

JC Parks Adult Fall Volleyball 2023



**Registration
July 5 - August 4**

Team Fee: \$200
(Late Fee: \$220 if space is available)

**For more information, please contact Anthony Weeks at
aweeks@jeffersoncitymo.gov or (573)634-6563.**

**JEFFERSON CITY DEPARTMENT OF PARKS AND RECREATION
FALL INDOOR VOLLEYBALL 2023**

Registration: July 5 – August 4
Play begins: in late August or early September

FACILITY	MONDAYS	TUESDAYS	WEDNESDAYS
The Linc	CoEd Medium	Women's Low	CoEd Low
The Linc		Women's Med-Hi	CoEd High

Games will be scheduled fifty minutes apart.

LEAGUE DESCRIPTIONS

Low - This is a slightly competitive recreational league for new and intermediate players. Obvious lifts and carries will be called. **Moderate overhand serves and moderate spiking will be allowed.** Anyone playing in high leagues is not allowed to play in this league. No college, club, travel or high school varsity level players are allowed to play in this league.

Medium - This league is moderately competitive and designed for advanced intermediate players. Teams will be allowed to have up to one travel player (i.e. power league). Lifts and carries will be called more strictly than in the low league. Spiking and overhand serves are allowed. Only one college, club, travel or high school varsity level player is allowed to play in this league per team.

High - This league is competitive and designed for the more advanced volleyball players. Violations relating to lifting and carrying will be enforced according to USA Volleyball rules. Technicalities such as proper setting position will be enforced. Spiking and overhand serves are allowed. **Participants in High volleyball must release the ball on the serve.** Anyone playing in high league is not allowed to play in low league.

Coed Leagues - Must have at least two women and two men on a team.

Women's Leagues – These leagues are strictly for Women.

High School – This league is strictly for High School Students (must be entering 9 - 12th grade in the fall of 2023-24). This is a slightly competitive league for intermediate players. Spiking and overhand serves are allowed.

REGISTRATION INFORMATION

1. Participants register as teams. Individuals wanting to play should contact Anthony at 573-634-6563, aweeks@jeffersoncitymo.gov, or complete the "Free Agent Sign-up" form on the home page of Team Sideline at www.teamsideline.com/jeffersoncity. **A list of players wanting to play is kept at JC Parks for managers looking for players.**
2. Registration is \$200 per team.
3. Registrations will be accepted Tuesday, July 5 through 5:00 pm, Friday, August 4 at the JC Parks office, 1299 Lafayette St. on a first-come-first-served basis.
4. The Fall league consists of an 10-match schedule usually with one match per week. JC Parks may schedule more teams and adjust the schedule to accommodate the demand.
5. To register, simply complete a roster form and return it to JC Parks along with your entry fee. Checks should be made payable to JC Parks. **NO REFUND OF ENTRY FEE WILL BE MADE UNLESS JC PARKS CANCELS A PROGRAM OR PORTION THEREOF.**
6. The person registering a team must be either the manager or a player on the team. A person

- may only register one team per division.
7. The league will tentatively begin the week of Aug 28 (some divisions may start earlier or later depending upon holidays and number of teams – email will be sent to verify starting date as well as schedule).
 8. Tentative game times will start at 5:45 p.m. and every 50 minutes thereafter. (some game times may change depending upon number of teams – please see schedule).
 9. Each roster must be composed of at least 8 and no more than 12 participants. The 4/4 divisions may have a maximum of 8 players. All participants, including substitutes, must be listed on the official team roster to be eligible to play in the adult volleyball program. Rosters are frozen half-way through your team's season.
 10. **Acceptance of a team registration is interpreted to mean that the team manager and all players are thoroughly familiar with this packet and agree to abide by all rules stipulated herein.**

FOR INFORMATION ON CANCELLATIONS DUE TO INCLEMENT WEATHER CHECK THE JC PARKS WEBSITE AT
https://www.jeffersoncitymo.gov/parksabout_us/cancellations_and_closings.php
OR CALL THE LINC AT 634-6482.

JEFFERSON CITY DEPARTMENT OF PARKS AND RECREATION ADULT VOLLEYBALL RULES AND REGULATIONS

OBJECTIVES

This program is designed to provide a quality leisure experience for the participants by providing an opportunity to enjoy physical activity while deriving the many positive benefits of sport. It is not meant to be, and will not become, an intensely competitive program in which participants place the importance of winning ahead of sportsmanship and fun.

ELIGIBILITY

1. All players must be 16 years of age as of August 28, 2023 to participate in adult leagues. Please see league description for age required for the High School division.
2. A player may not play on more than one team in the same division.
3. **Rosters are frozen half-way through the season.** Changes may be made by the team manager by calling 573-634-6563 or by emailing aweeks@jeffersoncitymo.gov. Players must be listed on the official team roster by 5 p.m. the day of the game in which they are going to play.
4. If a player not listed on a team's roster participates in a league game and that player's alleged ineligibility is brought to the attention of the official or Parks and Recreation staff prior to the validation of the game's score and later verified by Parks and Recreation, the game will be declared a forfeit. All players must be able to produce positive identification when requested by an official or Parks and Recreation staff.

PLAYER/TEAM CONDUCT

1. All players and teams are expected to conduct themselves with good sportsmanship.
2. Undue harassment of the official before, during, or after a game may result in the ejection of the individual(s) involved from the game. Any player, coach, or fan who is ejected from a game and reported to JC Parks by a sports official or department representative will be suspended from attendance and participation in his/her team's next match.
3. After an ejection, the individual ejected must immediately leave the court and spectator area. Failure to do so or continued harassment of the official may lead to a second ejection and forfeiture of the game by that player's team.
4. **REMOVAL FROM PROGRAM:** Any player who strikes, attempts to strike, or verbally

threatens an official; who fights with another player; or who is ejected for unsportsmanlike behavior for the second time within one season is suspended from participation for the remainder of the program's season.

5. Any team or individual who intentionally damages a facility or equipment being used for JC Parks play will be billed for the full replacement cost of said property and will be suspended from all JC Parks programs until such restitution is made.
6. Any team or individual who fails to heed the request of on-site JC Parks personnel regarding program operation or facility care will be suspended from all JC Parks programs until he/she/they submits a written account of the incident and is reinstated by the Program Manager.
7. The JC Parks and Recreation Department may lengthen any suspension for any length of time if circumstances so warrant.

ALCOHOL

Players suspected of being under the influence of alcohol will be asked to leave the facility. Failure to do so will result in forfeiture of the game and removal of the individual involved from the league.

No glass containers allowed on or near the sand courts.

UNIFORMS

1. All players must wear basketball or tennis shoes. Players will not be allowed to play barefoot or in socks only. No players will be permitted to play in street shoes of any type. Players are asked to carry, not wear, their game shoes into the gym; dirty and/or muddy shoes will not be permitted.
2. All players must wear a shirt.
3. There will be no uniform restrictions other than as mentioned.
4. Jewelry may not be worn, except smooth wedding bands. Players with casts or splints on the fingers, hands, or arms will not be permitted to play.

GAME PROCEDURE

1. All games will be played according to United States of America Volleyball (USAV) rules except as stipulated herein.
2. Game time is forfeit time. Each team must have at least players ready to play at game time or the **first game** will be forfeited. Ten minutes will be allowed to elapse before the second and third games are declared forfeits. When, for any reason, a team is reduced to less than four players, the remaining games will be forfeited (except as stated in #9 below).
3. Each match will consist of three rally scoring games to **23 with a 25 point cap**. Games must be won by two.
4. League standings will be kept by games. Individual awards will be given to each division champion. Should a tie occur, head-to-head competition will be used to determine the champion. If that does not produce a champion we will look to points against. If that still doesn't produce a champion, we will look to total point differential.
5. Teams shall change court sides after the first and second games and when one team reaches 8 points in the third game of a match.
6. Only the rotation method of substitution is permissible in this league. Players may enter the game only in the "center-back" position. In the event of a sixth player arriving late all players will rotate to allow the substitute for the late player to enter in the "center-back" position. A late arrival must wait to rotate in until his/her team has the service. **ABNORMAL SUBSTITUTION:** In the event of an injury, the injured player may immediately be replaced by direct substitution without rotation. The injured player may not play for the remainder of that game.
7. Substitution in JC Parks play is unlimited unless the official considers a team to be stalling by substituting.
8. When any program participant is bleeding, has blood on his or her person or clothing, or has an open wound, he or she must leave the activity for appropriate treatment, including bandaging as necessary to prevent recurrence. In all sports, each team should be equipped with first aid supplies including rubber gloves and bandages for treatment of wounds, and 70%

isopropyl alcohol solution for disinfecting skin and uniforms.

9. **The official may call a time-out and give the player a reasonable amount of time to take care of the blood.** If, in the opinion of the official, time becomes excessive the game will proceed with a substitute entering for that player. In the event that a substitute is not available, the team will play short until the wound and blood has been properly cared for. If a substitute is used, all regular substitution rules will apply.
10. **A ball may be played off the ceiling on the same side of the net, but a ball hitting the ceiling and crossing the net will be dead.** Balls hitting basketball goals are also out of play, unless in the opinion of the official, the ball could have been played (in that case a reserve will be called).
11. **Service Toss:** If the ball, after having been tossed or released by the server, lands without touching the player, it is considered a service tossing error. After a service tossing error, the referee must authorize the service again, and the server must execute it within the next five seconds. **One service tossing error is permitted for each service.**
12. Service will be allowed from anywhere behind the end line as long as it is within the sidelines.
13. If a served ball touches the net and then crosses the net to the opponents within the crossing space, continuation of play will be allowed.
14. Violations such as lifting, carrying, and spiking are judgment calls and cannot be protested.
15. **Whole body digging will be allowed** (the ball may be played off any part of the body).
16. In Co-Recreation leagues if the ball is contacted more than once, a woman must make one of the contacts.
17. **In Co-Recreation leagues, when a team is playing with only four or five players a 2/2 or 3/2 combination must be used. One man and four women, for example, is not permissible. In the event of an injury which puts a team under the 2/2 combination the match is forfeited. A team may play with four women and two men, but if a team has four men and two women at a game they must play 2/2 and use the extra males as a substitute. Combinations allowed: 3 girls/3 guys; 4 girls/2 guys; 3 girls/2 guys; 2 girls/2 guys.**
18. A first received ball may be double-hit.
19. Participants of all leagues are allowed to open hand receive the serve as long as it is a clean receipt.
20. Each team is allowed two 30-second timeouts per game.
21. JC Parks will supply the game ball.
22. There are no restrictions on team sponsorship.
23. Referees will record the score on a Score Validation Card which must be signed by the manager of both teams following each match. Refusal to sign the Score Validation Card constitutes a forfeit.
24. Forms are available on which team manager/coaches may express their complaints concerning officials. Action will be taken by the JC Parks only on written complaints.
25. All game officials will be approved by JC Parks and will have the authority to enforce all rules and regulations. They will have the authority to order a player, manager, coach, captain, fan, or trainer to do, or refrain from doing, any act which, in their judgment, is necessary to give force and effect to one or all rules and regulations.
26. If a match is forfeited the officials will work a "practice" game during the time slot involved. However, the same league rules apply and a player may be ejected and suspended for unsportsmanlike behavior. If the team which has shown up would rather use the time for practice they may do so. The officials will call the scrimmage if requested. The forfeit fee will not need to be paid if a practice game is played.
27. A protest will be considered only if the following criteria are met:
 - a. the manager of the protesting team must notify the referee before the next serve that the remainder of the game is being played under protest;
 - b. the official will make note of the facts involved and notify the opposing team that the game is being played under protest. The game will then continue;
 - c. the protest must be filed in writing within 24 hours of the completion of the game with the JC Parks Department (the sports official complaint form is not a protest). This filing must

be made by the manager and must be accompanied by a fee of \$5; the fee will be returned if the protest is upheld;

d. the written protest must include the following:

i. date, time, the teams involved and facility;

ii. name of the official;

iii. the rule and section of the official rules book being challenged;

iv. the decision of the official;

v. conditions involved with the decision and any additional facts involved with the protest.

28. PROTESTS BASED ON REFEREE JUDGEMENT WILL NOT BE CONSIDERED.

29. Any protest which is upheld will be replayed only if it affects the league championship.

RESCHEDULING

1. Information regarding cancellations during inclement weather will be available by calling the Linc at 573-634-6482 or on the JC Parks website at

https://www.jeffersoncitymo.gov/parksabout_us/cancellations_and_closings.php.

2. The first two make-up dates will be listed on the schedules. If a third night of games is canceled, managers will be notified of the rescheduling by phone or email. If a manager has not been notified about the rescheduling within one week of the cancellation, it is the manager's responsibility to call the JC Parks office for the rescheduling information.

3. JC Parks may reschedule for any day or time when it becomes necessary to do so to complete the league schedule. If a team is unable to play at the rescheduled time they will not have to pay the re-entry fee, but the game will count as a forfeit loss on their record.