

**Town of Cicero Parks & Recreation Department**  
**Volleyball League Rules**  
Updated 08/18

**AGE RESTRICTION:**

All Participants in the Town of Cicero Volleyball League must be 17 years of age by the start of the league and provide verification of age, if requested by league.

**MATCHES:**

1. Required Players (all leagues are coed 6s)
  - a. Teams must play with a minimum of (2) women.
  - b. **Coed B & C: Can play with 5 players on the court, with a minimum of 2 females.**
2. Match Times
  - a. All divisions: 45-minutes playing time with teams required to concede court time after 35 (or 50) minutes if official play is completed.
  - b. Official will enforce time limit and will call match if time has gone over
3. When the referee calls the captains for the coin toss, they will have 3 choices:
  - a. First serve
  - b. Receive serve
  - c. Choice of court for the start of play
4. Each team will be allowed one timeout per set. The timeout is 45 seconds in duration. Any timeout not used during a set in the match is lost. It may not be held over for the next set.

**ROSTERS:**

1. Rosters are limited as follows:
  - a. Co-Recreational Teams:           20 players
2. Rosters are frozen and final by date indicated on league schedule. All roster changes must be made in person at the Cicero Parks & Recreation office or sent in an e-mail to the Recreation Program Director ([bpropst@ciceronewyork.net](mailto:bpropst@ciceronewyork.net)) from an approved e-mail address ONLY.
3. Players that have competed in any game during the current season may not later be taken off a team's roster. Playing in any part of a match during the season makes players permanent roster names for the remainder of the season.
4. Players must sign in by printing first and last name clearly before play. Each player must sign him/herself in. (See Playoffs – Rule 2)
5. Players can only be on one team roster. A player cannot be listed on both a C league team and B League team.

**SCORING:**

1. **B & C: Rally Point system. The first 2 sets will be played to 21, win by 2; no cap. The 3<sup>rd</sup> set will be played to 15, win by 2; no cap. A match consist of 3 sets. All sets count toward record.**
2. Teams will change sides when one team has scored 8 points in the third set. All three sets will count towards record. Only the Playoffs will be match play (best 2 of 3 sets).

**OFFICIATING:**

1. Officiating fees are payable to official before each match and the fee for all leagues is \$14 per team, per match. Must be paid in exact change. NO change will be given or credited.

### EQUIPMENT:

1. Game ball will be supplied by the Town of Cicero Parks & Recreation Department.

### FORFEITS:

1. Starting times will be strictly enforced, with no grace period.
2. Teams showing up late:
  - a. 1<sup>st</sup> set will be forfeited at the start time of the match.
  - b. 2<sup>nd</sup> set will be forfeited 5 minutes after start time of the match.
3. Forfeit fee is \$28 per match. If a representative shows up from the forfeiting team and pays the official that night, it will be recorded as a loss for the team, not a forfeit. If the forfeit fee is not paid on site, it will be taken from the team's performance bond.
4. Upon a second forfeit, a team will automatically be removed from the league.
5. If a team or person(s) on a team do not adhere to all rules, a forfeit must be logged by the referee, and presented to the Cicero Parks & Recreation Department within 24 hours.

### BOOK RULES:

1. USA Volleyball rules will govern play [https://volleyballreftraining.com/rules\\_interpretations\\_indoor\\_dcr.php](https://volleyballreftraining.com/rules_interpretations_indoor_dcr.php)
2. No jewelry or hats. Only exception will be made for religious or medical medallions and flat wedding bands. If worn, medallions must be removed from chains and taped or sewn under the uniform. If a ring, other than a flat wedding band, cannot be removed, it shall be taped in such a manner as to not create a safety hazard.

### PLAYER CONDUCT:

1. **Any rude and/or unsportsmanlike conduct will receive an immediate red card and will result in a point and side-out.**
2. Fighting/unsportsmanlike conduct will result in immediate suspension from league.
3. Verbal abuse of officials or opposing team members will result in the removal of the player(s) and or team from the league.

### PROTESTS:

1. **The protest fee is \$56, refundable if protest is honored.**
2. Protest, with fee, must be submitted, in writing, to Cicero Parks & Recreation office within 48 hours of contest.
3. If you are protesting a specific player, you must lodge your protest with the official on site and follow the above procedure. The official will ask player in question for a photo ID. This information will then be turned over to the Parks & Recreation office to review roster.

## PLAYOFFS:

1. ***All teams will play in playoffs.*** If there is a tie for any seed, the tie will be played off to one winner *if schedule permits*. If the schedule does not permit, the seed will be determined by record against each other. If that is equal, it will be determined by points against and for (during the series of the 2 teams). If points for and against are equal, the final step to determine the seed will be a coin toss.
2. Players must play in a minimum of 4 matches to play in playoffs.
3. Any First place division tie will be played off to one winner by playing one set to 30, win by 2; no cap.
4. If a team wins their division two years in a row, they will be moved up a division.
5. Regular Season Division winners receive *Cicero League Champion* Merchandise, as determined by the Parks & Recreation Office. Any amount exceeding the allotted rate is the responsibility of the team to pay prior to ordering merchandise.
6. Playoff winners will receive a prize, as determined by the Parks & Recreation department.

## ROTATIONS/SUBSTITUTIONS:

1. The Continuous Rotation system is used to maximize participation while minimizing the responsibilities of the officials.
2. Managers and Captains are responsible for the set line-up and service order prior to each set of match so that players are positioned in desirable order throughout the entire set.
3. If players wish to sit out part of a match, they must sit out an entire set.
4. The rotation established on the first serve of the half will be used for the entire set. During a three set match, this rotation order may be changed 3 times, prior to each set of the match.
5. Co-Recreational B & C:
  - a. When playing with more than the required minimum number of females, substitutions are to be altered so that males sub for males and females sub for females.
6. If teams have extra players and wish to substitute on a set by set basis, that is allowed as long as Continuous Rotation is maintained by players in sets. (ie. A team has 2 extra players. Instead of rotating the extra players into the set, this team chooses to have 2 players sit out of each set of match. During set 1, players A & B sit out while team continuously rotates, without having to rotate any player off the court. Game 2, players A & B enter set, while players C & D sit out, with team continuously rotating without having to rotate players off court. )
7. Players can only be on one team roster. A player cannot be listed on both a C league team and B League team.
8. Failure to comply with above can result in an upheld protest.

## FACILITIES:

1. All Leagues within the North Syracuse Central School District:
  - a. Teams are not allowed to use any other space in the school for any reason. DO NOT use locker room, showers, or small gym. Only the bathrooms in the hallway outside the gym are to be used.
2. Any serve of played ball hitting basketball baskets, backboards, or apparatus hanging from ceiling will be called at the discretion of the match official. Do not stop playing until you hear the whistle, as play will continue if basketball baskets or apparatus did not impede the path of the ball. The official will call the ball "out", if to his/her discretion the ball would have continued "out" should the obstruction not have been there. Resulting in side out or point.
4. Any played ball hitting the ceiling and staying on the offensive side of the net is to be played. Any played ball hitting the ceiling on the defensive side of the net is called out and will result in a side out or point.
5. Ground rules will be determined at each facility for season.
6. Respect school property and custodial staff. They are vital to the program's success. Any player reported as being abusive to school property or to the school's custodial staff will be removed from league.
7. **ALCOHOLIC BEVERAGES AND/OR SMOKING ARE NOT ALLOWED ON SCHOOL PROPERTY.** Any league participant not adhering to this policy will be removed from league play, as well as all players affiliated with said player's team.
8. All spectator(s)/children must stay in the gymnasium and are not allowed to wander or practice in the halls or outside the building. Please do not let children go anywhere in the building without an adult. The spectators are the responsibility of the team they came with. Any child(ren) brought to the site must be supervised by an adult not participating in the league.

9. If any spectator(s)/child(ren) are found wandering/disrupting the gym, hallway, bathroom, locker rooms, outside or any other area while on school grounds, the match will be stopped and the team responsible for the spectator(s)/child(ren) will forfeit the match and will be responsible for forfeit fee.

### **INSURANCE:**

1. The Town of Cicero does not carry medical insurance on participants. Teams and/or individuals are strongly urged to carry appropriate coverage via personal or employer programs. All participants play at their own risk.
2. **INSURANCE WAIVERS – ALL PLAYERS, both permanent and subs, must pre-sign an insurance waiver provided by the Town of Cicero Parks & Recreation Department. Waivers must be signed prior to playing. In order for a waiver to be signed on site, that participant must already be listed on a team roster. Roster changes cannot and will not be accepted at the site; they must be done in the office during regular hours.**
3. Any names on the roster without a waiver on file in the Cicero Parks & Recreation Office following final roster deadline will be crossed off the roster.

### **VOLLEYBALL CLARIFICATION, ETIQUETTE & RULES:**

1. The key to enjoyable and skillful volleyball in our leagues seems to be an awareness of the rules of the sport by ALL players on a team. As Managers, it is your job to relay this information to your players.
2. Below is a listing of some rules and common infractions which if people avoid or admit will add greatly to the flow and enjoyment of the recreation game. "Honor Calls" will be accepted. This is not an all-inclusive list.
  - a. Boundary: Ball on the line is not out of bounds
  - b. Backline Player: A backline player forward of the 10' line, returning the ball across the net, must contact the ball from below the level of the top of the net. The backline player may contact the ball above the net only if he/she jumps from clearly behind the attack line. Backline player may not participate in a block.
  - c. Blocking: Does not count as first hit, and player participating may be in next hit. If the block leads to simultaneous contact by opponents, the team upon whose side the ball falls is then allowed three plays.
  - d. Reaching Over Net: One may follow through over net, providing he/she first contacts ball on own side. In act of blocking, one may reach across net, but may not contact the ball there until the opponent has made their return or exhausted the 3<sup>rd</sup> contact.
  - e. Screening: Illegal during serve.