

2023 OTTAWA CITY RECREATION VOLLEYBALL

1. Player Safety and Liability

- a. **THE LIABILITY WAIVER IS NOW PART OF THE ROSTER AGREEMENT; DO NOT PUT YOUR NAME ON A ROSTER IF YOU ARE NOT WILLING TO ABIDE BY THE RULES AND REGULATIONS OF THE LEAGUE WAIVER.**
- b. **PLAY AT YOUR OWN RISK.** Ottawa City Recreation cannot guarantee your health if you choose to participate.
- c. **(SEE THE PLAYER WAIVER on the WEBSITE PAGE, by being placed on a roster you automatically Acknowledge that you accept the conditions of the City Rec LIABILITY WAIVER.)** The City of Ottawa, Ottawa Recreation and Ottawa City Recreation umpires, league directors, or workers will not be held responsible or liable for any accidents, injuries, illness, or theft which might occur before, during or after practice, warm-ups, games, or if another participant tries to use illegal equipment.

2. Ottawa Parks and Recreation Volleyball Team/Registration Rules

- a. There must be a minimum of 8 players on a team and a maximum of 15 players.
 - i. Any additional players must be approved by the League supervisor. All managers must approve and submit a roster of their team online or at the time of registration.
- b. All rosters must have addresses and phone numbers/emails for each player. Teams may add players up to your first game.
- c. **MANAGERS ARE RESPONSIBLE FOR SUPPLYING A COPY OF EACH PLAYER'S PHOTO ID IF SO REQUESTED BY THE VOLLEYBALL LEAGUE SUPERVISOR. PLAYERS UNABLE TO PROVIDE AN ID WILL BE CONSIDERED ILLEGAL AND THE TEAM WILL FORFEIT ANY GAME THEY HAVE PARTICIPATED IN.**
- d. **PLAYERS ARE ONLY ALLOWED TO PLAY FOR ONE TEAM. PLAYERS MAY BE ON SEVERAL ROSTERS, BUT THE FIRST TEAM PLAYED FOR IS THAT PLAYERS DESIGNATED TEAM FOR THE REMAINDER OF LEAGUE PLAY AND CITY TOURNAMENT.**
- e. Teams MAY NOT ADD to the roster after the first game except in the case of medical or injury hardship subject to the Supervisors' approval. Hardship additions due to injuries must have a doctor's excuse.
- f. **HIGH SCHOOL STUDENTS and COLLEGE TEAM ROSTER PLAYERS are not eligible for this league.**
- g. **A PLAYER MUST PARTICIPATE IN 4 OF THE 7 THE LEAGUE GAMES IN ORDER TO BE ELIGIBLE ON THE TOURNAMENT.**
- h. **NO PLAYERS CAN BE ADDED AT TOURNAMENT TIME.**
- i. **ILLEGAL PLAYERS CAUGHT PLAYING FOR ANOTHER TEAM WILL BE REMOVED FROM THE GAME AS SOON AS THEIR CHEATING IS DISCOVERED AND THE TEAM WILL FORFEIT THE GAME THAT THE ILLEGAL PLAYER PARTICIPATED IN.**

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- j. THE ILLEGAL PLAYER WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON. THE OFFENDING TEAM WILL BE ON PROBATION, ANOTHER OFFENSE AND THAT TEAM WILL FORFEIT THE REMAINDER OF THE SEASON.
- k.

3. Ottawa Parks and Recreation Central School Facility Rules

- a. YOU ARE ON OTTAWA ELEMENTARY SCHOOL DISTRICT PROPERTY ALL SCHOOL RULES AND REGULATION APPLY TO YOU. SMOKING, VAPING, ALCOHOL, AND DRUGS ARE ALL NOT ALLOWED ON THE PREMISES OF CENTRAL SCHOOL.
- b. IF THE VOLLEYBALL SUPERVISOR DETERMINES YOU ENTERED THE GYM, WITH ANY OF THE ITEMS FROM (Rule 3a), OR UNDER THE INFLUENCE OF A BANNED SUBSTANCE, HE OR SHE WILL IMMEDIATELY ASK YOU TO LEAVE AND YOU WILL BE SUSPENDED FROM THE LEAGUE.
- c. Players must wear athletic shoes and proper volleyball clothing to participate in the game.
 - i. Some type of team oriented uniform is HIGHLY recommended. All players must wear shirts.
- d. Players should be at the gym 10 minutes prior to scheduled start time. Games will not be delayed unnecessarily. Supervisor will decide if delays are unnecessary and will declare a forfeit if delays are longer than 10 mins. Teams are expected to check in with the score keeper before the start time or face a possible forfeit.
- e. Players must enter the Central School gym through the MAIN WEST entrance, and only be in the lobby and gym area of the building. **There are no bleachers for spectators. No children should be in the building, if spectators are found in restricted areas of the school this could result in your ability to participate in the league.**
- f. Ottawa Recreation will not be allowed to use the facilities if there is any destruction of school property or vandalism. Among other things, this includes damage to benches, windows, restroom facilities, bleachers, etc. We will pro rate and return fees if the school board finds damage and terminates our use of the facilities. If the school board does not terminate the league, those teams belonging to the league playing when the damage occurred will be terminated unless the responsible person pays for the damage. The remaining league would continue.
- g. Refrain from spitting on the floors and walls.
- h. Only water is allowed in the gym area. Please be good guests and clean up when leaving.
- i. Parking: Stay in parking areas only. Police will ticket all cars illegally parked.
- j. Team captains can expect a text from the volleyball director at (830) 214-5755 after 4:30 to find out if games have been postponed due to weather. Weather announcements will also appear on the website. Make-up dates will be announced ASAP.
- k. The Volleyball League Supervisor shall be responsible for all league rules interpretation each night. The Supervisor is not responsible / allowed to overrule or change officials' calls

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4. Ottawa Park and Recreation General Playing Rules (These rules supplement the IHSA rulebook.)

- a. IHSA volleyball rules and City Recreation rules will be followed for all Women's Volleyball League games. Some rules could be Ottawa City Recreation rules.
- b. All matches will be 45 minutes. There will be a two minute break between games if time allows.
- c. There will be no time allotted for warm-up on the courts. Warm-up is allowed on the courts only if there is time between matches. Otherwise, warm-up is allowed in the area surrounding the court as long as it does not interfere with game play.
- d. Serve
 - i. Only one trial is allowed per serve and the ball must land within the opponents' court.
 - ii. One re-toss up is allowed per service. Failure to serve after tossing the ball up a 2nd time will result in loss of point and serve.
 - iii. Serving rotation must remain the same throughout the game.
- e. Service Receive
 - i. Blocking the serve is prohibited.
 - ii. Attacking the serve is prohibited.
- f. Volley
 - i. The ball may be played only three (3) times by one team in a volley. In
 - ii. blocking, a player may touch the ball beyond the net provided that she does not interfere with the opponent's play.
 - iii. Any attempt to block is considered an actual block only if the ball is contacted by one or more blockers. The team which has affected an actual block shall have the right to three (3) more contacts in order to return the ball to the opponents area.
 - iv. In returning the ball, a player may follow through over the net, providing she first contacted the ball on her own side of the net.
 - v. Contact with the net with any part of the body is prohibited. It is each team's responsibility to make their own "in the net" calls. The league facilitator will have final say in all call disputes.
- g. Miscellaneous
 - i. Terms of Play
 1. A match consists of the best 2 out of 3 games.
 2. A game consists of twenty-five (25) points win by two (5-point cap.) The third game, if necessary, will be played to fifteen (15)
 3. If time runs out during a game, the top scoring team wins the game in progress.
 - a. If the teams are tied at the end of the countdown, the team who wins the next point will be pronounced the winner of that game.
 4. A ball landing on a side/baseline is considered "in."
 5. A ball hitting the rafters/raised goal, and landing on the same side as it was hit will be playable.
 6. Jump serves are allowed.
 7. Open or closed fist is allowed.

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5. Ottawa Park and Recreation Volleyball League Conduct and Behavior

IN ORDER FOR US TO PROVIDE YOU WITH SAFE OFFICIATED LEAGUE PLAY, OTTAWA CITY RECREATION MAKES HIRING AND RETENTION OF VOLLEYBALL OFFICIALS A PRIORITY. FOR THIS REASON THE FOLLOWING POLICIES ARE IN PLACE:

- a. Ottawa City Recreation has a ZERO TOLERANCE POLICY in regards to ANY and ALL UNSPORTSMANLIKE BEHAVIOR.
- b. Unsportsmanlike Conduct such as : EXCESSIVE TRASH TALKING, PROFANITY, INTIMIDATION, FIGHTING, or any gestures of misconduct DIRECTED AT REFEREES, CITY REC STAFF, CENTRAL SCHOOL STAFF, OR PARTICIPATING PLAYERS will result in the following consequences:
 - i. 1st offense in a season - automatic ejection from the game. ONE GAME SUSPENSION.
 - ii. 2nd offense - automatic ejection from the current game. SEASON SUSPENSION.
 - iii. ALL EJECTIONS WILL BE LOGGED IN SCOREBOOK, and FORWARDED TO THE RECREATION DIRECTOR.
 - iv. If a player is ejected from the league for two consecutive years or twice in five years, that person shall be banned from any Ottawa Recreation Volleyball league for five years beginning the next season. The ejected player may appeal to the recreation board. This rule is retroactive to the 2006 season.
- c. ALL of the following items are considered violations of unsportsmanlike conduct and will result in a technical foul and or possible dismissal from the game and suspension from the following game. (If the violation occurs during the last tournament game, the player may not play in the first game of the next season.)
 - i. Abusive Language of any sort directed at anyone. (THE Game Officials and /or the League Supervisor in charge will both have the authority to issue a Technical Foul for this violation.) CENTRAL SCHOOL often has other educational and academic activities in the building during league play, yelling and screaming obscenities of any kind WILL NOT be tolerated.
 1. WHAT is Obscene language: (defined as language that should not be used in the presence of children at school)
 - ii. Destruction of property
 - iii. Smoking or vaping on school property
 - iv. Attempted verbal or physical intimidation or fighting.
 - v. Two technical fouls in one game shall be deemed unsportsmanlike conduct.
 - vi. Illegal substitution
 - vii. Deliberate delay of game
 - viii. Throwing or kicking the ball away.
- d. Two of the above violations in a season will result in dismissal from the league and the tournament.

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6. IF ANY OF THE ABOVE POLICIES ARE DISCOVERED BY A CENTRAL SCHOOL STAFF MEMBER OR OTTAWA CITY RECREATION STAFF MEMBER the following consequences will happen:

- a. 1st offense – GAME FORFEITED and team is ASKED TO LEAVE THE PROPERTY. (Police will be called)
 - i. OFFENDING TEAM IS PLACED ON PROBATION FOR THE REMAINDER OF THE SEASON
- b. 2nd offense – TEAM FORFEITS THE REST OF THE SEASON AND THE CITY TOURNAMENT
- c. YOUR FEES ARE NOT REFUNDED
- d. The Volleyball League Supervisor (Amanda Lynch) will resolve all protest /complaints. Team managers are the only persons who may submit these concerns.

7. Tournament Play

- a. The tournament pairings will be announced at the last game of the season.
- b. If byes are needed, they will be given to teams with the best record based on strength of schedule and point differential against common opponents. Pairings will be based on record and strength of schedule.
- c. Trophies will be awarded for first, second, and third places in the tournament.

FINAL NOTE FROM THE PLAYGROUND AND RECREATION BOARD

PLEASE REMEMBER THAT THIS IS OTTAWA RECREATIONAL VOLLEYBALL. WE REALIZE EVERYONE LIKES WINNING, BUT LET'S REMEMBER WE ARE OUT THERE TO HAVE FUN AND STAY WELL AND SAFE. PLEASE TREAT ALL PEOPLE AND PROPERTY WITH THE UTMOST RESPECT!

Please let us know if you have any questions about the rules/regulations.

Thank you,

Amanda Lynch
Volleyball League Supervisor
Cell: (830) 214-5755
Email: lynch.amanda.m@gmail.com

OR

Dave Marvin
Director of Ottawa City Recreation
Cell: (815) 830-1677
Email: cityrec@cityofottawa.org