



CITY OF CHEYENNE RECREATION DIVISION
2023 Co-Rec Winter Volleyball League

Organizational Information

1. The league will be governed under **Wyoming High School Activities Association**, except as amended by League by-laws and policies. City League co-rec Volleyball is organized, administrated, and supervised by the Cheyenne Recreation Division. Any questions as to policies, rules, or regulations should be referred to the Recreation Division at 773-1039.
2. Rosters are due at the time fees are paid. **A minimum of 6 players (3 men and 3 women)** must be on the roster before it will be accepted.
3. Divisions are created primarily based upon a team's selected ability level on their registration form. Other pertinent information including previous playing experience, as well as the previous year's team standings will be considered in dividing the teams into divisions. **Fill out your roster COMPLETELY, AND ACCURATELY. Any missing information will assume upward mobility in division placement.**
4. Games may be played on Monday-Thursday evenings. Games will be played at the Eastridge Facility, Meadowlark Elementary and/or YACC. See league schedule for actual match times.
5. **NO REFUNDS** will be allowed after the schedule has been created.

Eligibility

1. All participants must either reside in Cheyenne full-time, commute daily from Cheyenne to work or school, or reside in a community in Laramie County which does not offer a volleyball league.
2. Players must be on an official league roster.
 - a. A player can only be on 1 official team roster.
 - b. Player must be 16 years or older
3. **Player Adds** – A player add is a request by a team rep to the league director to add a player to their roster for the **remainder of the season.**
 - a. Player adds must be approved by the league director prior to the requested player becoming eligible.
 - b. All player adds must sign their team's bylaws to become eligible.
 - c. Requested player adds MUST NOT already be on an official roster prior to the add request.
 - d. Each team is allowed up to **5** player adds throughout the regular season (**0** player adds during the postseason).
 - e. Rosters can have a maximum 14 permanent players.
4. **Player Pass (Subs)** – A player pass is a request by a team rep to the league director to add a player to their roster for **1** game.
 - a. Player passes must be approved by the league director no later than 2:00pm on the date in

- which you would like to use the player pass. This request must be approved by the league director to become eligible.
- b. Player pass players must sign the player pass slip at the game site to become eligible.
 - c. Player passes can either come from outside the league, a team in a lower division currently in the league, or a team in your division currently in the league.
 - i. Player passes cannot come from a higher division.
 - d. Each team is allowed 5 player passes throughout the regular season, and 1 in the postseason.
 - e. The league director will keep record of all approved player adds and passes.

General Game Information

1. All league matches must start and play with at least **FOUR PLAYERS**, (2-2 combination of male or female players) **OTHER ACCEPTABLE COMBINATIONS INCLUDE:**
 - a) 3 women and 2 men
 - b) 3 men and 2 women
 - c) 3 men and 3 women
2. Teams must start with at least 4 players on the court and may finish with less than 4 if injury occurs during the match. Should the number of players drop to less than 4, due to ejection(s), that team will forfeit the match.
3. Teams should be ready to play and have lineups to the referees 10 minutes prior to game time.
4. Each match will be best two out of three sets, with the first two sets being played to 25. You must win by two points, with a cap of 30. If the cap is reached, you only need to win by one point (**EXAMPLE:** score is 29 to 29, next point wins). If a third set is required, that set will be played to 15, with the cap being 20.
5. The "**Rally Point**" system will be used the entire match.
6. The net height shall be 7'11"
7. Serving order, and positioning on the court, shall be an **alternation of male and female**, or vice-versa.
8. 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.
9. When only one male player is in the front row, one male back row player after serve may come forward of the attack line for blocking only.
10. **Substitutions:** Teams will have their choice of two alternative methods of substitution for each **set** played. Officials (referee & scorekeeper) must be informed of the method of substitution you plan to use **prior** to the beginning of each set.
 - a) **Rotation Substitution:** Substitutes must enter the set 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 set. (Teams are not required to rotate all team members into each set.)

- 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.
 - c) **NOTE:** Teams may change their method of substitution for each set if desired, provided the referee and scorekeeper are made aware of the change prior to the start of the next set.
11. Players added to a lineup during a match will be allowed to play in the set-in progress (i.e., late arrivals).
12. 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 10:00pm, a winner of the match has not been determined, the following procedures will be followed:
- a) If the first set in any given match has not started, or been completed by 10:00pm, the entire match will be rescheduled.
 - b) If the second set in any given match has not started by 10:00pm, the entire match will be rescheduled.
 - c) If the second set is in progress at 10:00pm, the set will be stopped, and the team having scored the most points in the match will be declared the winner (see 8.e. below).
 - d) If the third set is in progress at 10:00pm, the match 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. Coin toss to determine server
 - ii. First team to score a point while serving, wins the match. The "Rally Point" system shall not be used during "Sudden Death".
 - f) Any partial matches rescheduled for any reason will be replayed in their entirety.
13. 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 a referee complaint. These forms are available at the gym or call 307-773-1039.

Uniforms & Jewelry

- 1. Teams will not be required to have matching shirts/jerseys or have #'s on shirts/jerseys, but it is encouraged. Shirts must not include profanity, explicit content, or inappropriate content. Shirts must be in good taste.
 - a) **NOTE:** Officials have the right to require that any player turn their shirt inside out or change shirts if the Official feels it is inappropriate.
- 2. Jewelry will be allowed to be worn during any Volleyball League play, but any jewelry or items that are judged to be hazardous or potentially dangerous by the Official may not be worn. In this case, the player cannot participate until they remove that item.

Forfeits and Disqualifications

* **Players with unpaid ejection fines** from any City operated League, **will not be allowed** to be placed

on a roster in any Cheyenne Recreation Division League until that fine has been paid in full at the Kiwanis Community House (cash only).

1. Team forfeits:

- a) If a team does not have 4 players to start the first set, at the scheduled starting time, that team shall lose the set 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(s) to have 4 players to play the next set.
- d) If both teams have 4 players present, prior to the expiration of the 10-minute waiting time, play shall begin immediately.
- e) If after 10 minutes, both teams do not have 4 players, the match shall be declared a forfeit to both teams.
- f) If only one team has 4 players by the 10-minute waiting period, the other team will forfeit the match.
- g) If both teams show up for the 2nd set, only one set will be played. The winner of this set will be the winner of the match (loser gets counted as having lost 2 sets).

2. Team captains will be asked by the referee to control actions of their fans/players 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 fan(s) refuse to leave the gym when asked.

- a) Team captains, coaches, managers, or the entire team will be responsible for ensuring that ejected players leave the gym, or the team will forfeit the evening's match and possible further action could be taken.

3. Yellow and red cards will be in effect: Yellow = warning, Red = penalty, Yellow and Red = ejection from the rest of the current set. 2 Reds = ejection from the rest of the match. Verbal warnings, penalties and ejections will also be allowed.

Facility Use

1. All participants are required to wear tennis (court) shoes on gym floors. Any shoes that leave marks on the floor will not be allowed.
2. All teams are asked to help keep the entire building clean: gym floor, restrooms, lobby area, etc.
3. **It is imperative that no players or spectators enter any of the facilities earlier than 15 minutes prior to the first scheduled match time.**

Inclement Weather Policy

In the instance that the City of Cheyenne announces an emergency closure, all recreation activities (volleyball included,) will be canceled for the period specified in the announcement by the City. In such cases, no departmental announcements through local media shall be necessary. Please make your team members aware of this policy. In all instances, notice will be given on various media (e-mail, Facebook, cheyennerec.org).