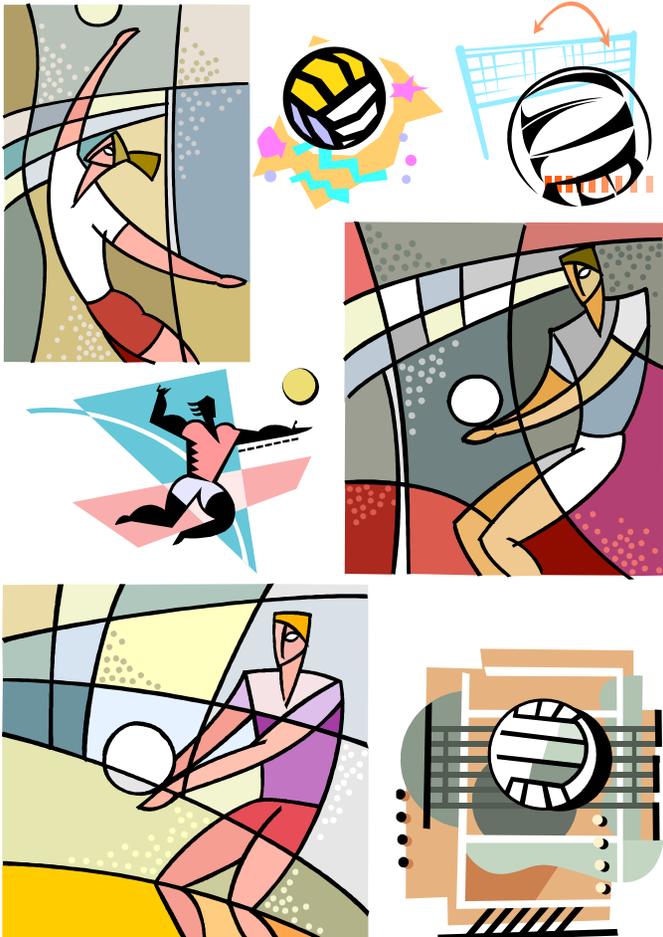


CITY OF PRESCOTT PARKS & RECREATION

VOLLEYBALL RULES & REGULATIONS SPRING 2026



LEAGUES: A league will consist of between four and ten teams. If the size of a league changes the schedule for that league will be revised. In some cases the remaining teams in that league could possibly be moved to other leagues.

PLAYERS & PARTICIPATION: Players must be 16 years of age by end of calendar year to participate. All players under the age of 18 must have a parent or guardian sign a waiver form available in the programming office or on site prior to playing. Anyone who is playing on a High School or College Team for the calendar season risks his or her AIA status by participating in City Leagues.

ROSTERS:

A. Rosters are due before the start of each teams first match. Rosters are then kept on file in the Parks and Recreation Office. There is a limit of 16 players that can be put on a roster.

B. If a manager wishes to add a player to a team, the player may either sign the original roster at the Parks and Recreation Office no later than 4 p.m. on the day of the game or complete a Roster Change Form (on-site) before participating (See Supervisor). Player can not be added-on while a game is in progress. Managers and/or a participant may officially drop players/themselves from a team roster.

C. Players may be added up to the last match of the regular season. Rosters will then be frozen for the playoffs. Players may change teams once per season, provided they have not played on their original team during two or more matches (evenings of play). Players changing teams may not play on two different teams on any one (same) evening. In order for a player to be eligible to participate in playoffs a player must have played in a minimum of two regular season matches during the Spring season and three regular season matches during the Fall season with that particular team. **EXCEPTION: "A" LEAGUE PLAYERS MAY PARTICIPATE IN THE PLAYOFFS AS LONG AS THEY'VE PLAYED AT LEAST ONE REGULAR SEASON MATCH.**

D. Team Captain's/Manager's are responsible for filling out the score sheet with the scorekeeper (on-site) before your first game. Game line-ups must abide by the official roster on file.

ROSTER STIPULATIONS and GUIDELINES:

Men's Leagues "A" & "B": Men's "B" league teams can have as many female players from any leagues (A or B) on their team. Men's "B" teams may only have 1 male player from any "A" league on their team. Men's "A" league teams may also have as many female players as they wish on the team. There will be no stipulations for either league about how many Men or Women must be on the floor at the same time (any combination of men and women is acceptable).

Women's Rec League: No Spiking allowed. "A" league players are NOT allowed to play in the Women's Rec division. Women's Rec teams may have a maximum of 2 female "B" players (from any "B" league) on their team. If a woman plays on any "A" league team they cannot participate in the Rec League (if you sub one night on a "A" team that will make you ineligible to play in the Rec league).

Women's "B" League: Women's "B" league teams may have a maximum of 2 "A" league players on their team.

Co-Rec A and B (Competitive Leagues): Spiking is allowed. Overhand and jump serves are permitted. The hitting order does not have to be done with the opposite gender hitting the ball in succession. It can be three women or three men. Co-Rec B teams may not have more than three (2) PLAYERS from any "A" level league on their roster. Co-Rec B teams may only have one (1) male player from any "A" level team on their roster.

ROSTER STIPULATIONS and GUIDELINES (cont):

SPECIAL CO-REC "A" RULES (exceptions):

-If team only has **1 woman** available to play then the team can play but can only have **4 players** on the court (1 woman & 3 men).

-If team only has **2 women** available to play then the team can play but can only have **5 players** on the court (2 women & 3 men).

-If team only has **3 women** available to play then the team can play with the full **6 players** filled (must have the 3 women on the court at all times)

-If team has **3 or more women** available to play then we will follow the same Co-Rec rules listed below for Co-Rec "B" teams.

****** (The above special rules only apply to the Co-Rec "A" league)*

Teams playing Co-Rec "B" shall consist of the following combinations:

- 3 women and 3 men (6 person team),
- 4 women and 2 men (6 person team),
- 5 women and 1 man (6 person team),
- 3 women and 2 men (5 person team),
- 4 women and 1 man (5 person team),
- 2 women and 2 men (4 person team),
- 3 women and 1 man (4-person team)

Note: "A" & "B" Co-Rec teams may never have more than three men on the floor at any time. Co-Rec "B" teams may never have more men than women on the floor.

Teams will consist of six players; however, a team may start a match with fewer than six players. Men's teams and Women's teams may start with as few as three players. Co-Rec teams must have a minimum of four players.

Players showing up late can be added to the current game if the following conditions are met:

A team still has a timeout left to use (team will need to call the timeout then go update lineup with scorekeeper. New player will go into the last spot in the rotation), The team is playing short handed (Team will not be able to add during game if playing full strength) and the player has already played in a previous week. If these conditions are met a late player can enter a current game if the team uses their timeout to add them to the lineup.

A Men's League team or women's team with less than three players or a Co-Rec team with less than four players at any time will be forced to forfeit that game.

INELIGIBLE PLAYER/PLAYERS: An ineligible player is one who has not properly signed on a team roster, is listed on more than one team roster, is playing on more than the legal amount of teams or leagues, is playing under a false name, or is not of proper age. Players may play on more than one team per night granted it doesn't violate the roster stipulation rules and the games are not going on at the same time.

PROTEST REGULATIONS: Protest of rule interpretations or ineligible players only will be accepted and considered valid. Protests on the referee judgment WILL NOT be considered. Any team manager/coach who wishes to protest a particular incident involving a rule interpretation MUST notify the referee and the scorekeeper that the match is being played "under protest" at the exact time of the incident in question. This recording must take place before the next serve occurs. If the protest is not recorded before the next serve, no protest can be considered valid. For all protests, the team manager must come to the Parks and Recreation Office within 24 hours (one business day) to fill out a protest form and pay a \$25 fee. If the protest is won, the \$25 will be refunded. In the case of a rule interpretation protest being won, the match will be replayed at the end of the season from point of protest, with the necessary correction being made. In the case of an ineligible player protest being won, the team playing with the ineligible player will receive a forfeit.

FORFEIT/DEFAULT PROCEDURES: A forfeit will be declared when no one from the team shows up for a scheduled match or when only a few players show up, but not enough to start the match. After a teams first forfeit, that team will be warned by phone and/or letter. A teams second forfeit may result in the team being dropped from the league without a refund. In the event that you will not have enough players on a particular night please call the Parks and Recreation Office as soon as possible. There is a free-agent list to draw players to assist your team. If we are unable to assist you with your needs this will give us an opportunity to notify the opposing team.

1. CONTINUED USE OF THE FACILITIES DEPENDS UPON ALL PARTICIPANTS FOLLOWING THESE GUIDELINES:

- A. **NO FOOD OR BEVERAGE** (other than bottled water) will be allowed in any gym.
- B. Absolutely **NO SMOKING or VAPING** in any part of any gym.
- C. **ALL TRASH** must be deposited in trash cans.
- D. Children **MUST BE KEPT UNDER IMMEDIATE CONTROL AT ALL TIMES!** They will **NOT BE ALLOWED TO RUN** around the gym. Parents **ARE RESPONSIBLE** for their children's conduct at **ALL** times.
- E. **NO ALCOHOL IS ALLOWED ON CITY OR SCHOOL PROPERTY.** This includes parking lots.

2. The Prescott Parks and Recreation Office will not take responsibility for items that are lost, damaged, or stolen from any of the facilities being utilized.

PLEASE BE AWARE: WHEN THE SCHOOLS ARE CLOSED, ALL CITY LEAGUE MATCHES MAY STILL BE PLAYED.

FOR INFO ABOUT POSSIBLE CANCELATIONS DUE TO WEATHER AFTER 4 PM CALL 777-1688 (10UT)

PLAYING RULES AND REGULATIONS

Men's A & B, Women's A, Co-Rec A & B (competitive) divisions will be using a combination of USVBA, AIA and City League Rules. All Men's, Women's and Co-Rec C and REC divisions will be using a combination of AIA and City League Rules.

1. A match shall consist of three (3) rally scoring sets. In rally scoring, a point is scored on each serve until a team reaches the final point total. A point will be awarded for each set won. The first two sets will be to twenty-five (25) points and the final set will be to twenty-one (21). In Competitive Leagues (A and B) teams must win by two points with a cap of twenty-seven (27) points in sets one and two and a cap of twenty-three (23) points in set three. In Recreational Leagues (C and Rec Leagues) all games will be played straight up.

2. Teams are asked to arrive 15 minutes prior to the scheduled start of their match in order to assure that the first match will start on time. Match time is forfeit time. There will be a five minute grace period for first game of the night at each facility. If a team does not have enough players to start the first game of the match at game time they will be given five minutes to come up with enough players to start the second game. If at that point they still do not have enough players to start that game they will have five more minutes to come up with enough players to start the third game. At the end of that final five minutes the entire match will be declared a win for their opponent.

3. Teams must be ready to play at their scheduled game time. If matches are running behind, teams should be ready to play as soon as preceding match is finished.

4. A coin toss shall be conducted by the official with the team captain/manager from each team roughly five minutes prior to the first game of the match to determine serve/receive or playing area.

5. Each team shall submit in writing to the scorer a complete and accurate line-up of players, including first and last names (in serving order) no less than five minutes prior to the first game of the match. Teams must notify the scorekeeper prior to the start of the second and third games that the line-up will either remain the same or submit in any changes in writing. Any changes not noted in the starting line-up may be penalized by point/side out awarded.

6. The position of players in order of the serve shall be: Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.

7. At the start of a game, players shall take the positions in the line-up as they were given the scorekeeper. Any part of the server's body may hover in the air over or beyond the serving line, just as long as the ball is contacted before stepping in the court or on the boundary line.

8. All players, except the server, must be inside the court and in proper rotational order. Each front row player must have a part of their foot closer to the centerline than both feet of the corresponding back row player. A player cannot serve out of turn.

9. PENALTY for serving out of order:

- a. Any points made on this term of service shall be cancelled.
- b. Points scored by serving team while opponent was in error are not lost.
- c. If improper order is not discovered until after their serve has alternated and first serve is contacted, there shall be no loss of points.
- d. If receiving team is in error, only one point is awarded serving team.
- e. In all cases, proper order will be regained immediately at the next dead ball. The order as shown by scorekeepers line-up shall be considered the proper order.

10. When the serve is awarded to a team, that team shall rotate one position clockwise (exception: first serve of a game).

11. Teams can use standard substitution method (A or B leagues only) or rotation substitutions. When using rotation subbing (playing more than 6 players), Players entering the game must come into the game for a player who has just completed serving. This is to mean entering the center back position, as the right back position exits. Any teams wishing to use the substitution method must have jerseys with numbers so scorekeepers can track substitutions. **SEE PAGE 8 FOR ROTATION RULES/PROCEDURE**

12. The ball may contact the net on or within the side line markers when crossing into the opponent's court. Players are allowed to reach under the net to retrieve a ball being played by their team.

13. If a ball is hit into the net or tape with enough force to drive the net under the blocker's hands, this is not a foul. Players may not touch any part of the net or its supports during the play. If an opposing player hits the ball into the net and the net contacts you and/or your teammates, this is not a foul.

Note: For all "A" Leagues, there will not be a foul if there is incidental net touching below the tape of the net.

14. A player's foot may legally touch the center line. It is a foul to touch the floor completely across the center line with one or both feet. It is also a foul to touch the floor across the center line with any part of the body other than a foot.

15. Any one player may not play the ball twice in succession. The ball may be played by three players on one team before it must cross the net or be called a foul. A back-row player may complete an attack-hit at any height from behind the front zone (ten-foot line). At take-off the foot (feet) must neither have touched or crossed over the attack line. After the attack, the player may land in the front zone. A back row player may also carry out an attack-hit from the front zone if at the moment of the contact any part of the ball is below the top of the net. A block is NOT considered as one of the three hits.

16. Each team will be allowed one time-out per game. This time-out may not exceed one minute. The time between games of a match shall not exceed three minutes.

17. If a player is ejected from a City of Prescott volleyball game, the league director will determine the amount of time he/she will be suspended from league play.

18. BLOCK: Blocking is the act at the net which intercepts the ball coming from the opponent's side by making contact with the ball as it crosses the net, before it crosses the net, or immediately after it crosses the net. Only front line players may take part in a block or attempt to block. The team which blocks the ball shall have the right to three more contacts with the ball in order to return it to the opponent's side.

19. CONTACT: A legal hit is brief and instantaneous contact with the ball by a player on **any part of the body**. During the first hit of the team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. The first hit of the team includes reception: (a) of the serve; (b) an attack-hit by the opponent (this may be a soft or hard attack-hit); (c) if the ball is blocked by your team or the opponent. Legal hits include setting, bumping, dinking and blocking. Holding, catching, throwing, lifting and pushing are illegal hits because the ball, upon contact with the player, becomes motionless or is in a state of inactivity. A ball rolling up the arm is illegal because of the prolonged contact with the ball. A player may not play the ball while supported by a teammate or by grabbing at the pole, cable, net supports or referee's stand. When playing a ball which is going into the bleachers, a player, while contacting the ball, must maintain contact with the floor with one foot. Simultaneous contact: This is more than one touch of the ball made at the same instant. It is permitted and considered one hit. Simultaneous contact by opponents will be counted as one of the three hits allowed by a team. More than one contact: Two separate touches of the ball by the same player with no interrupting touch by a different player between the two touches is a foul.

20. SPIKE: A spike is a ball (other than a serve) hit in a downward motion with force from above the height of the net into the opponent's court. SPIKES WILL NOT BE PERMITTED BY MEN IN CO-REC C or REC (this is a judgment call by the official)

21. CONDUCT: Any player, coach, managers, substitute or spectator who displays unsportsmanlike conduct can be ejected from the gym. Unsportsmanlike conduct includes but is not limited to:

- a. offensive acts or words toward a player about to play the ball
- b. derogatory remarks to officials or opponents
- c. questioning or trying to influence officials' decisions

- d. showing disgust with officials' decisions
- e. using insulting language or gestures or baiting acts which engender ill will;
- f. making any contact with opponent which is deemed unnecessary and which incites roughness
- g. using any part of a teammate's body or any object to gain physical support for advantages in playing the ball
- h. failure to follow directions by an official

The procedure will be: 1) Warning (unless flagrant); 2) Award point or side out to opponent; 3) Eject. Anyone who is ejected must leave the gym IMMEDIATELY or the MATCH will be FORFEITED. The referee will record the name(s) and the reason(s) for the ejection.

22. **SERVING:** The server shall have eight seconds after the referee's signal to serve, to release or toss the ball for service. If, after releasing or tossing the ball from the hand, the ball falls to the floor or is caught without an attempt to serve the ball, it shall be taken over. This may not happen more than one time during any service. If a player serves before the referee's whistle, a re-serve will be directed. This will not be allowed to happen more than once. Net serves are legal!

23. **CEILINGS:** The ball may be played off of the ceiling in all gyms, but only when the ball remains on that teams side of the court and in that teams playing area. On the third hit or when the ball is sent toward the opponent's court and it hits the ceiling, side-out or point will be awarded.

24. **BASKETBALL HOOPS:** When playing at the YMCA the ball may be played off the basketball hoops but only when the ball remains on that teams side of the court and in that teams playing area. On the third hit or when the ball is sent toward the opponent's court and it hits a hoop, side-out or point will be awarded.

25. **Standings Tie-Break Procedure:**

If two teams are tied at the end of the season the following tie break procedure will be followed to determine who makes the end of season tournament. (Standings and seeding based on total sets W-L record)

- (1) Match W-L record.
- (2) Head-to Head record (Total sets W-L record)
- (3) Record against common opponent(s) (Total sets W-L record)
- (4) Best W-L record (sets) against teams with a winning record
- (5) Least number of forfeited matches
- (6) Coin flip

FACILITIES: The facilities used in this program will include Yavapai College, Grace Sparkes Activity Center, Prescott YMCA and local Middle School gymnasiums.

1. Gyms are not to be entered by teams more than 15 minutes prior to the start of the first match of the evening. Teams will not be allowed to enter gyms until the supervisor from the Parks and Recreation Office is present.

2. Do not remove or take down nets. It is the site supervisors responsibility to handle all nets and equipment.

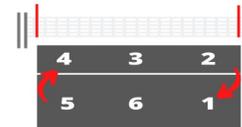
3. At no time are tables, chairs or poles to be drug across the gym floors. When equipment is to be moved and cannot be rolled on designated wheels, it is always to be carried.

4. All players must wear non-marking athletic shoes. It is further requested that all players carry their gym shoes and change at the gym to eliminate the tracking of dirt, sand and grit on the gym floors.

ROTAIONAL SUBSTITUTION RULES/PROCEDURES:

A team can list more than 6 players to play in any game if they'd like. Anyone listed on the lineup for a particular game will be part of the rotation.

So when it's time for a team to rotate clockwise and a team is playing more than 6 players then the next person in line to enter the game (the 7th player) will move into the center back position as the server rotates out (in the diagram below that would mean #1 would exit, #2 would move into the server's position **Position #1 listed below** and the 7th player or player coming off the sidelines would move into the #6 spot). Players will not wait for a certain player to get to them in rotation to rotate in nor will they be allowed to sub in and out for players in the rotation- it will be a constant "wheel" so to speak meaning the 6 or more players will always stay in the same order with the 7th, 8th, 9th player etc. rotating in when their team gets the serve.



In short – if there are more than 6 players listed for a game then a player will move into the center back position and one will come off the floor each time it's time for the team to rotate. If a team chooses to only play 6 players for a game then those 6 will just rotate around clockwise the whole game when it's time to rotate- if a team is only playing 6 players then only 6 players should be listed on the lineup for that particular game.

MATCH TIMES: Matches will be scheduled no earlier than 6:00pm. Teams must be able to begin games as late as 9:15pm. In the case of games rescheduled due to weather, the loss of a facility, etc., teams may be re-scheduled to play on a night other than their regularly scheduled night.

SCHEDULE CHANGES: Schedule changes may be necessary at times due to loss of facilities or the scheduling of make-up games. The team manager will only be contacted about these changes as the Parks and Recreation Office becomes aware of them. The Parks and Recreation Office recognizes the fact that many adults have other interests besides volleyball, but with up to 50 teams, it should be understood that requests to adjust schedules once they have been published to meet individual conflicts are impractical, if not impossible. Therefore, requests to adjust schedules may or may not be honored and will be handled on an individual basis. Any makeup games may be scheduled at different times on different nights if needed.

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**FOR INFO ABOUT POSSIBLE CANCELLATIONS
DUE TO WEATHER CALL
777-1688 (10UT) starting @ 4pm**