

2010 SPRING VOLLEYBALL LEAGUE



Foster City Parks and Recreation Department
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IMPORTANT INFORMATION

- * League Play will begin the week of April 7, 2010
- * Sports Web Site- <http://www.fostercity.org/sports>

THIS RULEBOOK IS DESIGNED TO ACQUAINT VOLLEYBALL MANAGERS, PLAYERS AND SPONSORS WITH SPECIFIC LEAGUE RULES AND CONDITIONS OF PLAY SET FORTH BY THE FOSTER CITY PARKS AND RECREATION DEPARTMENT FOR THE ADULT SOFTBALL LEAGUES.

IT IS IMPORTANT FOR ALL PARTICIPANTS TO BECOME FAMILIAR WITH THE INFORMATION CONTAINED IN THE FOLLOWING PAGES.

IT IS THE INTENT OF THE FOSTER CITY PARKS AND RECREATION DEPARTMENT TO PROVIDE AN OPPORTUNITY FOR ADULTS TO TAKE PART IN AN ORGANIZED AND STRUCTURED ATHLETIC PROGRAM WHICH WILL ENABLE ITS PARTICIPANTS TO ACHIEVE A SENSE OF PERSONAL ENJOYMENT AND PHYSICAL DEVELOPMENT.

PLEASE KEEP IN MIND THE VALUE OF SPORTSMANSHIP WHEN PLAYING IN RECREATIONAL SPORTS.

LEAGUES

FORMAT

The league format is a 10 game or 6 game schedule. The top four teams will be invited to the playoffs at the end of the season. Foster City offers three leagues per year, a Spring league that begins in March, a Summer league that begins in July, and a Fall league that begins in October.

DIVISION PARITY

In an effort to provide parity among divisions, league champions will be reviewed each season to determine how dominant they were in the division they won. Dominating teams will be moved to at least the next highest division. The league director will determine the definition of dominating a division.

"B" LEAGUE

1. Teams will be playing a 3 game series (every game counts).
2. Scoring is rally scoring to 25 for all three games.
3. Every match has a one hour time limit.
4. If the game is tied when time expires. Next point wins!
5. A ball hitting the net on the serve and going over is okay.
6. Players can use any part of the body to hit the ball.
7. Teams must win game by two points unless time expires.

"C" LEAGUE

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TEAM ROSTERS

1. Players must be 18 years of age to compete in all volleyball leagues offered by Foster City Parks and Recreation Department.
2. A completed roster is due at registration. A minimum of 6 and maximum of 10 players must be on the roster. All information requested on roster must be complete. Printed names must be legible.
3. Teams that participate in one game automatically forfeit their right to reclaim any part of their entry fee if they drop or are suspended from the league. Teams that drop from the league prior to playing in a game.
4. Add/Drop Deadline: Teams have up to the fifth game of the season to add and drop players. No player may be added to any rosters after the fifth game.
5. Players must **Play** in at least 3 regular season games to be eligible for the playoffs.

PLAYER ELIGIBILITY

1. A player may participate in the league only if the player's name, address, telephone number, and signature appear on the official team roster as filed with the Parks and Recreation Department.
2. Players must be able to show identification on the field if a question of eligibility arises. No I.D. will result in a forfeit. **Questions of eligibility must be raised upon entry into the game (as a substitute), prior to completion of their at bat, or prior to the end of the second inning of play.** You must inform the umpires, the scorekeepers, and the Field Supervisors of the protest, and any illegal players involved. The home umpire will be in charge of checking ID's of players in question. Please have all of your players bring ID's to your games.
3. A team will forfeit any protested games that an ineligible player participated in, and the player and the manager will be automatically suspended from their next scheduled game.
4. Professional and College players are ineligible to play in a Foster City league for a period of 1 calendar year from the finish of such participation.
5. A player can only be on one Foster City volleyball team per division.
6. If caught playing on two (2) teams in the same division, the player will be suspended for one game. It is the responsibility of all team managers, to know what other teams his/her players are participating on.

LOCAL RULES AND REGULATIONS (SUBJECT TO CHANGE)

Official rules as set forth by the United States Volleyball Rules will be used except where superseded by Foster City rules and regulations.

The Foster City Parks and Recreation Department and League Director have the final authority to make decisions pertaining to all Adult Volleyball League Rules and Regulations.

1. Line-up cards must be filled out at least five minutes prior to game time.

2. No smoking is allowed on San Mateo & Foster City School Property.
3. No food or beverages is allowed on San Mateo & Foster City School Property.
4. Only players, managers and team scorekeepers whose names are on the roster are allowed on the bench.
5. When less than 10 minutes remain between matches, a 5-minute warm up time will be granted.
6. Six players will play on the court for each team.
7. A team may play with as few as 4 players with at least 1 woman on the court. Players may be added as they arrive until there are 6 playing. Arriving players must enter into the game at the center back position.
8. If a team is playing with only 4 people, it is not necessary for them to rotate in any order on the court; however, they must rotate servers. After each person serves, they may resume whatever position on the court they choose.
9. The first serve of a match will be the home team. Home team is listed first on the schedule. The first serve of each game thereafter in that match will alternate.
10. The visiting team will choose the side of the court for the first game of the match. Each game thereafter, teams will alternate sides.
11. Two time-outs, other than for injury, of 30 seconds are allowed each team per game.
12. Continuous rotation of substitutes, with the substitute entering into the center back position only (after serving). At least 2 women must be on the court at all times unless you are playing with 4 players. In this case, you can play with 1 woman on the court.
13. If a team is using a designated setter, players may move from their original position once the server makes contact.
14. If a player hits a ball that hits the ceiling and it comes down on his/her side, the ball is in play. If the ball comes down on the opponent's side, the ball is dead. If a player hits a ball that hits a basketball apparatus, the ball is dead.
15. If the ball is hit 3 times on a side, a female must make one of the hits. Blocking does not constitute a hit
16. Blocking: For coed leagues, if a team has 2 women in the front row at the same time, a back row player may come forward to help block for that rotation. If there are 2 men in the front row, no back row player may come forward to block.
17. If the ball breaks the plane of the other volleyball court, the ball is dead.
18. No double hits called on first ball over the net.
19. All Players must wear no skid shoes.
20. Game ball may be provided by team if both teams agree upon it before the game.

OFFICIALS

California Penal Code 243.8 covers battery against sports officials and representatives. Penalty is up to a \$2,000 fine or imprisonment not exceeding one year.

FINAL LEAGUE STANDINGS

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League winners will be the team that completes the schedule with the best win-loss record (2-point win, 1-point tie, 0-point loss). If teams are tied with the identical point total after completing the league schedule, the tiebreaker will be as follows (in order):

1. Head-to-head record
2. Head-to-head point differential
3. League point differential against playoff teams
4. Blind draw or coin flip.

AWARDS

DIVISION WINNER

First Place - Volleyball

Second Place - Team Plaque (Only upon request)

PLAYOFF WINNER

10 Individual playoff Champion T-Shirts will be presented to the **playoff winners** at the end of the playoffs.

PLAYER MISCONDUCT

1. A player using profane and/or abusive language, or whose actions endanger the safety of others, may be ejected from a game without prior warning.
2. Any player ejected from a game for any reason will automatically be suspended from their team's next game with the possibility of an extended suspension upon the League Director's review.
3. An individual ejected from a game must leave the field, bleachers and facility. If they refuse to leave, the official will stop the game. If he/she continues to refuse to leave, his/her team will forfeit their game.
4. The City of Foster City Recreation Department and the League Director have the final authority to make decisions on penalties imposed to players for violations of the S.A.N.C.R.A Player Code of Conduct.

MANAGERS-CAPTAINS

1. The manager shall be the representative of his/her team unless he/she designates a player on his/her roster as the team captain prior to the start of the game. Only the team representative is permitted to raise a question concerning a rule interpretation.
2. The team Manager is responsible for the conduct of his/her players and spectators at all times and may be held responsible for their actions. It is the Managers responsibility to make sure all players become familiar with the S.A.N.C.R.A "Player Code of Conduct."
3. Any team manager may submit an Official Comment Form to the scorekeeper to bring to the League Directors attention the good or bad representation of an official

BLOOD BORNE PATHOGEN PARTICIPANT COMPLIANCE

Any bleeding participant must stop bleeding before continuing play. No participant may continue play until all exposed blood on the body and clothing is removed and/or properly bandaged.

FORFEITS

1. Forfeit time is game time. A team that cannot field four players at game time will forfeit to the opposing team with the exception of the 6:30 weeknight game. The 6:30 weeknight game has a 10-minute grace period. Games will start on schedule if four players are present. Any team that forfeits their first match will be given 20 minutes to get enough players for the second match, if there are still not enough players for the second match that team will forfeit the entire game.
2. An official or scorekeeper may forfeit a game in the event there are excessive game disturbance problems with players or spectators. League Director will review on a situational basis.
3. In the event of a double forfeit, both teams receive a loss.
4. Fields may be used for a practice game in the event a game is forfeited due to lack of players. (NOTE: Officials will not umpire a practice game.) The game area must be vacated 10 minutes prior to the next scheduled game or as directed by the scorekeeper.
5. A team that forfeits more than one game in a season will pay a \$40 forfeit fee on their 2nd and 3rd forfeits unless they give 24 hour notice to the Recreation Department of their intent to forfeit.
6. This fee must be paid in cash to the Recreation Department by 5pm on the day before their next scheduled game. Failure to do so will result in forfeiture of their next scheduled game.
7. Any team forfeiting three (3) times in a season, even if notice is given, will automatically be dropped from the league and given low priority for upcoming seasons until all fees (if any) are paid.

PROTESTS

Protests shall not be reviewed if they are based solely on a decision involving the accuracy of judgment on the part of an official. Protests that will be received and considered, concern matters of the following type:

GAMESCORE

Only the manager can address questions on the score to the scorekeeper at that time, once play has stopped. Team scorekeeper may be involved upon the approval of the officials.

GAME RULES AND INTERPRETATIONS

Protests must be stated at the point of contention (before the ball is put back into play or before all players have walked off the court, if the final play is the play being protested). The manager must notify the officials and scorekeeper of his/her intent to protest.

PLAYER ELIGIBILITY

The protest must be stated as soon as the player in question participates. The scorekeeper will then check the team's roster. If the person's name is not on the roster, or cannot show a picture I.D. for verification, he/she is not eligible to play. If the protesting team feels the player is on more than one roster or has not played enough regular season games to be eligible for the playoffs, then the protest procedures below must be followed.

PROTEST PROCEDURES

1. All protests must be filed with the scorekeeper on an official protest form at the time of protest.
2. All protests must be accompanied by a \$50 protest fee (which will be returned if the protest is upheld) and a letter outlining the situation being protested. Protest fee and letter must be turned into the Library Community Center, 1000 E. Hillsdale Blvd., Foster City within one working day of the protest.

PROTEST LETTER MUST CONTAIN THE FOLLOWING INFORMATION

1. Names of teams involved
2. Date, and time of incident
3. Names of the official and scorekeeper
4. Rule and section of the official rules or local rules under which the protest is made
5. The decision and condition surrounding the making of the decision
6. All details involved in the matter protested

Failure to follow the protest procedures outlined above will void protest. On upheld protests, the League Director will decide the outcome or whether the game will be continued or replayed.

MISCELLANEOUS INFORMATION

1. Games that have to be made up due to weather, unforeseen conflict, power failure or other circumstances will be rescheduled in the order that they occur immediately following the completion of all scheduled games. If the games cannot be played, the win-loss record will be computed on games actually played.
2. No schedule changes are allowed. Teams must play when scheduled.
3. League standings can be found on the official City of Foster City website. The address is <http://www.fostercity.org/sports>

INSURANCE

Persons or players participating in activities sponsored by the Foster City Parks & Recreation Department are not covered in any way for personal liability or property damage. There is a liability waiver on the roster that is signed by all participants. Players, coaches, managers and team scorekeepers all participate at their own risk.



SPORTS ASSOCIATION OF NORTHERN CALIFORNIA RECREATION AGENCIES

PLAYER CODE OF CONDUCT

The following "Player Code of Conduct" has been adopted by all municipal softball directors within S.A.N.C.R.A. and will be strictly enforced. Individual League Directors have the final decision on any situation. A suspension in one city is recognized as a suspension in all cities. PLEASE READ IT CAREFULLY.

A. **NO PERSON SHALL:** At any time lay a hand upon, shove, strike, spit upon or threaten an official, player or spectator.

PENALTY: Suspension for life/and or assault charges filed. A California Law states that anyone who is found guilty can be fined \$2,000.00 and sentenced to jail for up to one year.

B. **NO PERSON SHALL:** Refuse to abide by official's decision. Officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until his case has been considered by the League Director.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for two league games, and placed on probation for remainder of season.

C. **NO PERSON SHALL:** Be guilty of objectionable demonstrations of dissent at official's decision. Discuss with an Official, in any manner the decision reached by such official, except the team manager or captain.

MINIMUM PENALTY: Warning by the official.

MAXIMUM PENALTY: Removal from the game, and one additional complete league game.

D. **NO PERSON SHALL:** Be guilty of using unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Officials are required to immediately suspend players from further play and report such player to the League Director.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for two league games and placed on probation for remainder of season.

E. **NO PERSON SHALL**: Use profane, obscene or vulgar language in any instance at any time.

MINIMUM PENALTY: Warning by official

MAXIMUM PENALTY: Removal from game

F. **NO PERSON SHALL**: Have in his/her possession or consume an alcoholic beverage, illegal substance or be under the influence while on the field of play or during his/her scheduled game. Officials are required to immediately suspend the player from further play and report such player to the League Director.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension from two league games and placed on probation for the remainder of the season.

G. **NO PERSON SHALL**: Be guilty of discussing publicly with spectators in a derogatory or abusive manner any decision by the officials or any opinions of players.

MINIMUM PENALTY: Warning by official.

MAXIMUM PENALTY: Removal from the game.

H. **NO PERSON SHALL**: Be guilty of intentionally throwing his/her bat.

MINIMUM PENALTY: Removal from the game.

MAXIMUM PENALTY: Suspension from two league games.

I. **NO PERSON SHALL**: Be guilty of using altered equipment. Which means doctoring equipment to improve performance of sports equipment (bats, balls, gloves)

MINIMUM PENALTY: 2 year suspension.

MAXIMUM PENALTY: 3 year suspension for not giving possession of possible Altered equipment to municipal softball directors within S.A.N.C.R.A.

Appeal Process: Suspension of 2 or fewer games may be appealed to the League Director in your city. Suspensions of more than 2 games can be appealed to the SANCRA Board of Directors.