

**COED Volleyball**

**Manual**

**Table of Contents**

**TVRPD Mission Statement 3**

**Adult Sports Policy 3**

***Rules 4-7***

***TVRPD Discipline Policy 7-10***

1. **Physical Attack 7**
2. **Abusive Verbal Attack 7**
3. **Rough Tactics 8**
4. **Trash Talking 8**
5. **Harassment of Scorekeeper 8**
6. **Abusing Public Property 9**
7. **Intoxication 9**
8. **Refusal to Abide by an Official’s Decision 9**
9. **Ejections 10**

**TVRPD MISSION STATEMENT**

*The Tehachapi Valley Recreation and Park District enriches lives and fosters harmony within the community through area-wide leisure services targeted to improve healthy lifestyles, educational and recreational opportunities, public participation, and environmental and economical stewardship.*

We accomplish this through community outreach, quality programming, activities and events, and well-maintained parks and facilities, and an aesthetically pleasing environment that is provided by professional and caring employees, contractors and volunteers.

**Adult Sports Policy**

This procedure is designed to help and encourage all members of the Adult Sports Program to achieve and maintain standards of behavior as detailed in the program’s code of conduct. The goal is to ensure consistent and fair treatment for all members. All offenses are cumulative throughout the current season. All violent offenses are cumulative throughout the player’s lifetime.

**Rules**

1. The maximum number of players on the court is six. Teams may play with as few as 4 players for it to constitute a legal game.
2. Substitutions: Player will stand at the 10ft line before entering the court. Once directed by the referee, then he/she will be allowed to go to the designated position.
   1. A substitution can be made when a player is removed due to an injury.
3. Time out requests: While the ball is dead, a time out may be requested.
   1. 1 time out per game, injuries not included.
4. “Rock, Paper, Scissors” will decide the serving team, team’s alternate serve to start each new game regardless of who won or lost.
5. Games: Two games to 25 and the third game to 15 pts. Games will be Rally Score. Rally score= There will be one point awarded after each rally depending on who won the rally. (It doesn’t matter if you serve or not). Teams must win by two points (Cap at 30). All three games will count in the standings. The final game may be cut short due to time constraints.
6. Out-of-bounds: Any ball hitting any portion of the line is good. The backboards are out of play and count as a point. The ceiling and lights are in play if the ball does not go over the net; otherwise, a point is awarded.
7. Each team is allowed five minutes to warm up.
   1. Game time is fifty-five minutes unless otherwise noted on your schedule.
8. Legal hit ball: The ball must be clearly hit. A legal hit is contact with the ball by a player’s body, above and including the waist which does not allow the ball to visibly come to rest or have prolonged contact with the player. Can also hit the foot as long as foot is in contact with the ground
9. Teams will switch sides of the court at the end of each game.

B. SCORING/SERVING

1. Point: Rally serves during the game. The team that won the rally will receive the point. With rally scoring: A ball contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.
2. Each server continues serving until his/her team makes an error, commits a foul, loss of rally, or the game ends. Server must wait for the official’s whistle before each serve.
3. A served ball that hits the net and goes over is a “Let serve” It must contact and cross over the net between the net antennae.
4. The right back player is the server.
5. A server must serve from anywhere behind the back-boundary line and not touch this line until after the ball is hit; otherwise, it is a violation.
6. After an opponent’s loss of service, the serving team always rotates one position clockwise, regardless of if it is the first play of the game.
7. Play over: A play over is the act of putting the ball in play again without awarding a point or side out. Play over should be called on official’s mistakes, foreign object entering the court, injured player, and double fouls.
8. On any driven ball (serve, digging, passing) a double hit will not be called if the ball hits the receiving player. It is legal to overhand pass and double any first ball over.
9. A player may not block or spike the serve.

C. VIOLATIONS

1. Out-of-bounds: Any hit ball not landing on a boundary line or within the confines of the playing court. If the ball hits the boundary lines, it is considered in.
2. Playing out of position: if spiking ahead of the ten-foot line. If you are playing back row, you cannot leave your feet ahead of the ten-foot line.
3. During serve: Serve out of turn before referee’s whistle.
4. During net play: Contacting net, reaching the plane of the net to hit ball, crossing over the center line and contacting the floor, interfering with an opposing player.
5. A violation is called when the ball is played more than three times on one side.
6. An illegal hit is called when the ball visibly comes to rest or has prolonged contact with the player or when the ball contacts any body part below the waist.
7. Scooping, throwing, lifting, shoving or catching the ball, touching or going under the net is a violation.
8. Touching the net during the game is a violation. When the ball is driven into the net causing it to touch an opposing player- no violation has occurred.
9. You may cross the plane of the net if you are blocking, as long as you are not interfering with the set of the opposing team’s play. A player may not reach over the net to hit the ball.
10. Players may touch the centerline under the net but may not go over it (entire foot).
11. A ball may be played from off the net but not a standard.
12. When any part of the ball goes over the net and is touched by an opposing player, it is considered to have crossed the net.
13. When a player contacts the ball simultaneously with an opponent, it does not constitute one of his team’s three hits.
14. A player may go outside his court to play a ball if they do not cross the centerline or its assumed extension or cross the sideline in the adjacent court.

D. ELIGIBILITY

1. Any player questioned by a team manager who is suspected of playing under false pretenses or rule violation, must prove his/her identity to the Gym Supervisor or official present before the end of the game or the game will be forfeited, and the player and manager will face suspension.
2. Players must be a minimum of 16 years of age to play. Players under 18 must have youth participation form signed by a parent /guardian.
3. All players must play at least 4 league games in order to play in the playoffs/championship game.

F. COED VOLLEYBALL LEAGUE RULES

1. The teams shall be composed of six players. There cannot be more than three men on the court at any time. If a team shows with six players and four are men, only two men can play with two women. (Men may equal the number of women players, but not surpass.)

* More women can play than men when the team is short players.
* There must be at least one MALE player playing to constitute a coed team; otherwise, the game is forfeited.

1. Underhand, Overhand and jump serves are allowed for men and women.
2. By definition; an underhand serve is when a player strikes the ball from below, around waist level, causing the ball to travel in an upward trajectory. Any ball struck above chest level will be considered an overhand serve.
3. Serving order and position on the court is an alternation of men and women.
   1. *Exception: shortage of men players.*
4. The ball must be played by a woman before returning over the net except in the following instances:
   1. Man, legally bumping, returning the serve on first hit.

***Alcohol/Drug***

1. Absolutely NO Alcohol or Drug are allowed during league games or at TVRPD facilities.
   1. Intoxication is **NOT ALLOWED.**
2. Problems with alcohol and drug use are everyone’s responsibility, including family, District supervisors, and individuals themselves. It is the responsibility of all to recognize that problems with regard to substance abuse exist in our society, and to see that employees with such problems are identified and appropriately disciplined. It is the intent of the District to maintain that events remain free of drugs and alcohol and to discourage drug and alcohol abuse by its participants. Drug and Alcohol use is NOT ALLOWED.
   1. If you are found with alcohol/drugs, immediate action will be taken with the judgement of the supervisor.

***TVRPD Discipline Policy***

**Physical Attack**

No player, coach, or spectator shall at any time lay a hand upon, shove, strike, threaten or intimidate an official, District or school representative, opposing player, coach or spectator. Officials are required to immediately suspend such player from further play and report such player to the Recreation Supervisor. Said player shall remain suspended until the case has been considered by the District Staff.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension for the remainder of the season. | Suspension from all Youth and/or Adult Sports Leagues for life and felony assault charges filed if applicable. |

**Abusive Verbal Attack**

No player, coach or spectator shall be guilty of abusive verbal attack upon any player, District or school representative, player, coach, official or spectator. Officials are required to immediately suspend such individuals from further play and report such individuals to the Recreation Supervisor. Should the verbal attack occur either before or after the player’s game is completed, or from within the spectator’s area, said individual will still be reported to Recreation Supervisor

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of one league game and placed on probation for the remainder of the season. | Permanent suspension from all Sports Leagues. |

**Rough Tactics**

No player or coach shall be guilty of using unnecessarily rough tactics during play of the game against any player. Officials are required to immediately suspend said player and/or coach from further play and report such individual to the Recreation Supervisor.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Placed on probation for the remainder of the season. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Trash Talking**

No player or coach shall be guilty of “trash talking.”

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning from the official. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Harassment of Scorekeeper**

No player, coach or spectator shall be guilty of harassing the scorekeeper(s), official(s) or other District representative or attempt to intimidate any District representative.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning from official and/or Gym/Field Supervisor (scorekeeper). | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Abusing Public Property**

No player, coach or spectator shall be guilty of abusing public or private property. Players shall not throw equipment or any other items in a dangerous manner, regardless of whether someone was or could have been struck.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning from the official. | Permanent suspension from all Youth and/or Adult Sports Leagues, criminal charges filed and/or retribution of damages if applicable. |

**Intoxication**

No player, coach or spectator shall appear intoxicated or indulging in alcoholic beverages during the course of game. No alcohol shall be allowed on district or school grounds. Officials are required to immediately suspend such player from play and report said individual to Recreation Supervisor.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of two (2) weeks from all Youth and/or Adult Sports Leagues and said team’s next two game. Player shall also be placed on probation for the remainder of the season. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

**Refusal to Abide by an Official’s Decision**

No player, coach or spectator shall refuse to abide by the official(s) decision. Officials are required to immediately suspend such individual, from further play and report said individual to the Recreation Supervisor.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of one (1) league game and placed on probation for the remainder of the season. | Suspension for life from all Youth and/or Adult Sports Leagues. |

No player, coach or spectator shall be guilty of objectionable demonstrations or disagreements at the official(s) decision.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Suspension of one (1) league game and placed on probation for the remainder of the season. | Permanent suspension from all Youth and/or Adult Sports Leagues. |

No player, coach or spectator shall discuss with the official in any manner the decision reached by such official, except the manager/coach or designate representative.

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| **MINIMUM PENALTY** | **MAXIMUM PENALTY** |
| Warning by official. | Removal from the game. |

**Ejections**

Any player ejected for unsportsmanlike conduct shall automatically be suspended for a minimum of one week and the team’s next game. Suspension is from all TVRPD league(s) the player plays on. A second ejection in a season result in a three-game suspension. A third ejection in a season result in a one-year suspension from all youth and/or adult sport leagues.

**Tehachapi Valley Recreation and Park District**

**Coaches/Managers Ethics Agreement**

**All coaches will sign a Coaches Ethics Agreement. The agreement will include the following Code of Ethics:**

**:: I will not use foul or obscene language.**

**:: I will not use indecent gestures.**

**:: I will not engage in physical or verbal altercations.**

**:: I will not argue with officials and/or District staff for any reason.**

**:: I will not allow the consumption of alcohol or drugs during practices or games on TVRPD District property.**

**:: I will not throw objects in anger.**

**:: I will not argue with the opposing team’s coaches or players for any reason.**

**:: I will not harass my own or opposing team’s players, coaches, or spectators.**

**:: I will not violate written division rules or safety rules.**

**:: I will not display unsportsmanlike conduct.**

Managers Signature Managers Name

Recreation Supervisor Signature

Tehachapi Valley Recreation and Park District

District Manager Signature

Tehachapi Valley Recreation and Park District

**Tehachapi Valley Recreation and Park District**

**Players Ethics Agreement**

**All players will sign a Players Ethics Agreement. The agreement will include the following Code of Ethics:**

**:: I will not engage in physical or verbal altercations.**

**:: I will not use foul or obscene language.**

**:: I will not use indecent gestures.**

**:: I will not argue with Officials and/or District Staff for any reason.**

**:: I will not consume alcohol or drugs during practices or games on TVRPD District property.**

**:: I will not throw objects in anger.**

**:: I will not show disrespect or argue with coaches.**

**:: I will not harass an opposing team’s players, coaches or spectators.**

**:: I will not display unsportsmanlike conduct.**

Players Signature Players Name

Recreation Supervisor Signature

Tehachapi Valley Recreation and Park District

District Manager Signature

Tehachapi Valley Recreation and Park District