

**TALLAHASSEE PARKS, RECREATION & NEIGHBORHOOD AFFAIRS
LADIES VOLLEYBALL LEAGUE
2009 RULES AND REGULATIONS**

1. CHOOSE FULL, LIMITED OR FRIDAY ONLY SCHEDULE

- A. Full Schedule, two games per week (16 matches), entry fee will be **\$374.00** per team.
- B. Limited Schedule, one or two games per week (12 matches) entry fee will be **\$280.50** per team
- C. Friday Only Schedule, one game per week (8 matches), entry fee will be **\$187.00** per team.
- D. All teams must register at the Tallahassee Parks, Recreation & Neighborhood Affairs Department, 912 Myers Park Drive. Deadline for the entry fee will be **WEDNESDAY, AUGUST 12, 2009 by 4:00 P.M.** NO PHONE ENTRIES WILL BE ACCEPTED.
- E. Practice will begin the week of August 17, 2009. Teams will select from available slots as they register, first come basis.
- F. Play is scheduled to begin the week of September 8th. **Games will be played at Lincoln Neighborhood Center, Sue Herndon and Jack McLean Community Centers on MONDAY, WEDNESDAY and FRIDAY nights. Game times will be scheduled at 7:15 P.M., 8:15 P.M., and 9:15 P.M.** There will be a ten (10) minute grace period for the first (1st) round only.

2. ROSTERS

- A. A roster must contain a minimum of eight (8) players and a maximum of twelve (12).
- B. A team roster and Athletic Information Sheet must be turned in with the entry fee.

3. PLAYERS ELIGIBILITY

- A. All players must be at least eighteen (18) years of age.
- B. No player may play on two (2) teams at the same time in this league.
- C. Active college volleyball players are ineligible to participate in this city league program.
- D. Managers can make changes to a roster by calling the Tallahassee Parks, Recreation & Neighborhood Affairs Department between the hours of 8 A.M. and 5 P.M. The officials, scorers or league official will not take this information at the gym.
- E. All new or added players must be placed on a team roster one (1) scheduled match before she is eligible to play.
- F. You may participate in this league and the Lafayette Park Community Center Coed Volleyball League; however, there may be schedule conflicts.

4. RELEASE

- A. In order for a player to change from one team to another, she must obtain a release from her present manager by use of an "addition/deletion card" at the Tallahassee Parks, Recreation & Neighborhood Affairs Department.
- B. As soon as the Tallahassee Parks, Recreation & Neighborhood Affairs Department has the release, the player may then be added to another roster. She may play after waiting out one (1) scheduled match.
- C. In case the manager refuses to release a player, that player should:
 - 1) Notify the Tallahassee Parks, Recreation & Neighborhood Affairs in writing.
 - 2) As soon as the Tallahassee Parks, Recreation & Neighborhood Affairs Department has the notice, the player may then be added to another roster. She may play after waiting out one (1) scheduled match.

5. EQUIPMENT AND UNIFORMS

- A. The Tallahassee Parks, Recreation & Neighborhood Affairs Department will provide game balls.
- B. Teams are required to wear matching uniform shirts of like trim, style and color. Numbers are not required but are recommended on the **front** (minimum 4") and **back** (minimum 6"). Players must wear **non-marking rubber-soled shoes**.

6. RULES

- A. FHSAA Rules will govern all play with the following exceptions:
 - 1) A team must have five (5) players to begin a game. A full side consists of six (6) players.
 - 2) A complete match will consist of **RALLY SCORING** three (3) games. Twenty-five (25) points for the first two games (time permitting) and fifteen (15) point game for the third game. **Remember in rally scoring, a let serve shall be allowed and play shall continue provided net contact is entirely within the net antennas. RULE CHANGE 2004**
 - 3) A game is won when a team has scored 25 points with a two-point advantage over their opponent. No game shall exceed 27 points. If the teams are tied at 27-all, the first team to score the 28th point shall be the winner.
 - 4) When the receiving team has gained the right to serve, its players must rotate one position clockwise.
 - 5) Substitutions may only take place during a dead ball. Substitutes must enter in the middle back position.
 - 6) The choice of serve or playing area shall be decided by a coin toss by the referee between the captains of both teams before the start of the match. The team not serving first in the previous game shall serve first in the second game. A coin is tossed again before the third game to determine which team shall serve.

- 7) Twenty (20) minutes are given for each game within the match. However, ten (10) minutes after the hour the first forfeit will occur. At twenty (20) minutes after the hour, the second forfeit will occur and at thirty (30) minutes after the hour, the third forfeit will occur. There may be one (1), one (1) minute timeout per game. The up official shall note time outs.
- 8) Any ball bouncing off the wall, basketball backboard or rim will be a dead ball and ruled out of play.
- 9) Standings will be determined by the **number of games won and lost**, not by the number of matches.

8. OFFICIALS

- A. Officials will be provided by the Tallahassee Parks, Recreation and Neighborhood Affairs Department.
- B. The official shall have complete authority over the game and the players thereof, and may expel any player from the court for using indecent language, for unsportsmanlike conduct, or for any violation of the rules.
- C. In case an official expels a player and such player refuses to leave the court within ONE (1) minute after expulsion, the referee shall forfeit the game to the opposing team.
- D. Upon a player's second expulsion from league play, she will be suspended for the remainder of the season.
- E. Fighting may result in expulsion from league play for the remainder of the season and future Tallahassee Parks, Recreation and Neighborhood Affairs Department programs for a definite period of time by the Tallahassee Parks, Recreation and Neighborhood Affairs Department.
- F. Officials are instructed to discuss matters of question **ONLY** with the manager, coach, or captain of the designated team.

9. PROTESTS

- A. All protests must be written and in the hands of the Tallahassee Parks, Recreation & Neighborhood Affairs Department within twenty-four (24) hours after the match.
- B. A \$25.00 protest fee must accompany all protests. The \$25.00 fee will be returned only if the protest is upheld.

10. MISCELLANEOUS

- A. It is the manager's responsibility to inform his/her players of all Parks and Recreation Rules governing the volleyball leagues.
- B. No Alcoholic Beverages, Illegal Drugs or Smoking in the Gym
 - 1) Please notify all players, fans, or family members that it is against the rules for alcoholic beverages, illegal drugs, and tobacco products to be brought into the gym or to be used in the gym. Parents are responsible for their children in the gym they must be closely supervised. If a parent is playing, an adult not in the game should make sure the child is supervised.

- 2) Any spectator found in possession will be asked to leave the gym. Any coach or player will be asked to leave the gym and will not be eligible for the next scheduled match. Any person found under the influence in the gym will be subject to legal action.

11. INSURANCE

The Tallahassee Parks, Recreation & Neighborhood Affairs Department assumes no responsibility for injury incurred while playing in the volleyball program. Team managers are encouraged to secure some type of insurance coverage for their respective teams and warn them of any inherent risks involved with participation. Adult Rec-1 Insurance is available for \$13.55.