

2017 ADULT INDOOR VOLLEYBALL LEAGUE



NEW INFORMATION: PLAYERS AND SPECTATORS ARE REQUIRED TO ABIDE BY ALL RECREATION CENTER RULES AND TOWN ORDINANCES. VIOLATIONS WILL RESULT IN DISCIPLINARY ACTION UP TO DISMISSAL AND SUSPENSION FROM THE LEAGUE, TERMINATION FROM THE COMMUNITY RECREATION CENTER, AND LAW ENFORCEMENT INVOLVEMENT.

I. League Facility

Little Elm Recreation Center
303 Main Street
Little Elm, Texas 75068
Gymnasium B
972-731-1466

II. Adult League Format

Division	# of Teams (Max)	Game Day	Format
Competitive Division (Co-Ed)	7	Tuesday	4v4
Recreation Division (Co-Ed)	7	Thursday	6v6

III. Registration Procedures

1. The league is limited to the first seven teams in the division officially registered.
2. Teams will be accepted on a first-come, first-served basis.
3. The league fee for 4v4 (Tuesday's) and 6v6 (Thursday's) is \$135.00/team (early registration) and \$165.00/team (late registration) per team.
4. All registrations must be turned in at the Little Elm Recreation Center. Rosters and liability waiver are turned in at the first game and cannot be modified after the 3rd game. Payment may be made over the phone utilizing a credit card and must be made at time of registration.

IV. Team Rosters

A complete roster is due at the first game. All information requested on the roster must be complete to play the second game. Roster must be printed legibly and have a minimum of four players. Prior to or at the first game a copy of each player's driver's license may be requested to be on file.

1. Each team will be allowed to carry a maximum of 10 players.
2. Players may be added until the third week of the season. Rosters cannot be added to after that point, even if players move, quit, etc. Teams are encouraged to carry enough players to complete a season.

V. Player Eligibility

1. All players must be at least 16 years old **OR** have competitive volleyball experience (minimum age 13).
2. Any player ejected from a game may be suspended from his/her team's next game. This includes if the next game is a playoff game.

3. Prior to the first game in which the player participates, a copy of the player's driver's license may be requested to be on file with the league. Failure to abide by this rule will make the player ineligible and cause forfeiture of the game(s) in which the player participated.

VI. League Play for Adult Teams

1. Games are played on Tuesday evening, no earlier than 6:45pm.
2. Each team will play 7 games plus play-offs (top 4 teams).
3. Forfeits will not result in refund for game(s) missed.
4. Once the season has started, there will be no refunds.
5. Occasionally there are times for open gym or practice for participants in the volleyball league (per request). There is a drop in day pass rate at the Recreation Center if player wishes to practice on their own time or on a scheduled open gym volleyball night. Memberships are available for Little Elm residents and nonresidents.
6. There will be 30 minutes prior to the 1st game of the night for warm-up. Half of the gym is reserved for indoor volleyball until closing (10pm). Free play can be played after the conclusion of the last game of the night until close of the Recreation Center (10pm).
7. LEAGUE MANUAL MAY CHANGE OR BE UPDATED AT ANYTIME. AN UPDATED COPY WILL AVAILABLE AT THE FRONT DESK.

VII. Rules and Regulations

1. Teams should be ready for play at the scheduled time. Teams playing with only 3 players will lose the serve when the empty position(s) or "hole" rotates into the service position (back right). HOWEVER, the opposing team will NOT be awarded a point. **A team can play with 3 players (that are on the roster) or they can choose to pick up one other player to make 4. If a rostered player arrives, they must fill in for the substitute. For 6v6 league, a team must have 4 players on their roster at game time and can pick up 1-2.**
2. Each team must begin with at least one male and one female represented on the playing court. Any combination of males to females are appropriate, as long as one female and one male are in the court (minimum of 3 players for 4v4, minimum of 5 players for 6v6). Penalty: Forfeit (Exception: uneven numbers due to lack of substitutes after an injury).
3. Prior to the beginning of the match, the team captains will participate in a coin toss to determine the choice of (1) first service or (2) court positioning. At the end of each game, the service and courts will automatically exchange.
4. If extended to a decisive third game, another coin toss will be held to determine choice of serve or court side. Once a team reaches eight (8) points, the teams exchange playing areas.
5. Matches will consist of three games. Rally scoring shall be used throughout all 3 games, team first to score *25pts (win by two, 30pt cap) will win the match
 - a. *The third game will only be played if need be. First team to 15 (win by two, 20pt cap) wins.
6. Time Outs: One (1), one minute time out per team per game. Unused time outs do not carry over.

7. Teams have 1 minute to serve the ball in between plays. Any team spending more than 1 minute between serves will receive a warning. The second time a team spends more than 1 minute to serve the ball, the result will be a turnover of serve.
8. The net will be placed at men's height (7'11") for 4v4 league. The net will be placed at women's height (7'4") for 6v6 league.
9. ~~Men and women must alternate positions in the serving order and on the court in positional rotations. No longer required~~
10. There are NO limits/restrictions on how many times a male or female must touch a ball on a given rally.

VIII. Equipment

1. Gym shoes must be worn. Black-soled shoes, sandals, bare-feet, and boots are strictly prohibited.
2. The Recreation Center will provide the game ball.

IX. Players and Substitutions

1. A team shall be composed of at least four (4) players for 4v4 league. A team shall be composed of at least 6 players for a 6v6 league.
2. A minimum of three (3) players are required to start a match for 4v4 league. A minimum of 5 players are required to start a match for 6v6 league. In the event that a player becomes injured or has to leave the game (other than ejection) the game shall continue.
3. Substitutions: Teams may elect to rotate all players in one at a time through the server's position OR may substitute player for player. Teams must use the same method (rotation or player for player) for the entire game. If teams choose to substitute player for player, a person who has subbed out may only re-enter in the same place for the same person. Also, once a player has substituted into the game and substituted out again, s/he may only re-enter the game to replace the person s/he replaced the first time. Subs must be reported to the scorer and recognized by the "down" official. If the substitution is not completed promptly, the referee shall charge a timeout to the offending team.
4. ~~While there are no regulations regarding back row players attacking the net, positional regulations will still be enforced. Players must rotate positions on the court.~~

X – Misc. Rules

1. Serves may be underhand, overhand or participants may attempt to jump serve. Serves may be taken from anywhere along the endline; regardless of where the other back-row players are standing.
2. If the serve touches the net, inside the antennas (sidelines), IT IS LIVE and must be played. The ball will be deemed out of play if it hits a post, net support, or the net outside of the court boundary.
3. Players may cross the centerline if they are OUT of bounds and do not interfere with the other team (if they do interfere, a centerline violation shall be called).
4. Any player's foot, hand, or other body part, that COMPLETELY crosses the centerline inside of the court will be called for a violation **IF IT AFFECTS THE PLAY.**

5. Double hits should not be called on a hard hit or a serve; however, a lift may be called as judged by the official.
6. Players may contact the ball with any part of the body, INCLUDING the feet, whether intentionally or not.
7. UNSPORTSMANLIKE CONDUCT is a violation. The referee shall have the power to warn, declare side-out/point, and/or disqualify from the game/match anyone (player, coach, or spectator) who commits any violation of good sportsmanship. Yellow and red cards will be given.

XI. Awards

1. Winning team members will receive a championship towel.

XII. Player and Spectator Code of Conduct

1. Players and spectators should abide by all Recreation Center rules and Town Ordinances. Violating the Recreation Center rules and/or Town ordinances will result in disciplinary action up to dismissal and suspension from the league, termination from the Community Recreation Center, and law enforcement involvement. Disciplinary action is determined solely by the Parks and Recreation Department.
2. No player shall refuse to abide by a referee's decision, threaten, or at any time lay a hand on, push, shove or strike a game official.
3. No player shall be allowed to be unnecessarily rough against a person of another team with the intention of causing injury. Nor shall a player threaten, strike or push any other player, spectator, or scorer.
4. No alcohol or tobacco substances are allowed on the complex. No player should be under the influence of alcohol or other drug immediately before or during a game.
5. Referees shall have the authority to suspend or forfeit any game that in his/her judgment has become unsafe.
6. Only water or sports drinks in bottles are allowed in Gym.
7. All trash (water bottles, cups, etc.) must be properly disposed of by the teams.
8. Teams shall leave bench area free of trash.

Remember, all teams are playing to have fun in the league. Keep in mind WHY we are all here. Have a great season!