



FUQUAY-VARINA

# Adult Volleyball Handbook

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Fuquay-Varina Parks, Recreation & Cultural  
Resources Department

[www.fvparks.org](http://www.fvparks.org)

5/25/2021

## **Inclement Weather Information**

[www.fvparks.org](http://www.fvparks.org)

Select "Facility Status" under the sports icon  
If your facility is CLOSED your activity is CANCELLED

**Weather Hotline: 919-552-2698**

**Sign up to receive text alerts online!**

*Both the weather hotline and webpage are updated weekdays by 4pm and weekends  
by 8am.*

## **Mission**

To provide diverse recreational opportunities and facilities that enhance social development and community well-being through welcoming parks, public spaces, facilities, organized activities, cultural resources, and special events.

### **I. General Information**

- a. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- b. Participants must be at least 18 years of age on or prior to the closing of registration.
- c. A captains meeting will be held prior to the season. Each team is required to have a representative at the captains meeting.
- d. Captains shall bring their own team of players. Free agents will be allowed to register and will be assigned a team at a later date if needed.
- e. All who wish to participate in Fuquay-Varina Parks, Recreation and Cultural Resources Athletic Programs must register and pay the registration fee prior to participating. (Participants that wish to participate on more than one team must register and pay prior to roster cutoff for each team)
- f. Each team shall consist of a minimum of 8 players and a maximum of 15 players. This may be adjusted by the Fuquay-Varina Parks, Recreation & Cultural Resources Department. Any team not meeting the minimum number of players prior to the captain's meeting will have a free agent assigned to fill the roster.
- g. All players will be required to check in prior to each game. Players must show valid identification (State Driver's License, State ID Card and/or Passport) in order to participate in the game.
- h. All rosters must be finalized by the day prior to league games beginning. There will be no roster additions after this date.

### **II. Communication**

- a. **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.

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### III. Weather Updates

- a. Decisions are made weekdays by 4pm and weekends by 8am or as status changes. Once the decision is made, FVPRCRD will email captains so that they can communicate with their team any changes. You can also check for updates by visiting [www.fvparks.org](http://www.fvparks.org) and selecting 'Field Status' icon. If your facility is listed as "CLOSED" then your activity is cancelled. Participants may also check the town's **weather hotline by dialing 919-552-2698**.
- b. An attempt will be made to reschedule all games that are cancelled due to inclement weather. Captains may not request to change game times once schedule has been posted.

#### Text Message Alert Sign-up Instructions

1. Go to FVPARKS.ORG
2. Either:
  - Hover your mouse over the "Sports" tab, which will bring down a list of links. From there, you will find the "Alerts from PRCR" link on the left-hand side; click the link to go to the Alerts page.
  - Or click the "Sports" tab, which will take you to the main sports page. From there, you will find and click the link labeled "Alerts from PRCR".
3. You will then be directed to the Fuquay-Varina Alert Center. Find the link in the grey box labeled "**Notify Me** ®"
4. Click the "Notify Me" link. (To subscribe to text and/or email alerts.)
5. Type your email address in the box labeled "Email Address" and click the button labeled "Sign In".
6. For text message alerts, check the 2<sup>nd</sup> box that reads "***I would like to be able to receive text messages on my mobile phone***" and type your desired phone number in the box provided. Click save before continuing.
7. Underneath the Alert Center there are two icons beside PRCR Alerts:  & 

- To subscribe or unsubscribe, you must click the Mobile phone icon,  beside PRCR Alerts. Once completed there will be a green check mark on the icon, which will look like: 

You will receive a text message asking to receive text alerts from PRCR. Reply “Y” to opt into the service. Once you reply “Y” you will receive a text confirming that you are signed up to receive text alerts.

#### **IV. Uniforms and Equipment**

- a. 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, suggestive or offensive language or graphics.
- b. The recreation department will provide all volleyballs necessary for practices and games.
- c. No jewelry, including earrings, shall be worn by any player except for medical identification or religious reasons.
- d. Appropriate footwear must be worn at all times. Only rubber sole or soft sole shoes will be permitted on the gym floor.

#### **V. Match Rules**

- a. All matches 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.
- b. All games will start at the regular scheduled game time or immediately following the previous game. Game times are 6:30pm & 7:30pm. There will be a ten (10) minute grace period for the first game of the day. If less than 4 players are present at the end of the grace period, the game will be considered a forfeit, but teams may play an unofficial match using the players who are in attendance.
- c. 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.
- d. To begin the game, the home team will serve first. The Visiting will serve first during the second set. If the match goes to a 3<sup>rd</sup> set, a coin flip will determine who goes first. The home team will occupy the player bench to the left of the scorer’s table/official (when facing the spectators).

- e. Matches will consist of best two-out-of-three sets. All sets will be played to 25. Teams must win each set by 2 points.
- f. All matches will use a rally scoring system.
- g. When a team gains the serve it must rotate one position clockwise before serving.
- h. 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.
- i. Teams are not allowed more than three (3) touches before sending the ball over the net.
- j. Players may not make contact with the net. Net contact will result in a point being awarded to the opposing team.
- k. 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.
- l. There will be unlimited substitutions after dead balls. All players must check in at the scorer's table before entering the game.
  - i. During a set, players must substitute for the same player.
  - ii. Captains have the option to rotate players or request for substitutions. Captains need to signal the officials for substitutions and the officials must acknowledge the subs before the players enter the game. Whichever option a team chooses to begin a match, it must stay with that option for the entire game.
- m. 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.

## **VI. Forfeiture Fees**

- a. All games will start at the regular scheduled game time or immediately following the previous game.
- b. If a team forfeits one game for any reason, they will be issued a warning. Any future forfeits will incur a \$50 penalty. Forfeiture fees must be paid in full before the teams next scheduled game. If a team does not pay their forfeiture fee prior to the next game, said game will be ruled a forfeit and an additional \$50 fee will be applied. Any team with outstanding fees will not be eligible for post season play and may be ineligible for future seasons.

## **VII. Schedules and Tournaments**

- a. League games will be held on Wednesday evenings. In the event games are rescheduled, additional days of the week/weekend may be needed for

scheduling. If registration numbers warrant it, an additional night of the week may be added.

- b. At the conclusion of the regular season, all teams will play in a single elimination tournament. If the size of the league warrants, the tournament may be split into an "A" tournament and "B" tournament.
- c. Tournament seeding will be based upon the final regular season standings. Ties will be broken by head-to-head results. If a tie still exists, then the tie will be broken via coin flip.
- d. Tournament games will be played by regular season rules.
- e. Higher seeded team will be the home team.
- f. The Town of Fuquay-Varina Parks, Recreation & Cultural Resources Department reserves the right to make changes to activity schedules when necessary.

## **VIII. Awards**

- a. The Fuquay-Varina Parks, Recreation & Cultural Resources Department will provide a team trophy that will be displayed at the Community Center.
- b. Teams that win the tournament championship will receive "Championship T-Shirts" for each rostered player.

## **IX. Code of Conduct**

- a. Any coach, player or spectator that is ejected by an official or town staff member will be suspended for the team's next scheduled game. Suspensions may be longer if the offense is considered especially egregious. All suspensions are at the discretion of the Fuquay-Varina Parks, Recreation & Cultural Resources Department.
- b. No coach, player or spectator shall berate, belittle or taunt opposing team players, spectators or coaches. Any unsportsmanlike conduct will not be tolerated. A warning will be issued on the first offense. If continued after the first warning, offenders will be ejected and must leave the premises.
- c. No coach, player or spectator may harass or continually argue with umpires, scorekeepers or FVPRCRD Staff. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. All judgment calls are final.
- d. Coaches, players or spectators that have been ejected from an official game will be automatically suspended for the next game. Suspensions may be longer depending upon the severity of the offense. If ejected, offender must vacate the premises. Failure to abide by this will result in forfeiture of the game.

- e. Tobacco products (including vaping), drugs and alcohol are prohibited at all games and practices. Violations will result in a minimum one (1) game suspension.
- f. No spectator (non-coach) may enter the field of play to argue or discuss an on-court issue. Violations will result in an immediate ejection.
- g. No coach or player may deliberately or intentionally try to injure or harm another player or coach. No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- h. The Fuquay-Varina Parks, Recreation & Cultural Resources Department reserves the right to suspend any coach, spectator or player found to be violating the mission, vision or philosophy of the department.