

**CITY LEAGUE CO-REC VOLLEYBALL**  
**2020 BYLAWS**

**A. ORGANIZATIONAL INFORMATION:**

1. The league will be governed under the Wyoming **High School Activities Association** rules, except as amended by League By-laws and policies. City League Co-Rec Volleyball is organized, administrated and supervised by the Recreation Division. Any questions as to policies, rules or regulations, should be referred to the Recreation Division at 637-6408.

Good sportsmanship will be **required** of all league participants. Individuals and teams that register for this sports league accept as a condition of participation the following league by-laws, rules, code of conduct and are subject to disciplinary actions and/or fines as outlined herein. **NO REFUNDS** will be allowed after the registration deadline.

2. Players must be on an official league roster to be eligible to participate in the league.

Forms are available at Kiwanis Community House Monday thru Friday 7:30 a.m. – 4:30 p.m.

Rosters are due at the time fees are paid. A minimum of six (6) players' three (3) men and three (3) women must be on the roster before it will be accepted. **Roster forms must be completely filled out before they will be accepted.**

3. **League fee is \$300.00 per team plus \$20.00 per player. Entry fees and rosters (with a minimum of 6 players) will be accepted from November 4 - December 19, 2019 at the Kiwanis Community House, 4603 Lions Park Drive. Teams must pay either the team fee or players fees at registration. For Registrations taken after the December 19, 2019 deadline, a \$50.00 late fee will be applied no exceptions.** Checks should be made payable to **"City Treasurer."**

4. **Additions to rosters after January 21, 2020 will require the approval of league directors and the \$20.00 player fee must be paid prior to playing.** Only team captains or managers may add to or remove players from rosters.

5. Teams will be divided into league divisions by the Recreation Division League Director. Division preference will be taken into consideration. All pertinent information such as previous playing experience, as well as the previous year's team standings will be considered in dividing the teams into divisions. **FILL OUT YOUR ROSTERS COMPLETELY AND ACCURATELY. ANY MISSING INFORMATION WILL ASSUME UPWARD MOBILITY IN DIVISION PLACEMENT.**

6. A maximum of 60 Co-Rec teams will be accepted on a first-come, first-serve basis.

7. League play is scheduled to begin **Tuesday, January 21, 2020.**

8. Games may be played at any of the following locations: **Afflerbach Elementary School, McCormick, or Carey Jr. High School on Tuesday, Wednesday, and Thursday evenings.** Game times will vary, depending on schools' activity schedule. See league schedule for actual match times at each facility. With the number of teams and the little amount of times to get games in, we cannot always fulfill all requests.

9. Each team will play 12 matches in the 10-12-week season.

10. **NOTE:** All players who participate in the City of Cheyenne Co-Rec Volleyball League waive and release for all times all rights and claims for damages they may have against the City of Cheyenne, the Cheyenne Community Recreation and Events Department, and Laramie County School District No. 1, for any and all injuries suffered by themselves and a result of participating in the City Co-Rec Volleyball League.

**B. ELIGIBILITY:**

1. High School students are eligible to participate, provided they reach their 16th birthday on or prior to January 21, 2020. NOTE: **High School students** are responsible for insuring that their participation in the City Volleyball League does not jeopardize their Wyoming High School Activities Association (WHSAA) eligibility. High School students should check with their coach and/or WHSAA on this matter.
2. Players may play in only one city division and may be registered with only one team.
3. Players may not quit one team and join another after 5:00 p.m. on the day of their original team's first scheduled league game, regardless of whether the individual in question participated in the original team's game.

**C. GENERAL GAME INFORMATION:**

1. There is **no** justification for unsportsmanlike conduct, regardless of the situation or opinions about how good or bad a referee is. Team leaders, players, or the entire team may be suspended from further play for the balance of the season and possibly upcoming seasons, due to unsportsmanlike acts. Team representatives and all team members are to control the tempers of their players; if not, the entire team may suffer for the actions of a few. Individuals or teams who become upset during a game because of calls or a lack of calls should remove themselves from the game or league as needed. Team representatives should bring their **written** constructive criticisms to the attention of the Recreation Division. Referee evaluation forms must be filled out and brought to the Recreation office if you want any action taken about your referee complaint. These forms are available at the gym or at the Youth Activity Center 1317 Parsley Blvd.
2. Only those players whose names appear on the official roster may compete. Teams must start with at least 4 players on the court and may finish with less than four (4) if injury occurs during the match. Should the number of team members drop to less than four (4) due to ejection(s), the match will be forfeited against that team.
3. Teams should be ready to play and have lineups to referee 10- minutes prior to game time.
4. Each match will consist of the best two out of three with the first two games being played to 25, you must win by two points with a cap of 30, if cap is reached you only need to win by one. **EXAMPLE:** score is 29 to 29 the next point wins. If a third game is required that game will be played to 15, with the cap being 20.
5. The "**Rally Point**" scoring system will be used the entire match.
6. Six players will constitute a team (3 men and 3 women). More than six players may be on the roster, only players whose name appear on the official roster may compete.

7. All league matches must start and play with at least **FOUR (4) PLAYERS**, (2-2 combination of male Or female players) **OTHER ACCEPTABLE COMBINATIONS INCLUDE:**
  - a. 3 women and 2 men
  - b. 3 men and 3 women
  - c. 3 men and 2 women
8. The net height shall be **7'11"**.
9. Serving order and positioning on the court shall be an **alternation of male and female**, or vice-versa.
10. When the ball is played more than once by a team, one of these contacts must be made by a female player. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of contacts by a team.
11. When only one male player is in the front line at service, one male back line player may be forward of the attack line for blocking.
12. **Substitution Rule:**

Teams will have their choice of two alternative methods of substitution for each **game** played. Officials (referee & scorekeeper) must be informed of the method of substitution you plan to use **prior** to the beginning of each match.

  - a. **Rotation Substitution:**

Substitutes must enter the game on each of their teams' rotations, and all must enter the #4 (LEFT FRONT) position. All starters and substitutes must assume the same position in the serving order in relation to other teammates for the duration of the game. (Teams are not required to rotate all team members into each game.)
  - b. **Substitution Rule:**

Substitution may be made when the ball is dead, on the request of either the captain on the court or the designated head coach off the court, when recognized by the referee.

**NOTE:** Teams may change their method of substitution for each **game** if desired, provided the referee and scorekeeper are made aware of the change prior to the start of the game.
13. Players arriving **during** a match will be allowed to play when they get there without penalty.

14. No time limit will be enforced for any of the matches. We ask your cooperation in helping keep matches to 45 minutes. HOWEVER, if at 10:00 p.m. a winner of the match hasn't been determined, the following procedures will be followed:
  - a. If the first game in any given match **hasn't** started or been completed by 10:00 p.m., the entire match will be rescheduled.
  - b. If the **second game** in any given match hasn't begun at 10:00 p.m., the entire match will be rescheduled.
  - c. If the **second game** is in progress at 10:00 p.m., the game will be stopped, and the team having scored the **most points** in the match will be declared the winner. (see 8.e.)
  - d. If the **third game** is in progress at 10:00 p.m., the game will be stopped and the team **ahead at that time** will be declared the winner. (see 8.e. below)
  - e. If teams have scored an equal number of points (in sections C.8.c. or C.8.d.) a "Sudden Death" will be played to determine a winner; i.e. 1) Coin toss to determine server, 2) first team to score a point wins the match. The "Rally Point" system shall be used during "Sudden Death."
  - f. Any partial matches rescheduled for any reason will be replayed in their entirety.
15. No protests will be accepted.
16. Only managers, coaches and team captains may talk to officials. Prolonged arguments will not be allowed.
17. League standings will be determined on win-loss match record. In the event of a tie at the end of league play, final standings will be decided by:
  - a. Results of head to head competition.
  - b. Point differential in games between tied teams.
  - c. Alternate method determined by league director.
18. **Team captains are required to sign the score sheet in the yellow box after their match to ensure that the score is recorded correctly. No protests will be accepted about a games score. You may call to question your standings; score sheet will determine final decision on winner and loser of the game.**
19. **Teams will not be required to have matching shirts/jersey or numbers. Shirts must be worn in good taste. Officials have the right to require that any player turn their shirt inside out or change shirts if the official feels it is inappropriate. Uniforms are not allowed to have zippers, snaps, buckles or anything sharp that could possibly harm another player.**

20.

Jewelry will be allowed to be worn during any volleyball league play. This includes earrings, necklaces, bracelets, piercings, and rings. All exposed jewelry or items that are judged to be hazardous or potentially dangerous by the official may not be worn. The player cannot participate until they remove that item. Jewelry being worn is worn at the players own risk and cannot hold the City of Cheyenne and or the officials liable.

1. **Hair devices made of soft material or unadorned bobby pins and unadorned flat clips, no longer than 2 inches, may be worn. Hair adornment made of soft material and no more than 2 inches wide may be worn.**
2. Co-Rec volleyball is played under the WHSAA rules except where amended by League By-Laws. This means that we are not playing sand rules or any other Volleyball rules. If you have only 4 players, you must have at least one person in the back row. It is illegal to have 4 attackers in the front row.

**D. FORFEITS & DISQUALIFICATIONS:**

\* Players with unpaid ejection fines from any city league will not be allowed to be placed on a roster in any Cheyenne Recreation League until that fine has been paid in full (cash only).

1. Any team discovered using players not on their official team roster will forfeit such games. League Directors will deal with ineligibility to the best of their ability. All decisions will be final.
2.
  - a. If a team does not have four (4) players to start the first game at the scheduled starting time, that team shall lose the game by forfeit 25-0.
  - b. If neither team has enough players present at scheduled starting time, a loss will be charged to both teams.
  - c. A waiting time of 10 minutes shall be allowed for the team/teams to have four (4) players to play the next game.
  - d. If both teams have four (4) players present prior to the expiration of the 10-minute waiting time, play shall begin with the second game, so the winner of game two is the winner of the match.
  - e. If after 10 minutes both teams do not have four (4) players, the match shall be declared a forfeit to both teams.
  - f. If only one team has four (4) players by the 10-minute waiting period, the other team will forfeit the match. **\*Any team forfeiting an entire match will be fined \$50.00. This fee may be avoided by notifying the Recreation Division, at 637-6408, by 1:00 p.m. on the day of the match your team needs to forfeit. The fine must be paid, in cash, by the next scheduled game or the offending team will not be allowed to play and will be credited with another forfeit.**

- g. If both teams show up for the 2nd game, only one game will be played. The winner of this game will be the winner of the match. (Loser has then lost 2 games) If one team has four (4) players by the end of the 10-minute waiting period, the other team will forfeit the match.
3. Any team that forfeits 2 league matches **without good reason** may be removed from the league with no refund. League Directors' decision will be final in these cases.

**NOTE:** If you know in advance you will not be able to field a team, please call the Recreation Division by 1:00 p.m. so the opposing team can be notified, and to avoid a forfeit fine.

4. Officials will not be required to officiate any forfeited matches. Teams will be allowed to scrimmage with the understanding the floor will be **cleared 15 minutes prior to the next scheduled match time.**
5. Any player or spectator who directs any profane remarks, gestures, or verbal abuse toward the referee, another player or spectator, will be automatically ejected from the match by the referee. Further action may be taken against individuals or teams in accordance with the code of conduct. The officials and gym supervisor will have authority to end all scrimmage matches.
6. Team captains, coaches, managers, and the entire team will be responsible for assuring that players ejected leave the gym, or the team will forfeit that evening's match and possible further action could be taken.
7. Team captains will be asked by the referee to control the actions of their fans that become too rowdy or insulting. If fans persist in this manner after the referee has warned the team captain, the gym will be cleared. A forfeit will result if a team's fans refuse to leave the gym when asked.
8. Individuals habitually badgering the referee may be eliminated from the program by the Recreation Division.
9. Yellow and red cards will be in effect: Yellow = warning, Red = penalty, Yellow and Red = ejection from game or match. Verbal warnings, penalties, and ejections will also be allowed. An ejection also can serve as a minimum of a 1 game suspension.

## **E. FACILITY USE:**

1. **LEAVE YOUR VALUABLES AT HOME.** The Recreation Division and the Laramie County School District No. 1 will not be responsible for stolen or lost personal articles of any kind.
2. All participants are required to wear tennis (court) shoes on gym floors. Any shoes that leave marks on the floor will not be allowed.
3. All teams are asked to help keep the entire building clean: floor, restrooms, common areas, etc. No smoking will be allowed in the gym or common areas.
4. If it is necessary to bring your child/children, you **must** have another person available to provide **immediate** supervision while you are playing. Children will not be allowed in halls or locker rooms without direct supervision. Penalties (point or side out) will be charged to the offending team **each time** a game is stopped due to unruly children. Referees will enforce this rule any time that children are out of the bleachers, and/or unsupervised. The gym supervisor is not responsible for monitoring children.

5. No alcoholic beverages or drugs will be allowed at games. Any persons judged to be intoxicated or under the influence of drugs or alcohol by supervisors or referees will be asked to leave the premises.

**NOTE: VIOLATION OF THE OPEN CONTAINER LAW CAN BE PENALIZED WITH UP TO ONE (1) YEAR IN JAIL AND A \$700.00 FINE. THIS INCLUDES VIOLATION WITHIN BUILDINGS OR PARKING LOTS. THE POLICE DEPARTMENT WILL BE PERIODICALLY PATROLLING FACILITIES. VIOLATION OF THIS RULE COULD AFFECT OUR USE OF SCHOOL FACILITIES.**

**NOTE: It is imperative that no players or spectators enter any of the facilities earlier than 15 minutes prior to the first scheduled game time.**

## **F. CITY CANCEL POLICY**

In the instance that the City of Cheyenne announces an emergency closure, all recreation activities (volleyball included) will be canceled for the period of time specified in the announcement by the City. In such cases, no departmental announcements through the local media shall be necessary. Please make your team members aware of this policy.

In all other cases, the decision to cancel due to inclement weather or other circumstances rests with the Recreation Division. The decision to cancel will be based on our judgment. In these instances, notice will be given to the team rep via email. If in unsure that the matches will be played that night, it is the team's responsibility to call the Recreation Division. **NOTE: THE CLOSURE OF SCHOOL DISTRICT #1 FACILITIES DICTATES AUTOMATIC CANCELLATION OF LEAGUE MATCHES.**



**2020 Co-Rec Volleyball Adult League Registration form:**

**Information on this form must be completely filled out or it will not be accepted!**

Team Name: \_\_\_\_\_ Sponsor: \_\_\_\_\_

Team Representative #1: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Provider (for Text Alerts): \_\_\_\_\_

Work/Home: \_\_\_\_\_ Email: \_\_\_\_\_

Team Representative #2: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Provider (for Text Alerts): \_\_\_\_\_

Work/Home: \_\_\_\_\_ Email: \_\_\_\_\_

**Division Preference:**

Teams will be assigned to divisions based on the information provided on this form. If information is left blank, League Directors will assume the player/team has upward mobility concerning divisional placement. Indicate your 1<sup>st</sup> and 2<sup>nd</sup> choice for the division you can compete in, not just win. Number of divisions may vary from what is shown, due to registration.

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 1 - Excellent Team Ability | <input type="checkbox"/> 2 - Very Strong Team Ability | <input type="checkbox"/> 3 - Strong Team Ability        |
| <input type="checkbox"/> 4 - Good Team Ability      | <input type="checkbox"/> 5 - Average Team Ability     | <input type="checkbox"/> 6 - Below Average Team Ability |
| <input type="checkbox"/> 7 - Weak Team Ability      | <input type="checkbox"/> 8 - Poor Team Ability        | <input type="checkbox"/> 9 - Very Poor Team Ability     |
|   |   | <input type="checkbox"/> 10 - Novice/Starters           |

**Last Year's Team Information:**

Did not play last year  Played last year (please fill out Information below)

Team Name: \_\_\_\_\_ Last Year's Division: \_\_\_\_\_ Number of Returning Players: \_\_\_\_\_

**Scheduling Concerns:**

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**Other League Play:**

Please let us know what other City leagues your team is currently participating in so that we can do our best to schedule around possible game conflicts.

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**Please fill out Roster on reverse side!**



## Adult League Roster Form

\* Experience Status - A - Major College (4yr) Pro Ball    B - Jr. College Starter C - High School Varsity Starter/Jr, College Non-Starter  
D - High School Varsity Starter    E - High School Varsity Non-Starter    F - Below High School Varsity Non-Starter

1. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

2. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

3. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

4. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

5. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

6. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

7. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

8. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

9. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

10. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

11. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

12. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

13. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_

14. Name: \_\_\_\_\_ Address: \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Provider (Txt Alerts): \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Exp: \* \_\_\_\_\_ \*  
E-Mail Address: \_\_\_\_\_