

VOLLEYBALL

Rules & Regulations

Fall/Winter 2016-17

Middleton Public Lands, Recreation, and Forestry Department
Recreation Division

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Hours: Monday-Friday, 8:15am-3:00pm

Team managers have the responsibility to inform team members of these rules and regulations, and to assure the department that these rules will be followed.

A. Player Eligibility

- a. To be eligible for competition in our Volleyball Leagues, and individual must:
 - i. Be a minimum of 18 years old.
 - ii. Be listed on the adult team roster of the team he/she is playing for, and have it recorded in the Recreation Division Office.
 - iii. Be included in the team roster fee payment that has been submitted to the Recreation Division Office, for the team he/she is playing for.

B. Team Roster Registration

- a. A minimum base roster fee will be set prior to the start of the season. This fee will register a roster size of 8 or less players.
- b. If teams wish to carry more than 8 players on their roster, the additional members will be accommodated according to the fee structure established prior to the season.
- c. Team rosters and fees are due at the Recreation Division Office prior to the first night of scheduled league play. Teams will not be allowed to begin league play until the proper fee has been submitted.
- d. The total team roster shall not exceed 15 players. No new players may be registered after this total is reached, until a release has been officially granted. Roster changes, or additions can be made at any time during the season, but no players can switch teams after 4 weeks of league play.
- e. Additions to the roster can be made by completing the necessary forms and returning them, along with the appropriate roster fee, to the Recreation Division Office. Players are eligible to compete immediately upon completing the registration procedure.

- f. Roster fees are not transferable and are not refundable once league play begins.

C. Regular and Sub Rules

- a. Regular Player Rules are as follows:
 - i. If a player is a regular player, s/he may not play or sub on any other team that night in the same league. If it is discovered and protested by the opposing team, then the team who the sub is playing for will lose the match (0-3).
- b. Sub Rules are as follows:
 - i. If a player chooses to be a sub, the player may play on any team on any given night. Once the player has subbed on ONE team 3 times, the player must choose to either be on that team or choose a team to be on. At NO TIME can your team consist of more than 2 subs. If this is violated and protested, the team will forfeit for the night.

D. Forfeits

- a. All games will start as scheduled. If a team cannot place 4 players, they must forfeit the first game. Co-ed league teams must have a minimum of 2 men and 2 women on the floor at game time.
- b. Managers cannot waive this rule. Any match can be played with a minimum of 4 players.
- c. If after 15 minutes has elapsed, a team cannot place enough players on the floor, they must forfeit game two. The final game will be forfeited if a team cannot place enough players on the court after 30 minutes has elapsed.
- d. Any player discovered participating in the league who is not listed on that team's roster, or does not meet eligibility requirements or approved by Middleton Recreation, will immediately be suspended from league play and all scheduled games participated in by said individual will be forfeited by that team. Managers will be notified if questions arise regarding a player's eligibility.
- e. Players may legally participate on only one team in each division. At NO TIME can your team consist of more than 2 subs. If this is violated, the team will forfeit for the night.

E. Releases

- a. If a player needs to be released from a team to play on another, a written release must be on file in the Recreation Division Office seven days before s/he is eligible to play.

F. Protests

- a. All protests of rules interpretation or player eligibility must be in writing and submitted to the Recreation Division Office with a \$5.00 protest fee within 24 hours after the completion of the game. If the protest is allowed, the protest fee will be refunded.

G. Player Conduct

- a. Managers will be held responsible for the actions of their players. In case of a dispute, the manager or captain shall be the person to talk to the official.
- b. Any unsportsmanlike tactics, profanity, or derogatory remarks by a player or manager may result in eviction from the game and gym. Flagrant or continuous violations may result in suspension or elimination from play for the remainder of the season. The referee shall have the power to declare side-out or point for any unsportsmanlike conduct during the match.
- c. The referee is the official representative of the Recreation Division and is not expected to tolerate abuse. The Division will support the referee in his/her judgment.

- d. Teams or players not abiding by these rules or other policies and regulations established by the Recreation Division will be dropped from the league. No refunds of fees will be made.

H. Player Rules and Procedures

- a. Players must remove all jewelry, or cover it with tape if it cannot be removed. All players must wear a shirt or jersey during league play. Players will not be eligible for competition until the preceding rules are satisfied.
- b. All teams have the option of either substituting or rotating players in and out of the game. Managers are to inform the official of their method before each game begins and must use said method for the entire game. Teams may switch methods between games.
 - i. If a team decides to rotate players into the game, they may rotate in or out of no more than two positions at one time. The rotation of layers into a game must be established at the time of the second side-out for that particular team. No substitutions will be allowed if you decide to rotate, except for an injured player who may not re-enter that game once they leave for an injury. Substitute someone waiting to rotate in.
 - ii. Co-ed teams must rotate or substitute on a man for man or women for women basis. For instance, if you have seven players (four men and three women), three men and three women must be on the court. All three women must remain in the game, and the men may rotate into the game from some designated position.
 - iii. Teams that substitute must do so according to the National Federation Rules, which limits entries to eighteen per game.
- c. After a match has started, teams may compete with less than 4 eligible players, except in co-ed play.
- d. Number of Players: A minimum of 4 players must be present in order to play a match in any men's or women's volleyball league. Co-ed teams must always have a minimum of 2 men and 2 women present in order to begin and complete a match. If a team does not have an equal number of men and women, such as 3 women and 2 men, the match can legally begin with a 3/2 configuration. At no time can a team ever have more than 3 men or women on the court during a match. If a legal sixth player appears during any game, he/she may enter at the earliest dead ball, and must play at the vacant spot in the line-up, which would be in the back row. A team may not play with less than 6 players if there is a legal eligible substitute/player (including abnormal substitution) available.
- e. After a game has started, a team playing with less than six players may have a legal player enter the game at the first dead ball opportunity. The entering player must start in the back row.
- f. The Ghost Player rule is no longer in effect.
- g. Injured/Ill Player: An injured/ill player who is legally replaced through proper substitution procedures may re-enter the game. If a team is rotating players into the game, an injured/ill player must be substituted for by any additional player, providing all player requirement continue to be met for that league. The injured/ill player will not be able to return during that game.
 - i. If an injured/ill player cannot continue playing, and a team will be unable to meet minimum player requirements for that league, the game and match will be forfeited.

- h. Before the match begins, team managers are required to list the names of their players on the score sheet.

I. Match Rules and Procedures

- a. Official National Federation of High School Association volleyball rules will govern all games, where applicable.
- b. If at all possible, teams will be allowed a five minute warm-up period before each match. However, the official has the authority to shorten this period.
- c. A coin toss with the official and managers will determine serve and side of play. Teams will change serves and playing areas for subsequent games.
- d. If a best of 2 out of 3 game match is being played, a coin toss will precede the third game.
- e. League matches will consist of three 25 point rally scoring games each night.
- f. Teams are allowed 2 time-outs per game.

J. Ball Handling

- a. During a return of service, it is illegal to return a ball which is completely above the top of the net. This would eliminate the block or attack of a serve.
- b. Levels of Ball Handling:
 - i. Power Division A/B: Illegal hits are not as tightly called as in Division A. No underhand, open-handed hits. Rules are somewhat relaxed in sets and bumps if players are exhibiting the proper techniques, but the hit does not conform exactly to the rules.
 - ii. Recreation Division C: Ball handling rules are somewhat relaxed to allow for recreational play. No underhand, open-handed hits. Any prolonged contact with the ball will be penalized. The ball cannot be held, caught, or thrown.

K. Scoring

- a. Rally Scoring. All matches will consist of 3 games. All games will be to 25 (cap 27).
- b. ****If the third game of the match begins 35 minutes after the start time, the last game will be played to 15 points (cap 17). For example, if a match starts at 7:30pm, the third game must begin no later than 8:05 pm in order to play to 25 points.****
- c. Teams are allowed 2 time-outs per game.

L. League Format

- a. Division winners will be determined by the team finishing the regular season with the best winning percentage in divisional games played.