponents through the net.
 2. Slamming or kicking volleyballs.
 3. Kicking or hitting bleachers.
- d. Any player ejected from a game will be out the remainder of the match (and must leave the premises) and the next match. Any player ejected from a game for fighting and reported by the officials shall be subject to a three (3) match suspension. Second time offenses will be subject to removal from the league (brought before a league committee).

PROTESTS

When a question pertaining to the interpretation of a rule has not been settled between the team coach or captain and the referee, then at that moment (on the spot) the team coach or captain must inform the referee that he or she wishes to have the questions presented to the Division Representative. The following date, a team representative must go to the Dept. of Recreation & Parks and pay \$10 and place a written statement in order to enter a plea. After this point, the referee will then consult both the Dept. of Recreation and Parks and the League Representative. The League Representative will in turn appoint and head a committee of non-related parties to reach a verdict. Their decision is final. If the team entering the pleas wins the case, the \$10 will be returned. If their plea is lost, the \$10 will go into the league.

FORFEITS

In case a team anticipates a forfeit on a particular night or nights, please contact the Dept. of Recreation and Parks as soon as possible, so that others might be notified. A team forfeiting three (3) complete matches is subject to being put out of the league, also forfeiting their entrance fee.

RESCHEDULING/CANCELLATION

Once a schedule is made up, matches will not be rescheduled unless:

1. the facility is unavailable that evening
2. inclement weather

The department will attempt to use radio stations to inform you of cancellations.

Captains may call the Recreation Department cancellation line for information (410-548-4900 Ext. 5)

THE WOMEN'S LEAGUE UTILIZES USA RULES WITH THE EXCEPTION OF LOCAL LEAGUE ADAPTIONS.

LOCAL RULES

1. Rally scoring will be used. (Rally play scores one point regardless of who serves.) The winner of a game is the first team to score 25 points, and must defeat its opponent by 2 or more points. There will be a cap score of 27 points.
2. Each match will consist of three (3) games. All three (3) games will be played. The rest period between games of a match shall be three (3) minutes. In the event a match finishes ahead of schedule, those teams will be permitted to remain on the court until 10 minutes before the next scheduled game. Teams will be permitted a minimum of seven minutes warm-up time between matches.

3. For regular season play, all teams will play every team in the league three times.
4. Play-offs will be held at the conclusion of regular season play. All teams participate in a double elimination play-off. Early round **matches** will consist of the best of two of three games, and semi-final and finals matches will be the best three of five games. In the event of ties for play-off places (except first place), a team's place will be determined by regular season games between the two teams, and if still tied, by points. Each team is allowed two-30 second time-outs per play-off game. There will not be a cap score on playoff games. The deciding game of a match will be 15 points (switch sides @ 8 points).

SPECIAL RULES: TEAMS

1. Six (6) players will constitute a team. Teams will be permitted to begin a game with four players and continue for the entire game if no other players arrive. If other rostered players arrive during the game, the coach has two options: 1) to insert them into the line up for the remainder of that game until the 6 player team is complete or 2) wait until the next game to do so. If a team decides to wait until the next game to insert the player(s) into the line up, they must be inserted into the next game in an attempt to complete the 6 player team. An attempt to complete the six (6) player team must be made **providing** that all players are ready and capable of playing.
2. **GRACE PERIOD** - Teams unable to field enough players (minimum of 4) 5 minutes beyond the scheduled starting time, will forfeit the first game of the match. If the previous match finishes after the scheduled starting time of the next match, the grace period will start as soon as that match finishes. After an additional 5 minutes, the second game will be forfeited, and after another 5 minutes, the third game will be

forfeited. If 4 players are present at the scheduled starting time, no grace period will be permitted and play must begin.

DEFINITIONS OF TERMS

1. Dead Ball - ball that is out of play.
2. Double Foul - faults committed simultaneously.
3. Rotation - act of shifting positions in a clockwise direction.
4. Side Out - decision following the infringement of a rule by the serving team at which time serve is awarded to the opposing team.

PLAYING THE GAME

1. Choice of Court - A coin shall be tossed for the two captains. The winner of the toss may choose to take either the first service during the first game, or her choice of court. The loser then takes whatever choice is left. Teams switch sides for the second game and the team that received first in the previous game shall have first serve in the following game. Before the beginning of the third game, the referee makes a new toss of the coin to decide the choice of playing area or first service.
2. Beginning Play - A) At the start of each game and after each dead ball, the player in the right back position puts the ball into play. B) No assistance in serving. C) Except for the server, all players must be inside the court's boundaries when the ball is served. After the ball is served, served players may go outside of the court's boundary. D) On the serve, the server must wait for the referee's whistle before serving. (Failure to do so on a bad serve will be side out.) After signal for serve, the server has 5 seconds to serve the ball, or will lose serve. The ball may be dropped, tossed or otherwise released and must be hit before it touches any surface, object, or

person before touching the playing area or a player of the opposing team. One reserve will be allowed if a player tosses the ball up for serve and either catches it or it drops to the floor. The serve may contact the net.

3. Rotation - Players will rotate in a clockwise direction and will always rotate after winning possession of the ball.

4. Positions of Players

Server - The server shall serve from within the serving area.

Other Players During Service - All players other than the server shall be within their playing area (but may touch the court boundary lines) in serving order with each of the three forward line players forward of the respective back line player at the instant the ball is contacted when hit for a serve. For determining the serving order and the front and rear lines, any part of a player's body touching the floor shall not overlap any part of an adjacent player's body touching the floor.

After Ball Served - After the ball is contacted when hit for serve, the players may move from their respective positions.

Screen - At the moment of the service, it is illegal for players of the serving team to place their arms for the purpose of forming a screen with which to mask the server's action, or to jump, or form groups of two or more players for such purpose.

Back Line Player - A back line player forward of the ten foot line, returning the ball across the net, must contact the ball from below the level of the top of the net. However, should the player be behind the ten foot line or the take off to jump be clearly from behind this line, the restriction would not apply.

5. Serving Out Of Turn

A player shall not serve out of turn. If players are caught serving out of order, any point the player served that can be recalled should be taken away and a side-out is awarded. Players of the team in error shall regain their proper positions before the next service.

6. Simultaneous contacts - If two or more players of the same team contact the ball simultaneously, it is considered one play and players involved may participate in the next play.

7. Ball Crossing Net - A ball striking the net and going over (including the serve) is still in play.

8. Net Play

A. The height of the net is seven foot four inches (7'4").

B. A ball (other than a served ball that does not cross the net) may be recovered from the net providing that the player avoids touching the net.

C. Any player participating in the block in which the ball is contacted shall have the right to make the next contact counting as the first of three contacts allowed the team. If the ball contacts one or more players during the block, either player may make the next contact, which will be the first of three contacts.

D. Touching the net in any way is a foul.

E. The arm may go over the top of the net (provided it doesn't touch the net) on a spike follow through.

F. A player may block over the net: 1) after the ball has been spiked 2) is passing over as a third hit 3) is passing toward the net and no other player is attempting to play the ball.

Definition of a block – A Player near the net is considered to be a blocker when they are reaching higher than the net at the time contact is made with a ball coming from the opponents.

9. A player's foot (or hand) may go over the court's center line, provided that a part of the foot (or hand) crossing center court is on the line. (Official's judgment since there is no center line at Bennett Middle).
10. Each team is entitled to one 30-second time out each game (two per game for play-offs only).
11. Playing the Ball
 1. The Ball must be given immediate motion at contact.
 2. The ball may contact any part of a player's body.
 3. A player may have successive contacts with the ball when making the first team contact. Prolonged contact on the ball is illegal. A lift is a lift.
 4. It is illegal to block or attack a ball that has been served by the opponents.
12. Substitutions (Conditions)
 - A. The team must have received possession of the ball and in the act of rotating.
 - B. Can only be rotated into the center back position. **EXCEPTION:** Injury. Players leaving the game due to injury or illness and returning the same game should enter the same position they left.
(If a team starts a game with less than 6 players, newly arriving players must be rotated into the center back position.)
 - C. The last server must rotate out.
 - D. Can only be made when the ball is dead.
13. All players must wear sneakers. Players are not permitted to wear hats or visors. Players wearing jewelry should do so with the understanding that they are playing at their own risk. It is recommended that all jewelry be removed to ensure the safety of yourself and others. The referee may ask a player to remove any jewelry she feels is unsafe. In addition, the Dept. of Recreation & Parks will not be responsible for any other injuries or damages incurred by players while participating in the league. All players are asked to be safety conscious. It will be the referee's discretion whether a player is playing in an unsafe manner.
14. BENNETT MIDDLE GROUND RULES - A ball striking the ceiling, beams, lights, backboard over referee stand and its attachments, and the black piping parallel to the ceiling above the backboards on the end lines will be playable on your own side. (Balls that strike these areas and cross over to the opponent's side will be considered out.) Balls striking the backboard over the end lines and black piping jutting down will be up to the judgment of the official, whether it will be a replay or not. Balls striking the rings will be a judgment replay. When serving, players must be between the sidelines, and may step into the court to serve up to the blue line as long as at least one foot is behind or touching the end line prior to the start of the serve. There will not be a marked center line. It will be up to the referee's judgment whether there is a violation or not.
15. Service Foot Faults - One team warning for service foot faults per match will be given. The service would be replayed.

AWARDS

Regular season first and second place finishers of each division will receive awards. The play-off champion and finalist of each division will receive awards. Regular season champs of each division will receive T-shirts. Regular season champs are limited to eight T-shirts per division and are purchased by League.

KIDS IN THE GYM

Children 12 years old and under attending volleyball matches must have supervision, other than a participating player. A child acting in an unsuitable manner at the game without supervision will necessitate the removal of the mother/guardian from the game (enforced by the referee and/or the gym supervisor).

PLAYERS AND SPECTATORS ARE NOT ALLOWED TO SIT ON THE BLEACHERS