

City of Kingston Parks and Recreation Department Indoor Volleyball 2024-2025

General Rules

- The Kingston Parks and Recreation Department is not responsible for any injuries which may occur during play. The team manager is responsible for all players appearing on their roster to sign a city waiver form before participating any games.
- All sneakers must be carried in for all games regardless of weather conditions.
- Children must be escorted by an adult. PLAYERS IN THE GAME ARE NOT CONSIDERED ESCORTS.
- Alcoholic beverages and or drugs are not permitted. An expulsion due to alcohol or drugs will result in being banned from the league.
- Referees and/or Kingston Parks and Recreation Staff have the right to declare violators ineligible to participate.
- If a team wins their division three consecutive years their team will be moved to the next higher division.

Team Rosters

- Captains are responsible to make sure each player is aware of all rules before the start of the season
- All rosters and Fees must be submitted by the first game to be eligible to play
 - Sponsor Fee- \$360
 - Forfeit Fee- \$60 Co-Ed/ Women
- All players must appear on the roster to be eligible to play
- A roster will consist of 4 to 12 players. Three players are required to start a game.
- All players must have reached their 17th birthday before participating in their first league game
- All residents listed on roster must provide proof of residency.
 - Proof of residency can include a current NYS driver's license, tax bill or utility bill. If your general property taxes are paid to the City of Kingston Treasurer, you are considered a city resident.
 - A \$40.00 fee will be assessed to all non-resident players listed on the roster. Non-resident fee is transferable until November 1st but it is not refundable. Non-residents added after half the current league games have been played will pay half price of \$20.
- All roster changes must be approved by the Parks and Recreation Office and must be accompanied by the proper non-resident fee or proof of residency
- There are no roster changes allowed two week before playoffs
- A player may appear on more than one roster, but once he/she plays for a team he/she may not play for another team in that division
- Teams are permitted four (4) roster changes during the course of the season. Participants asses to the roster are not eligible for play until proof of residency or non-resident fee has been submitted
- If in the event of a forfeit, the entire fee for the official(s) will be deducted from the forfeiting team fee. Should a team forfeit twice the will have the option of replenishing their forfeit fee (within 2 business days) or being dropped from the league.
- Roster inquiries may be made within 24 hours of the completed contest.

- Games played with an ineligible player will be recorded as a loss
- Captains are responsible for the conduct of their players and spectators
- Displays of physical or verbal abuse to officials and/or players are subject to ejection from the game or match. Violators are subject to suspension from the program
- All protests must be submitted in writing to the Kingston Parks and Recreation Office. A fee of \$25.00 must accompany each protest. Should the protest be upheld the fee will be returned

Scheduling

- All matches will be played as scheduled
- A loss will be given to a team unable to produce the minimum number of players
- First game will be declared a loss if a team fails to produce the minimum number of players within 10 minutes
- Entire match will be forfeited after 20 minutes and referee will return officials fee to team captains
- CO-ED division will have an upper and lower division and will play on Monday night
- Women's division will have one division and will play on Tuesday night
- Playoffs will be played following the regular season, as listed on schedules. Winners will advance to the finals. In each case of a tie for positions, season records between teams will determine playoff positions. If a tie still exist a 1 match playoff will determine position for 1st or 4th place tie. No playoff will be held for 2nd and 3rd place tie.

Game Play

- Rules of USA Volleyball will govern unless modified for this league
- A fee of \$15.00 (CO-ED/ Women's) per team a night will be paid to the official(s) prior to the start of the first game
- Toss of a coin will determine playing area or service. Playing area and serve will change after each game
- Teams will be allowed only three (3) 30 second time outs per match
- The assigned officials will be addressed by the CAPTAIN ONLY as the spokesman for the players

Substitution

- **Free Substitution: Substitutes must report to the official before entering the game.** Players may be replaced by a substitute and may subsequently re-enter the game an unlimited number of times. Players/ substitutes re-entering the game must assume their position in the rotation order.
- **Additions:** if a team has fewer than 6 players, additional players may enter a game already in progress at the back row service position. When during a side out, their team must first rotate before additional players may enter the court in the service position. Extra players must rotate in through the service position (maximum of 3 players)

Serving

- All side-outs require a rotation. The right front position must rotate to the serving area
- The service area is the entire area behind the end line from side line to side line
- A served ball cannot be attacked or blocked
- Players must toss the ball before striking it on a serve

Facility Rules

- The ball may be played off any overhead obstruction should it strike on and return to your own side. This is void on the serve and third hit
- A wedged ball will be a redo, except on the serve and third hit
- Should the ball strike the wires connected to the overhead basketball backboards, it will be an automatic redo
- Incidental contact with the net is a non-call
- *courtesy rule*: Any time the ball is going to be exchanged, always return the ball under the net
- For the purpose of this volleyball league, a spike is defined as a ball forcibly hit from above the height of the net into the opponents team area
- Characteristics of a hit: The ball may touch any part of the body. The ball must be hit, not caught or thrown. It can rebound in any direction. The ball may touch various parts of the body, provided that the contacts take place simultaneously. Exceptions: During blocking, consecutive contacts may occur by one or more blocker, provided the contacts occur during one action. 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.

CO-ED Rules

- A set of 3 games will be played. All games will be rally scoring to 25 points with a cap at 27 points. If ties at 26 points the next team to score wins.
- Player ration- This is to be strictly enforced!
 - 1 female- 2 males
 - 2 females- 3 males
 - 3 females- 3 males
 - **A Division Only: 2 females-4 males
- Rotation is such that there is always one female in the front line
- All players are able to block in front row
- All players are able to spike
- Liberos are allowed in upper coed only
 - Liberos are a back row only player
 - Substitution: The libero can be replaced at any time. Substitutions can only happen after a rally ends, at the start of a set, or when the ball is out of play.
 - Attacks: the libero cannot complete an attack hit if the ball is above the net at the time of contact. They also cannot perform an overhead set in front of the attack line while teammates are attacking the ball above the net.
 - Blocking: The libero cannot block or attempt to block
 - Serving: the libero can only serve for the same person during a match.

Women's Rules

- A set of 3 games will be played. All games will be rally scoring to 25 points with a cap at 27 points. If tied at 26 points the next team to score wins.