



FUQUAY-VARINA
a dash more



ADULT VOLLEYBALL HANDBOOK

POLICIES, PROCEDURES AND RULES 2016

Fuquay-Varina Parks, Recreation and Cultural Resources
820 South Main Street
Fuquay-Varina NC 27526
919-552-1430

I. Communication

24 HOUR RULE: During sports of any kind, disagreement and confrontation are inevitable. For this reason, we have adopted the “24 HOUR RULE”, which simply states that no member of the team shall discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of other players and allows all parties to have time to put things in perspective and cool off if necessary.

Line of communications should follow the chain of command:



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II. RULES AND REGULATIONS

Rule 1: League Divisions

- 1.01 Players must register with the Town in order to participate in the adult volleyball league.
- 1.02 Participants must be at least 18 years of age on or prior to the closing of registration. Exceptions will be made for those individuals over the age of 16 with permission of a parent and signed liability waiver.
- 1.03 A captains meeting will be held prior to the season. Captains shall bring their own team of players. Free agents will be allowed to register and will be assigned at a later date.

Rule 2: Teams

- 2.01 Each team shall consist of a maximum of fifteen (15) and a minimum of eight (8) players. This may be adjusted by the Parks and Recreation Department.
- 2.02 All players will be required to check in prior to each game. Players must show valid identification (State Driver's License, State Id Card, Passport, and/or Birth Certificate) in order to participate in the game.
- 2.03 All rosters must be finalized by the day prior to league games beginning. There will be no roster additions after this date.

Rule 3: League Awards

- 3.01 The Parks and Recreation Department will provide a team trophy that will be housed at the Parks and Recreation Department.

Rule 4: Uniforms and Equipment

- 4.01 Each team will be required to have matching uniforms with numbers on the back. No two players on the same team may wear the same number. Any participant not wearing the team uniform may be withheld from competition. Note, jersey's and team names shall contain no vulgar or offensive language or graphics.
- 4.02 The recreation department will provide all equipment necessary for practices and games.
- 4.03 No jewelry, including earrings, shall be worn by any player, except for medical identification.
- 4.04 Appropriate footwear must be worn at all times. Only rubber sole or soft sole shoes will be permitted on the gym floor.

Rule 5: Season Schedule

- 5.01 Each team will have the opportunity to practice a minimum of 3 times before the beginning of the season. Once the season begins, there will be no scheduled practice times.
- 5.02 During all scheduled league practices or games, only participants will be permitted on the playing surface. All parents, siblings, and other spectators should remain in the bleachers.
- 5.03 The league will consist of a minimum of eight (8) regular season games. At the conclusion of the regular season, a single elimination tournament will be held.
- 5.04 All game schedules are final. Captains are not allowed to reschedule league games. The Parks & Recreation department reserves the right to reschedule games at any point during the season. Adequate notice will be given if the need to reschedule a game occurs. Captains are allowed to switch practice times with another captain pending Athletic Department approval.

- 5.05 Results and standings will be kept. The number of teams will dictate the structure of the league. All teams may be organized into two different conferences/divisions for scheduling purposes when necessary.

Rule 6: Tournaments

- 6.01 An end of season single elimination tournament will be held the week following the conclusion of the regular season.
- 6.02 Even when the league is split into conferences/divisions, all teams will be seeded together for tournament play. Tie breakers for seeding purposes will be determined in the following order – Head to Head, win loss percentage in common games, coin toss.

Rule 7: Game Rules

- 7.01 All games are governed by local league rules listed in this manual. If this manual does not cover a specific rule, calls will be made using the NFHS Rule Book.
- 7.02 A team consists of 6 players, but may start with a minimum 4 players. A team must have at least two women on the court at all times. Teams may play with 1 female, but can then only play with 5 total players. A team cannot play without any females. There is no maximum number of females that can be on the court.
- 7.03 Matches will consist of best two-out-of-three games. First two games will be played to 25 and the third game, if necessary, will be played to 15. Teams must win each game by 2 points.
- 7.04 All games will use a rally scoring system.
- 7.05 When a team gains the serve it must rotate one position clockwise before serving.
- 7.06 Play begins with a serve. A serve contacting and crossing the net will remain in play provided it does not strike the antenna. Serves that do not cross the net or land out of bounds will result in the receiving team being awarded a point and the ball to serve. A re-serve is awarded when a player releases the ball for service, then allows it to drop to the floor.
- 7.07 Teams are not allowed more than three (3) touches before sending the ball over the net.
- 7.08 Players may not make contact with the net. Net contact will result in a point being awarded to the opposing team.
- 7.09 If the ball strikes the roof it will remain in play as long as teams are within their allotted 3 touches and the ball does not cross the net. If a ball gets stuck on a goal in the ceiling, the point will be replayed. Any ball that strikes the roof on a serve is out of bounds.
- 7.10 There will be unlimited free substitutions after dead balls. All players must check in at the scorer's table before entering the game.
- 7.11 Each team will have three (3)- sixty (60) second time outs for the match. Breaks between each game shall be no longer than 2 minutes.

Rule 8: Forfeits

- 8.01 There will be a ten (10) minute grace period for the first game of the day. Teams may start and play with four (4) players. If a team wishes to play a game with four (4) players, the opposing team is not required to match.
- 8.02 All other games will start at the regular scheduled game time or immediately following the previous game.
- 8.03 If a team knows they will not have enough players for a game and gives the rec department 24 hours' notice, the game can be rescheduled at the discretion of the league coordinators. If a team does not give proper notice of the forfeit, the game will not be rescheduled.

Rule 9: Officials

- 9.01 One (1) official and one (1) scoreboard operator will be provided for each game. Line judges will not be provided and a score book will not be kept.

III. Code of Conduct

- 1.01 The Town of Fuquay-Varina Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, or spectators) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 1.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 1.03 The length of the suspension will be determined by the Parks and Recreation Department Director.
- 1.04 Any player, captain, or spectator that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with another an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, game, or activity for one calendar year from the date of the incident.
- 1.05 No player, captain or spectator shall refuse to abide by an official's decision.
- 1.06 No player, captain or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 1.07 No player, other than the Captain, should discuss with an official in any manner the decision reached by an official.
- 1.08 No player or captain shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
- 1.09 No player, captain or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 1.10 No player, captain or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- 1.11 No alcoholic beverages are allowed on any Town of Fuquay-Varina property. Anyone violating this rule is subject to arrest and expulsion from the League.
- 1.12 No player, captain or spectator shall use profanity. Offending players or spectators may be subject to ejection, possible suspension/expulsion from the league.

- 1.13 If ejected, a player or spectator must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- 1.14 Any player, captain or spectator ejected by an official or a supervisor will be suspended for the team's next scheduled game. Any ejection due to fighting will result in permanent expulsion from the program. A suspension from the game is also a suspension from the playing site. A second ejection in the same season results in a suspension from all remaining games for that season. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Fuquay-Varina Parks and Recreation Department. Seasonal suspensions may be appealed to the Parks and Recreation Director.
- 1.15 Game suspensions may apply to regular season games and/or tournament play and may, at the discretion of Fuquay-Varina Parks and Recreation Department, be carried over to future seasons. All suspensions are subject to review by the Athletic Department and can be extended if deemed necessary.