



**JC
PARKS**

SAND



VOLLEYBALL 2023

Registration: March 23 – April 14

6/6 Team Fee: \$200

4/4 Team Fee: \$140

High School 6/6: \$165

**Any teams accepted after the registration deadline
where space is available will be charged an additional \$20
For more information, please contact Anthony Weeks at
573-634-6563 or aweeks@jeffersoncitymo.gov**

*JC PARKS SUMMER
SAND VOLLEYBALL 2023*

LEAGUE ASSIGNMENTS

(All games will be played at the sand courts in Binder Park)

Court	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
TBD	High School Coed 6/6	4/4 Coed High	4/4 Wom. High	6/6 Coed High	4 men/ 2 women	Youth
TBD	High School Coed 6/6	4/4 Coed Med	4/4 Wom Med	6/6 Coed Med	6/6 Coed Med	Youth
TBD	High School Coed 6/6	4/4 Coed Low	4/4 Wom. Low	6/6 Coed Low		Youth

LEAGUE DESCRIPTIONS

Adult leagues play 10 matches. High School leagues play 8 matches.

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 except the 6/6 league specially designated as 4m/2w.

Womens Leagues – These leagues are strictly for Women.

High School – (**8 MATCHES**) This league is strictly for High School Students (must be entering 9 - 12th grade in the fall of 2022-23). This is a recreational league for beginning to 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. Adult (10 matches): Registration is \$200 per team for adult 6/6 leagues and \$140 for the 4/4 leagues. High School (8 matches): Registration is \$165 per team for 6/6 leagues.
3. Registrations will be accepted through 5:00 pm, Friday, April 14 at the JC Parks office (1299 Lafayette St.) on a first-come-first-served basis.
4. Adult leagues consist of a 10-match (adult); 8-match (high school) schedule typically with one match per week. Parks and Recreation may schedule more teams and adjust the schedule to accommodate the demand.
5. To register simply complete the attached roster form and return it to the Parks and Recreation office 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 league.
7. The program will tentatively begin the week of **May 29** *(some leagues 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. Game times will be 5:45, 6:35, 7:25, 8:15 and 9:05 pm. *(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 league 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
CALL JC Parks at 573-634-6482 or check the website at www.jcparks.com.

JEFFERSON CITY DEPARTMENT OF PARKS AND RECREATION 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 May 24, 2023 to participate in adult leagues. Please see league description for age required for youth leagues.
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 24 hours before playing in a league game.
5. 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 JC Parks staff.

REIMBURSEMENT FEE DUE TO FORFEIT

Any team in the 6/6 leagues which forfeits a regularly scheduled game must pay the team to whom they forfeited an **\$20 reimbursement fee before being reinstated in the league**. This fee must be paid by cash or a check made out to the team manager of the scheduled opposing team and deposited at the JC Parks office, which will then forward the check to the manager as a reimbursement of the league entry fee for that game. **This same policy applies to the 4/4 league, but the reimbursement fee is \$14.** Prior notification of JC Parks staff or the Program Manager does not exempt teams from paying a reimbursement fee.

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.

OFFICIAL'S CARDING PROCEDURES FOR UNSPORTSMANLIKE CONDUCT

Yellow Card: Warning (No penalty)!

Red Card: Penalty (loss of point or side out)!

Red/Yellow Cards Together: Expulsion of player for the remainder of the game!

Red/Yellow Cards in Separate hands: Disqualification of player for the remainder of the match **and** suspension from the next scheduled match!

ALCOHOL

1. Players suspected of being under the influence of alcohol will be asked to leave. 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. Players playing in this league may play barefoot.
2. There will be no uniform restrictions other than as mentioned.
3. 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 four (2/2) players (or three players for the 4/4 league) 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 (or three for the 4/4 league) 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 league 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 allowed. 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 these leagues. 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. Net contact (any part of the net) by player is not allowed.
11. Violations such as lifting, carrying, and spiking are judgment calls and are not eligible for protest.
12. In CoEd leagues, if the ball is contacted more than once, a woman must make one of the contacts.
13. A male back row player may come forward and assist in blocking. The male player may only block then return to the back row.
14. **In CoEd leagues, when a team is playing with only four or five players a 2/2 or 3/2 combination must be used. For example, a one man and four women combo 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 except in the specifically designated 4m/2w league.**
15. Each team is allowed two 30-second time-outs per game.
16. Teams will not necessarily play every other team in their league the same number of times.
17. JC Parks will supply the game ball.
18. There are no restrictions on team sponsorship.
19. 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.
20. 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.
21. All game officials will be approved by the Parks and Recreation Department 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.
22. If a game 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. A forfeit fee will not need to be paid if a practice game is played.
23. 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 Parks and Recreation 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 \$5.00.
- d. the written protest must include the following:
 - i. date, time, and place of game;
 - 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.

PROTESTS BASED ON REFEREE JUDGEMENT WILL NOT BE CONSIDERED.

24. Any protest which is upheld will be replayed only if it affects the league championship. The \$5 protest fee will be returned if the protest is deemed valid.

RESCHEDULING

1. Information regarding cancellations during inclement weather will be available on the JC Parks website at www.jcparks.com.
2. It is the manager's responsibility to check Team Sideline for rescheduled games after there has been a cancellation.
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.

BASIC RULES TO REMEMBER

1. Attacking and blocking on the serve is illegal.
2. A back-row player who is closer than 3 meters to the net may not attack if the entire ball is completely above the height of the net.
3. A male back row player may come forward and assist in blocking. The male player may only block then return to the back row.
4. A lift or throw shall be called whenever the ball is thrown or visibly comes to rest in contact with a player. Slam dunk type spikes are not permitted and redirection soft shots are also illegal.
5. Multiple contacts are permitted on the block and first team hit as long as the contacts are clean and are in one effort to play the ball. The block is not considered a first team hit.
6. Spiking the ball when the entire ball is on the opponent's side of the net is always illegal. There are certain cases where it is permitted to reach over the net into the opposing court to block (see USAV rules).