

PLAY **LAWTON**

ADULT COED VOLLEYBALL **RULE BOOK**

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GAME DISMISSAL/EJECTION

When a coach, player, or manager is dismissed or ejected from a game, said individual must contact the sports office to schedule a reinstatement meeting with the League Director before being permitted to participate further in the sports programs. It is the individual's responsibility to contact the sports office and set the meeting. An individual dismissed from a game may be penalized, by sitting out the next game, suspended for the remainder of the season or may not be reinstated to participate in Play Lawton sports programs.

If a player or coach is playing (coaching) in two different age divisions and is suspended in one age division; the player or coach cannot play (coach) games in the second age division due to being on suspension. While on suspension, a player cannot participate in scheduled Play Lawton activities until the suspension has been served and the player or coach is reinstated.

Any individual who commits misconduct may be put on probation until the end of the sports season, at which time a decision will be made as to whether the individual will be allowed to participate in Play Lawton sports programs.

USING AN ILLEGAL PLAYER

Any manager found using illegal players on their team will be automatically suspended for the remainder of the season. If the infraction accrues and/or is discovered at the end of the regular season or playoffs; the suspension will carry to the next sport. In addition to being suspended, the individual may also be placed on probation by the Play Lawton Management until the end of the athletic season at which time a decision will be made as to whether the individual will be allowed to participate in Play Lawton sports programs. Any game an illegal player participates in will be forfeited. It is the manager's responsibility to ensure all players are registered.

MISCONDUCT (not limited to the following list)

Play lawton reserves the right to suspend any player, coach, and/or fan for misconduct of any kind. Examples of misconduct include, but are not limited to:

- Fighting
- Profanity
- Obscene gesture
- Disrespectfully addressing an official
- Objecting to an official's decision
- Improper contact with an official
- Illegal player

NOTE: If a player legally playing in two different age divisions is suspended in one age division; the player cannot participate in any games until the suspension has been served and the player is reinstated. When a player is suspended, the player is not allowed to participate in any scheduled Parks & Recreation sporting activities. That player will miss games in both age divisions until the suspension is served and the player is reinstated.

Misconduct reports will be filed with the League Director. Game Officials, Field Marshals, the League Director and/or his representative may eject a player, coach or fan from the game or game site, as he or she deems necessary. All other player ejection penalties will be imposed at the discretion of the League Director. The League Director is responsible for deciding the level of penalty imposed in cases of misconduct.

REINSTATEMENT

Coaches must be reinstated by the League Director before being permitted to participate further in the youth sports program. It is the coach's responsibility to contact the sports office and set the meeting.

LINE-UP CARD/GAME SHEET

Each coach/manager will check the game sheet before each game and present the lineup to Play Lawton staff or the officiating crew.

CODE OF CONDUCT

The harassment of officials, coaches, fans and players is prohibited. Insulting remarks made by spectators, coaches or players to any official and/or staff in the program may result in dismissal from the program as a coach and/or spectator. Field Marshals, officials and coaches will work together to keep spectators and fans from creating or inciting inappropriate behavior. **Criminal activity and/or behavior will be reported to the Lawton Police Department.**

ASSAULT ON AN OFFICIAL

Oklahoma Statutes

Title 21. Crimes and Punishments

§21-650.1. Athletic contests - Assault and battery upon referee, umpire, etc.

Universal Citation: 21 OK Stat § 21-650.1 (2016)

Every person who, without justifiable or excusable cause and with intent to do bodily harm, commits any assault, battery, assault and battery upon the person of a referee, umpire, timekeeper, coach, official, or any person having authority in connection with any amateur or professional athletic contest is guilty of a misdemeanor and is punishable by imprisonment in the county jail not exceeding one (1) year or by a fine not exceeding One Thousand Dollars (\$1,000.00), or by both such fine and imprisonment.

FILING A GAME SITUATION PROTEST

- A. Coaches' officials conference must be called by the coach before a protest can be logged.
- B. If a protest is made over a playing rule and not a judgment call, the coach should notify the official at that time. If the protest is upheld, the game will be replayed from that point. Check time left to play at that point, also score at time of protest, and then resume play.
- C. Filing a protest:
 - 1. Protest over a rule may be registered by the Head Coach or Manager
 - 2. Officials' decisions (judgment calls) are final and are not subject to protest procedures.
 - 3. Protest (if registered) must be brought to the attention of the official. The official shall enter said protest in the official scorebook at that time. A protest that is registered after a contest will not be considered valid.
 - 4. A written protest must be filed with the League Director no later than forty-eight hours after a contest on the official protest form.
- D. The written protest shall set forth, but is not limited to the following:
 - 1. Time and place of protest.
 - 2. Names of teams involved, to include the coach's name(s).
 - 3. Name of protester.
 - 4. Exact nature of protest.
 - 5. Violation as viewed by the protester.
 - 6. Action requested by protester.
 - 7. Signature of Head Coach and/or Manager.

PROTEST REVIEW PROCEDURE

- A. The Play Lawton Management Staff will review the protest and will determine:
 - 1. If the protest is legal,
 - 2. If the protest contents are correctly stated,
 - 3. What action will be taken?
- B. If either team is not satisfied with the decision of the Play Lawton Staff ruling, either team may file a request for protest review, and a protest hearing will be scheduled within one week after the date of request by Eastern Sports Management.

INCLEMENT WEATHER

Visit www.facebook.com/playlawton to get information regarding inclement weather. Information will be posted by 3:00 PM if Play Lawton staff has determined that games should be canceled. The League Director, Field Marshal, or game officials may terminate any game due to inclement weather. Games canceled due to weather, electrical issues or any other reason are not guaranteed to be made up. Every effort will be made to reschedule a canceled game.

VOLLEYBALL OFFICIALS AND COACH'S COURT PROTOCOL

- Make sure that the game sheet information is correct: First and Last Names, with Numbers, and all players.
- Teams at the start of the game will line up on the back black line.
- Officials will whistle and motion them to shake hands under the net.
Players will go to their right.
- After they shake hands Players will go to their positions.
- After Game is won or lost, players will go counter clockwise to the other side of the net.
- In the second game or third game players will go to their positions.
- If the teams go to a third game they will stand on the back line, then they will go to the Net to shake hands.

PLAYING RULES

NATIONAL FEDERATION RULES

Court Net Height

Net height is seven (7) feet, eight (8) inches

Rotation

Players (6)

4 LF --> 5 CF --> 6 RF



3 LB< -- 2 CB <-- 1 RB (1st Server)

RALLY SCORING

- The serve is extremely important because we will use rally scoring and every serve, except a replay or re-serve results in a point. Rally scoring is a method where points can be won by the serving or receiving team. The match shall include let serve. The "let serve" is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent's court. The let serve is a playable live ball. The let serve is a strategy used to keep the game moving with fewer interruptions in play. With the "let serve", there is no longer a need for the official to touch the net when giving the signal to serve.
- If the serving team wins the rally, it receives a point and continues to serve.
- If the receiving team wins the rally, it receives a point and the ball for service. The point is recorded on the line of the NEXT server's number and a square is drawn around it and the same point on the team's running score (i.e. Point 3,4,6,etc.).
- If the serving team or player is assessed a penalty, the opponent is awarded a point and the ball for service. The Penalty Point is recorded on the line of the NEXT server's number and a square is drawn around it and the same point on the team's running score.
- It is not necessary for the winning team to be serving at the time the winning point is scored.

LENGTH OF MATCH

- Match winner will be decided by a best two-out-of-three sets. The first two sets are played to 25. The third set is played to 15. Winning team must win by 2 in all sets.
- Intermissions between sets will be a maximum of 1 minute.
- Teams switch sides and service each game.
- Forfeit time is 10 minutes after scheduled starting time.

TIME-OUTS

Each team is allowed a maximum of one (1) time-out per set. A time-out is a maximum of 60 seconds, although play may resume sooner if both teams are ready prior to 60 seconds. Extra time-outs are not granted during rally scoring, nor are time-outs accumulative during a match.

PLAYERS ON THE COURT

- A team should have six (6) players on the court, however, they may play with five (5) if there are only five available players. If there are four (4) or less players for a given team at match start time, that team will have 10 minutes for an additional rostered player to show up before a forfeit is called.
- A minimum of two (2) females must be on the court at all times

LEAGUE SPECIFIC RULES

1. One re-toss for the serve is allowed for each player each serving rotation.
2. If any foreign object enters the court during play, the ball becomes dead and the point will be replayed.
3. The referee shall call all violations involving unsportsmanlike conduct.
4. Balls may not be played off of side walls, curtains, or other surfaces surrounding the court.
5. If there is more than one hit made on one side of the net, at least one of the hits must be by a female player.

THE OVERHAND SERVE

This serve is used to accurately place the ball in the opponent's court with a "floating" or wobbling movement. These strategic movements of the ball place the opponent on the defensive, as she/he must make a quick adjustment to receive the ball.

THE UNDERHAND SERVE

A good consistent method of a successful serve is getting the ball over the net: however, it does not have the effect of the overhand serve, because it is not a difficult ball for the defense to receive and pass. The underhand serve is easy to learn placement of the ball but seldom puts the opponent on the defensive.

THE FOREARM PASS

The forearm pass of "bump" is the technique used in passing serves and spikes.

HITTING HINTS

The forearm pass requires that the ball strike both forearms simultaneously. Swinging the arms to meet the ball will result in an unnecessary high pass, which can hit the ceiling or travel out of bounds. The key to the forearm pass is the use of the legs. Bend at the knees as you strike the ball for a smooth but forceful pass. A less frequently used variation is the one arm pass or “dig” which is used as a desperation measure when the ball is nearly out of reach.

THE SET UP

This skill is used to take a pass and alter its flight so that the ball will be put into the air at a location where the spiker can drive it down onto the opponent’s court. The cardinal rule for the setter is to get into position under the ball. The head is up, looking at the ball, the elbows are out, the hands are up, the knees are bent and one foot is slightly advanced. The fingers are cupped slightly so that the fingers and thumbs contact the ball at the same time. The ball never touches the palms of the hands during the set. The wrists are laid back with the palms facing upward. Index fingers and thumbs should form a triangular window that the setter can look through to see the incoming ball. The tips of the thumbs are about 6” apart. Setting involves the whole body and as the ball is contacted the ankles, knees, hips, shoulders, elbows and wrist each provide a portion of the effect that is expended on the ball. Recall that a “clean” set cannot be made easily, if the elbows are kept close to the body. The setter should know the spiker’s capabilities and know where to place the ball.

THE SPIKE

The spike continues to be one of the most difficult acts to coordinate found in any sport. The player must be able to run, jump high, time a moving ball, hit it solidly, and at the same time try to place it in a certain spot. Common faults in spiking are hitting the ball out of bounds or into the net. These faults can be remedied with the development of proper timing, a sufficiently high jump, and proper position of the hand, as contact is made on the ball. A common fault in jumping for the spike is leaving the ground too soon. One must learn to time the jump so that you reach your maximum height at a time when the ball is just beginning its drop. Jumping too early will result in the predicament where the ball continues to move away from the spike and stays just out of reach during ascent as well as descent. Approaching too soon will result in the spiker stopping to wait for the ball to descend to hitting position and therefore losing the momentum of the approach into the jump for the spike.

EQUIPMENT

SHOES

Black sole shoes ARE NOT allowed.

BALLS

Game Balls will be provided by each team.

KNEE PADS

Recommended but not required.

COMMUNICABLE DISEASE PROCEDURES

(National Federation Rule)

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While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

- The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or others ventilation devices should be available for use.
- Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- Contaminated towels should be properly disposed of/disinfected.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Additional information is available from your state high school association and from the National Federation.