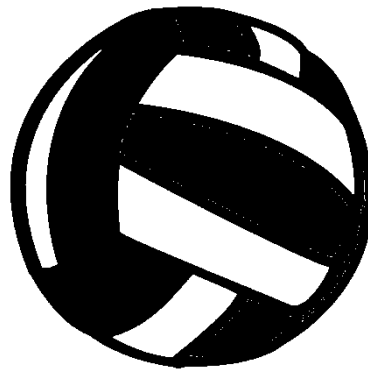




2024 COED VOLLEYBALL LEAGUE



Moriah Lincoln, League Director
mlincoln@cityofcape.org
573-339-6732

Parks & Recreation Department
Cape Girardeau SportsPlex
2526 Jim Drury Way
Cape Girardeau, MO 63701



**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT



PLAYER ELIGIBILITY/REQUIREMENTS

1. All players must be at least 18 years of age in order to play in this Adult Cape Girardeau Parks and Recreation League. An individual age 17 may play with a parent signed minor waiver turned in prior to participation.
2. A player may only play on one team. There will be a one-week grace period if in which a player wishes to go to another team, he or she may do so by contacting the League Director.
 - ◆ A player caught playing on two teams will be dealt with as follows:
 1. The team that the player first played for will be considered his/her official team.
 2. Any games played for another team will be considered forfeits if they are protested.
 3. Players will then be required to play for their original team for the remainder of the season, or they will not participate at all.
3. All rosters will be frozen after the final regular season game. You may pick up players until rosters are frozen. This is legal only if you contact the League Director by noon the following day. **You must play in a regular season game to be eligible for the playoffs.**
4. Suspensions and Ejections:
 - ◆ A player, coach, or team spectator ejected from a set will be suspended for the remainder of the match.
 - ◆ A second ejection in a set/match will result in suspension for the remainder of the season, including playoffs.
 - ◆ **Any player that repeatedly or excessively exhibits unsportsmanlike behavior or unnecessary roughness may be suspended from future Cape Girardeau Parks & Recreation Department leagues.**
 - ◆ **The League Director has the authority to apply or overrule punishment as deemed fit.**
5. Yellow and Red conduct cards will be issued as needed. Conduct cards do carry from set to set, but not match to match.
 - ◆ Yellow being a warning.
 - ◆ Red meaning suspended for the rest of the match.
 - ◆ A warning does NOT have to be given before a red card/suspension is given.

LEAGUE RULES

1. Lineups will consist of (6) players. Two of which must be male and female. You can play 3 male and 3 female or 4 and 2. Teams may play with as few as four players. You will have a side out in your open spots if you have less than 6.
2. A team playing with less than six people will take an automatic loss of rally (side-out) whenever the empty spot rotates to the serving position. Points will be awarded to the opponent. If one of your team members arrives late and you are not playing with six, she may rotate in on the next dead ball, provided the official has authorized her to enter. They must rotate in at the open spot. Once the sixth team member has arrived that team will not take an automatic loss of rally any more.
3. Teams are required to be ready 5 minutes prior to game time. Five minutes after game time will result in the forfeit of set one. Ten minutes after game time will result in the forfeit of set two. Fifteen minutes after game time will result in the forfeit of set three.
4. A match shall consist of three games. All three games will be rally score to 21, win by 2, with a cap at 23 points. Teams will play all three games in each regular season match (if time allows).
5. Matches will have a 55 minute time limit. The game clock will start at the beginning of play in the first game. If time runs out, the team leading will win that game. If tied, a final "sudden death" point is played to decide the winner of that game. NO TIES.
6. Coin toss will determine side and serve.
7. The server shall serve from within the serving area anywhere behind the serving line, and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
8. The first server of the game is the right back position. When the receiving team wins a rally, the player in the right front position rotates to the serving area.
9. Substitution may be made by rotation in at the serve or through regular substitution rules (MSHSAA rules). Whichever method you start the match with, is how you must continue the match.
10. You may not block or attack a served ball. Let serve, when the ball hits the net and goes over on a serve, will be legal. Setting a serve is allowed as long as the ball is contacted legally.
11. Flagrant throw, and catches of the ball, typically balls handled below the chin or behind the head on an overhead contact will be called as violations.

12. Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
 - When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block.
 - When digging on a serve or hard-driven hit/spike.
13. The ball may be hit with any parts of the body. For example, a ball dug with your foot is legal. However, not intentional kicking is allowed.
14. A player in the back row may not attack a ball in front of the 10' line.
15. Touching the net during play will result in a point/loss of rally.
16. A player's hand/foot may cross or touch the center line, as long as the hand/foot is still touching or above the line and does not cross completely over into opponent territory or interfere with opponent's play.
17. Appeal of a call is made through the manager of the team to the referee after the ball is dead. A manager has the right to ask for an explanation of a call, and an explanation should be given. Only the manager may ask for an explanation from the official, other players may not.
18. If a ball interrupts the playing area, the official will stop play with their whistle and signal replay. The team who served will reserve with no points awarded.
19. Each team will have two 30 second time-outs per set which equals six per match. There will be a maximum of two minutes between sets. The team leading in the third set may not call a timeout with under two minutes remaining in the game time.
20. Further rules and interpretations may be found in the USAV Rulebook.

LEAGUE ORGANIZATION

1. Net height will be 7'11".
2. In the event of a tie in the standings, the following will determine playoff seeding:
 - ◆ Head to Head Record (if two teams tied)
 - ◆ Record Amongst Tied Teams (if more than two teams tied with same record)
 - ◆ Point Differential vs Tied Teams
 - ◆ Overall Point Differential
3. Awards will be distributed as follows:

Regular Season:	Awards to 1 st place in each division/pool.
Post-Season:	Awards to 1 st place in tournament bracket.
4. **Protests:** Protests will be accepted only on a rule interpretation or misapplication. Protests must be made in accordance with the rule book guidelines, and made verbally to the official. Protests which are upheld, but have little or no bearing on the match, will not result in the game being played at the point of protest, (the match will stand as is). The Parks and Recreation Staff will decide the outcome of all protests. All decisions are final. If play was crucial, it will be played from that point. At the time of the dispute, the referee must be notified of the protest. Calls by the official may not be protested. If a team is not satisfied with an official's decisions of a protest, a written protest must be submitted to the Parks and Recreation Department within 24 hours.
5. Protests of ineligible players must be made to the official during the game by the opposing team's manager. The game will then be played under protest from the point when the protest was made verbally to the official. The league director will make a decision the following day. Teams found to be playing with ineligible players will forfeit all matches from the time the protest was made during that evening of competition.
6. **Games may be postponed or rescheduled due to weather conditions and will be called as soon as possible. Please call (573) 975-1024 for information on games being played. Please go to rainoutline.com and subscribe to text alerts for the Cape Girardeau Parks and Recreation Adult Volleyball Leagues. This call will be made by the league director. Games will be rescheduled at Cape Girardeau Parks and Recreation Department's convenience.**