

BEGINNING COED POWER VOLLEYBALL LEAGUE RULES

Serving

- Overhand and underhand serves are allowed.
- Serving order and position on the floor is an alternation of male and female. Exception: teams playing with more women than men may serve in succession.
- Serving team is determined by a coin toss. Winner has choice of either serving or choosing sides for the first and third games. Exception: Teams that lost the first two games of a match will have choice of side or serve for the last game.
- It is illegal to serve out of order. When serving error is made, all points scored during such service are forfeited, if discovered during play.

Match Play

- Power league allows spiking and blocking.
- Game time is forfeit time.
- A double forfeit counts as losses for both teams.
- A match consists of three (3) games. All three games count in the standings.
- A game counts as a win when one team reaches 15 points or when the ball becomes dead after 15 minutes of play.
- Each team is allowed two (2) one-minute time-outs per match.
- Males and females may return the serve (on the first hit) over the net: however, once the ball is passed or set, the ball must be touched by a female before it is returned over the net.
- Each side is allowed a maximum of three hits.
- Proper contact of the ball is enforced. Ask the official before league begins on how it will be called.

Positions

- A set serving order is arranged prior to each match.
- Substitutes will rotate into position upon normal clockwise rotation. The server goes out and the substitute takes position next to the server.
- Rotation takes place upon winning the serve.

ROSTER/ELIGIBILITY INFORMATION

DUE TO THE NUMBER OF FEMALES AND MALES INTERESTED IN LEAGUE PLAY, TEAMS MUST HAVE MINIMUM OF TWO MEN ON THE COURT. TEAMS CAN PLAY WITH 2 MEN AND 4 WOMEN, IF ONLY 2 MEN ARE PRESENT ON THE ROSTER.

- A- Teams may have roster limit of ten (12) players.
- B- Players must sign the official team roster.
- C- **Teams must play with four to eight players on the court.** A minimum of two males and two females shall be on the court.
- D- The City of Sacramento shall have the final authority in determining player eligibility.
- E- All additions and changes to the roster must be done in person at the district office. NO exceptions!
- F- Players added to the official roster after the first week of league play must sign a waiver to be eligible to participate.
- G- There shall be no roster additions after the fourth week of league play.
- H- To be eligible for playoffs, participant must play a minimum of three league matches.
- I- Any player who registers with more than one team in a league shall forfeit his/her right to participate in the program.
- J- Teams using unregistered or ineligible players shall forfeit any game(s) in which they played: provided that a written protest is received in the Adult Sports Office no later than the next working day after such game took place.
- K- All participants must be 18 years of age or older.
- L- Team managers are responsible for contacting team members in regards to rescheduling, cancellation, or any other league information deemed necessary by the City of Sacramento.

Protests

A-Only protests regarding player eligibility and rule misinterpretations are reviewed.

B-Protests must be made in writing and filed by the next working day (5:00 pm) to the Adult Sports Office, 6005 Folsom Blvd. Protests filed after the deadline are not accepted.

C- A \$50.00 deposit must accompany protests. The deposit will be returned if the protest is valid.

LEAGUE OPERATION

The City of Sacramento Recreational and Power Coed Volleyball Leagues will be conducted in accordance to the policies set forth for the City of Sacramento Adult Sports staff. League play is conducted according to rules and regulation determined by City of Sacramento.

INJURIES

Injuries incurred during the course of an official league game by players, officials, or spectators are not the liability of the City of Sacramento. The City of Sacramento recommends that all participants have medical insurance before participation. ALL PARTICIPANTS MUST FILL OUT & SIGN THE GENERAL RELEASE AGREEMENT, WAIVER FORM BEFORE PARTICIPATION. FAILURE TO HAVE A FORM ON FILE WITH THE DISTRICT WILL FORFEIT THE RIGHT OF PARTICIPATION.

Officials

Officials assigned to the games shall have complete control of the facility and games. They shall have the authority to banish players, managers, or spectators from the game, the player's bench, or the facility area for misconduct, delay of game, or for the good of the game. Official's decisions shall be final except for rule misinterpretation.

Awards

Ten individual awards are given to the league champion.

PLAYER CODE OF CONDUCT

The City of Sacramento has established the following player rules of conduct. Any person(s) involved in the following offenses will be penalized. The length of the penalty will be determined by the severity of the offense.

No player shall: At any time push, shove, or threaten another player or spectator.

Minimum penalty: Warning by the official.

Maximum penalty: Three months suspension and one year probation.

No player shall: At any time push, shove, or threaten an official or staff member.

Minimum penalty: Removal from the game and the premises, one game suspension, one year probation.

Maximum penalty: Ten years suspension from all Adult Sports sponsored programs.

No player shall: Be guilty of a physical attack (striking or punching) as an aggressor upon any Adult Sports staff member, official, player, or spectator.

Minimum penalty: Three months suspension and one year probation.

Maximum penalty: Ten years suspension from all Adult Sports sponsored programs.

No player shall: Discuss the decision of any matter reached by an official, except the manager captain.

Minimum penalty: Warning by the official or Adult Sports staff member.

Maximum penalty: One year suspension from all Adult Sports sponsored programs.

No player shall: Refuse to follow a decision by an official or Adult Sports staff.

Minimum penalty: Six months probation.

Maximum penalty: One year suspension from all District sponsored programs.

No player shall: Be guilty of using unnecessary rough tactics in the play of the game against the body of another person or another player.

Minimum penalty: Removal from the game and three months probation.

Maximum penalty: One year suspension and one year probation.

No player shall: Be guilty of an abusive verbal attack upon any player, official, or spectator.

Minimum penalty: Removal from the game and three months probation.

Maximum penalty: One year suspension and one year probation.

No player shall: Be guilty of discussing his/her personal opinion of any player, official, spectator, Adult Sports staff, play or decision publicly with spectators in a derogatory manner.

Minimum penalty: Warning by officials or Adult Sports staff.

Maximum penalty: One game suspension and three months probation.

No player shall: Be under the influence of drugs and/or alcohol while in league play.

Minimum penalty: One game suspension.

Maximum penalty: Ten year suspension.

Contract of Understanding

Any person who has been suspended has the right to appeal.

Individuals violation more than one code of infraction can be assessed a combination of all.

Individuals receiving a suspension of one or more games will be required to sign a Player Code of Conduct contract.

Any person violating the Player Code of Conduct while on probation will result in a minimum of a one year suspension.