

Sioux Falls Parks and Recreation



2022–2023 Fall/Winter Adult Volleyball Manager's Handbook

****Registration Now Available Online***

**Matches will be played at 6:30, 7:30, and 8:30 p.m.
Wednesday Memorial matches will play at 7, 8, and 9 p.m.
Sunday Leagues will play at 1:00, 2:00, 3:00, and 4:00p.m.**

**► Schedules will be posted online at
www.siouxfalls.org/parks
one week prior to leagues starting.**

231 North Dakota Avenue, Sioux Falls, SD 57104-5929
605-367-8222 • www.siouxfalls.org/parks

Volleyball League Rules and Policies



1. The fee for the Adult Volleyball League season will be \$120 per league. The fee is payable online at register.siouxfalls.org, at the registration meeting on Tuesday, October 4, or by mailing or dropping off your paper form at the Park Office (367-8222), located at 231 North Dakota Avenue in downtown Sioux Falls.
2. The deadline for registration is Friday, October 14, 2022. No exceptions will be given.
3. The Sunday Coed Adult Volleyball League deadline for registration is Friday, December 30, 2022. No exceptions will be given.
4. There will be no refunds issued after league play has begun.



1. **During any given match if there is a rule that is in question, the game must be stopped. Team captains need to meet with the league supervisor on hand to determine and solve the rule discrepancy to resume play. Questioning of rules after matches are completed will not be honored and games will not be overturned. During any given match if there is a roster/player in question, the match must be stopped. Team captains need to meet with the league supervisor on hand to determine and solve the roster in question. Any challenging or questioning of rosters will not take place or be honored after the matches or games are complete.**
2. **Each player must be listed on the team roster waiver prior to playing the first game.** All roster waivers will be set at the holiday break. Failure to have all players listed on the roster waiver will result in the forfeiture of all games in which the illegal player participated. **Remember: Purpose of the league is for fun and exercise.** Take this into consideration when you find players.
3. To play on a volleyball team, you **must** be on the roster. **All players must sign the roster prior to participating in league play.**
4. All players must be 18, out of high school, and on the team roster prior to playing.
5. Players may be rostered on more than one team, provided that those teams participate on different nights.
6. Any roster changes must be made by the team managers by the holiday break. You may call 367-8222 to request roster changes after the holiday break. Changes for the Sunday Coed League must be made by the fourth week of play. Additions will be granted on a case-by-case basis.



LEAGUE PLAY

1. Game times during the week will be 6:30, 7:30, and 8:30 p.m., except for game times at Memorial Middle School on Wednesday nights, times are 7, 8, and 9 p.m.
2. Men's and women's leagues will have a 12-match schedule with a guarantee of 10 matches with an optional post-season double-elimination tournament. Sunday Coed League will have a 10-match schedule with a guarantee of 8 matches with an optional post-season double-elimination tournament. League schedules and standings will be posted online at www.siouxfalls.org/parks/recreation one week prior to leagues beginning.
3. Absolutely no preference will be given for game times and/or facility requests.
4. Makeup games: Due to school conflicts (programs in gym, etc.), there may be many times your school site may not be available. Makeup matches will be held at the end of regular season play. Also, games canceled due to weather will also be made up at the end of the season. This will be noted on the schedule online.
5. A double-elimination tournament will follow the league schedule on the same evening as the original league.
6. **BYE:** Teams in leagues with an odd number of teams will receive a bye(s) throughout the league season. If your team is not listed to play on any given week, you are receiving a bye.



LEAGUE DESCRIPTIONS

Elite: Highly competitive teams. Teams with players that have strong high school and college playing experience.

A Power: Teams that have strong experience playing in leagues. Players have some college playing experience.

B Power: New teams made of players having high school playing experience or teams that are moving up from recreational level and want to follow strict interpretation of the rules.

Recreation: Teams with players who have minimal competitive experience.



LEAGUE DIFFERENCES

Recreation

1. Spiking of the ball in recreation divisions is strongly discouraged and may lead to a point for the opposing team.
2. The serve must be from the underhand position. No side or overhand serves allowed.
3. Recreation leagues, although competitive, play with very lax rules. Basically the ball should be hit cleanly even if it is hit with the open hand, and flagrant throwing of the ball should be called.
4. Recreation league players must understand that violations of rules happen. Experienced power players may not enjoy playing in a recreation league.
5. When two or more players of the same team contact the ball simultaneously, this is considered one team contact, and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.

Sunday Coed League

1. Forfeits: Teams forfeiting more than **two** games throughout the season will not be allowed to play in the end-of-season tournament.
2. Post-Season Tournament: The **optional** post-season tournament will be played at the conclusion of the regular season on a Saturday and Sunday.

Power League

1. The serve may be bumped or set.
2. The serve can be conducted in any manner—overhand, jump, side, or underhand.
3. Multiple hits may be allowed on first ball over the net. (A ball hitting the arms and then the chest may be played.)

Coed Power League

One-Hit Rule—First ball any player (either male or female) can return across the net in one attempt.

Example: If Team A serves the ball across the net, either a male or female on Team B can return the volley across the net in one attempt.

Return Across the Net—Any amount of women can return the ball over the net. If the ball is contacted more than once, and the first is by a man, then a woman must touch the ball before it is returned over the net.

Example: If Team A serves the ball across the net and a male on Team B bumps or sets the serve to a teammate, the ball must be touched by a female before it can be returned across the net.

Number of Men vs. Women—The number of women must be greater than or equal to the number of men in all coed leagues. A minimum of one male must remain on the court at all times. If this rule is broken, the offending team must forfeit any games played where men outnumber women.

Coed Rec League

One-Hit Rule—First ball, any player (either male or female) can return across the net in one attempt.

Example: If Team A serves the ball across the net, either a male or female on Team B can return the volley across the net in one attempt.

In addition to the one-hit rule, any amount of women or men can return the ball across the net.

Example: If Team A serves the ball across the net, and if a male bumps or sets the serve to a teammate, the ball can be returned by another male, without a female making contact with the ball before it returns across the net.



Referees are not required. Teams will be required to call their own games. Challenged calls will result in a replay. It will be the responsibility of the winning team to report the number of wins/losses to the league supervisor at the conclusion of the match.



Playing the Ball

1. **Maximum of three contacts on a side.** Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
Note: A block is not a hit.
2. **Contact the ball with the body.** The ball may be hit with any part of the body.
(This also includes kicking the ball.)
3. **Simultaneous contacts with the body.** The ball can contact any number of parts of the body down to the **waist**, providing each contact(s) are simultaneous, and that the ball rebounds immediately and cleanly after such contact.

4. **Contacted ball.** A player who contacts the ball or is contacted by the ball shall be considered as having played the ball.
5. **Double contact.** Players may have successive contacts of the ball during a single attempt to make the first team hit of the ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown. Any player contacting the ball more than once, with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit. Such contacts are a fault. During the second or third team hit, successive contacts are illegal.
6. **Held ball.** When a ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as being held. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered as holding. A ball clearly hit with one or with both hands from below the ball is considered a good play.
7. **Simultaneous contacts by opponent.** If the ball is held simultaneously by two opposing players, it is a double fault and the first referee will direct a play over. (1) If the ball is contacted simultaneously by opponents and is not held, play shall continue. (2) After simultaneous contact by opponents, the team on whose side the ball falls shall have the right to play the ball three times. (3) If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds.
8. **Ball played by teammates.** When two or more players of the same team contact the ball simultaneously, this is considered one team contact and any of the players may make the next play of the ball if the simultaneous contact is not the third hit.
9. **Attacking over opponent's court.** A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent, such action does not constitute a fault.
10. **Assisting a teammate.** No player shall assist a teammate by holding such player while the player is making a play on the ball. It shall be legal for a player to hold a teammate not making a play on the ball in order to prevent a fault.
11. **Back line attacker.** A back line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. **The restriction does not apply if the back line player jumps from clearly behind the attack line, and after contacting the ball, lands on or in front of that line.**
12. **Rotation of players.** Players must rotate in after the serve. Ex.—into the middle back position for 6-on-6, front left position for 4-on-4.
13. In 4-on-4 league, only the server is considered a back row player. The other three players may attack the ball in front of the 10-foot line.

Blocking

Blocking is the action close to the net, which intercepts the ball coming from the opponent's side by making contact with the ball before it crosses the net, as it crosses the net, or immediately after it has crossed the net. An attempt to block does not constitute a block unless the ball is contacted during the effort. A blocked ball is considered to have crossed the net.

1. Blocking may be legally accomplished by only the players who are in the front line at the time of service.
2. Blocking or attacking a served ball is prohibited.
3. Multiple contacts of the ball by a player or players participating in a block shall be legal, provided it is during one attempt to intercept the ball.
4. Any player participating in a block shall have the right to make the next contact. Such contact counting as the first of three hits allowed the team.
5. The team which has affected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's court.
6. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block. Back line players may "soft" block, keeping the ball on their side of the net.
7. Block within the opponent's space: In blocking, a player may place hands and arms beyond the net, inside the antennas, provided this action does not interfere with the opponent's play. Thus, he/she is not permitted to touch the ball beyond the net until the opponent has executed an attack-hit. Any third team hit by the opponents may be blocked at any time after the contact. An attack ball is any ball coming toward the net. An attack ball can be blocked.
8. Contact of ball with net and block: If the ball touches the top of the net and a player participating in a block and then returns to the attacker's side of the net, this team shall have the right of three more contacts to return the ball to the opponent's area.

Play at the Net

1. **Ball in net between antennas.** A ball other than a served ball hitting the net between the antennas may be played again.
2. **Ball crossing the net.** To be good, the ball must cross the net completely between the antennas or their indefinite extensions.
3. **Player contact with net.** It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball, players who are setting, attacking, faking an attack, or blocking are considered to be playing the ball until they have completed the contact, returned to the floor if they had jumped, and regained their balance.
4. **Simultaneous contact of the net.** If two opponents contact the net simultaneously, it shall constitute a double fault and a replay.
5. **Crossing the center line.** Contacting the opponent's playing area with any part of the body, except the feet and hands, is a fault. Touching the opponent's area with a foot or hand is not a fault, providing that some part of the encroaching foot or hand remains on or above the center line and does not interfere with the play of the opponent
 - a. It is not a fault to enter the opponent's side of the court after the ball has been declared dead by the first referee.
 - b. It is not a fault to cross the assumed extension of the center line outside the playing area.

Dead Ball: A Ball is Dead When . . .

1. The ball touches an antenna or net outside an antenna.
2. The ball does not cross the net completely between the antennas.
3. The ball strikes floor, wall, or any object attached to the wall. (A ball touching any boundary line of the court is good.)
4. The ball contacts the ceiling above the opponent's playing area or crosses the plane of the net into the opponent's court.
5. A player(s) commits a fault.
6. A served ball contacts the antenna or other object.
7. The first or second referee blows a whistle, even though inadvertently.
8. The person making a play on the ball enters the adjacent court.

9. A ball from another court enters a court during the middle of a point. The point should be replayed, with the ball becoming “live” when the serve is conducted.

Scoring

1. All three games will be played to 25 points (30-point cap—win by two or first team to 30 points).
2. A point is awarded upon the completion of every play. (Side-out is no longer used.) It is not necessary for the winning team to be serving at the time the winning point is scored.
3. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve; its players must rotate one position clockwise before serving.
4. Net serves are to be included in all matches. Net or let serves occur when a served ball touches the net, but goes over, remaining in play.



CONTROL OF CHILDREN

1. If an official must stop play due to a child’s action, the official may sanction the team whose player is responsible for the child. If the official has to stop play again because of a child on the same team, the official may request that a player leave the court to monitor the child. This could result in a forfeit if that team does not have enough players to continue.
2. Children **must be seated in the gym**. They are not to be running around on the sideline or anywhere in the school or community center. **Parents will be responsible to pay for any damage caused by their child/children.**



CARE OF EQUIPMENT

1. Equipment is expensive and valuable. Mistreatment of equipment could mean being expelled from a game. These are two areas we will be asking for your help in refraining from while playing volleyball:
 - a. Hanging on the nets.
 - b. Dunking volleyballs. A player breaking or bending a rim or backboard will be charged for repair or replacement.



JEWELRY/FORBIDDEN OBJECTS

1. **Forbidden objects.** It is forbidden to wear any object that may cause injury to another player, such as pins, bracelets, casts, etc. (Watches, rings, and dangling earrings will not be allowed.) If the official requests that a player remove an item, that player must do so before being allowed to return to the game.



LEAGUE TOURNAMENT/AWARDS

1. There will be a tournament following the regular season that teams may choose to participate in. Teams will be seeded according to their regular season record. The last week of play will not count toward a team's tournament seeding. Please notify the league supervisor or the Parks and Recreation office if you feel that your league standings are incorrect.
2. Tournament brackets will be provided to each team captain on the last regular season game via email and paper copy. It is the responsibility of the captain to provide copies to his/her teammates.
3. Awards will be given to the following finishers in each league:
 - a. Eight T-shirts will be awarded to the top two teams in each division.
4. Tiebreaking method:
 - a. Win percentage
 - b. Head-to-head
 - c. W/L record against other league teams beginning with the top teams



MINIMUM NUMBER OF PLAYERS/FORFEITS

1. Game time is forfeit time. Teams must be able to field a team of at least four players by game time. Teams will be allowed to begin a game with four players but cannot finish with less than four. At any time during a game when a team drops below four players due to injury or disqualifications, the game is forfeited.

Starting time for all games is printed on schedules. A team not ready to play at the scheduled time shall forfeit the first game. After 10 minutes, they shall forfeit the second game. At 20 minutes after the scheduled time, they shall forfeit the entire match.

2. Teams forfeiting more than **three** games throughout the season will not be allowed to play in the end of the season tournament.

UNSPORTSMANLIKE CONDUCT



1. No player shall at any time lay a hand upon, shove, strike, abuse physically or verbally, or threaten a league supervisor, player, teammate, or spectator. The league supervisor is required to suspend the player immediately from further play and report such players to the Recreation Program Coordinator. Such player shall remain suspended until further notice.
 - a. Minimum penalty: Suspension from two league games or two weeks, whichever is longer.
 - b. Players will not be able to play in other divisions during the suspension.
 - c. Maximum penalty: Suspension from all recreational activities for the rest of the season and probation for the following year.
 - d. **Unsportsmanlike conduct is not part of this game!**
2. No smoking, drinking, or use of foul language is permitted in the community center or on school grounds. Players suspicious of being intoxicated will be asked to leave.

UNIFORMS



Uniforms are not mandatory for volleyball leagues.

MANAGER'S RESPONSIBILITIES/GENERAL INFO



1. Collect all players' signatures and turn in the roster before play begins the first night.
2. Roster changes or additions must be reported.
3. Provide copies of league schedules to all team members or direct them to the website.
4. Inform teammates of all rules and guidelines.

5. Managers are responsible for all player and spectator behavior on his/her team and must ensure that the opposing team is always treated with respect.
6. **Forfeits:** If you know you will not have a team ready to play, please call your respective facility by 5 p.m. so we may contact the other team.
 - Kenny Anderson: 978-6924
 - Kuehn: 978-6926
 - MariCar: 978-6928
 - Morningside: 978-6930
 - Oyate: 978-6932
 - Laura Wilder, Memorial, Terry Redlin, and Fred Assam: Call Nick at 978-6927

Volleyball Roster

Team Name: _____

League/Night: _____

Name	Signature	City	Email	Contact #

Adult Release

I assume all risk of injury, damage, and liability arising from this Parks and Recreation activity and agree to release and waive any claim or legal cause of action that may arise out of any bodily injury or death against the City of Sioux Falls, its officials, employees, and agents.