



Adult RCO B Volleyball Rules

Philosophy: This league is intended for everyone to come together and play volleyball where men and women have equal opportunity to play competitively and have fun. Good sportsmanship with opponents, referees, director, and staff is required. Any poor sportsmanship, cursing, and/or arguing with referees, opponents, staff, or director may result in a suspension.

*Note: This league is compared to a C+ level tournament (27 points) based on Yankee ratings.

Registration:

- To play, one person (typically designated as the captain) must register their team on lewistonrecreation.com.
- You will only have to do a \$55 deposit to secure your spot in the league. The remaining \$275 should be paid no later than week 2.
- The captain will be in charge of adding players, including their rating, to their roster online through registration or emailing the Director at TDuchette@lewistonmaine.gov.
- Regular Season is 10 weeks; Playoffs are 2 weeks and single elimination

Rosters:

- This is a 27 point level league based on Yankee ratings.
 - B: 6 points; B-: 5 points; C+: 4 points, C: 3 points
- B level players are allowed, but you are only allowed 1 B level player on your team. If you have a B level guy, you can only have your other 2 guys be C+ or lower even though the +2 can be offset.
- All regular players (Core Starting 6) of your roster will be grandfathered in with what rating they are at the beginning of the month the league begins. For example, if the season

starts mid October, ratings will be locked Oct. 1st or if the season starts Feb. 5th, ratings are locked in Feb. 1st. So when building your team, be aware of those who may be on the watch list and could be rated up before the locked date.

- Any subs (not inter-league) will not be grandfathered in and will have to go by the rating they are each night. So if you are C+ week 2, but then are up rated to a B-, then you will be a B- going forward.

Inter-League Subbing:

- To help teams throughout the season, inter-league subbing is allowed which means you can have someone from another team fill in for someone, **HOWEVER**,
- The team with the sub on it must remain under 27 points. i.e. if a permanent roster only has 26 points on it, and the team needs a sub for a C player, the sub could be a C+ because the team has the points to do it.

Sub Pool:

- The sub pool will keep track of anyone who is not part of the Core 6 of a team. This will include their rating, which if their rating changes, then I will update it.
- Sub pool Google sheet is located here:
https://docs.google.com/spreadsheets/d/133sjj2fkzdD4rkMsryOFaUb4-ZyR_cZk9jg1X3oiMjE/edit?usp=sharing
- Every team will start the season with their “Core 6 Players,” all of which need to have played 5 weeks in order to be playoff eligible.
- **Subs for Playoffs:** Subs will just need to have played at any point during the regular season in order to be eligible for playoffs, **HOWEVER**, a team should have 50% of their Core 6 playing during playoffs when subs are needed.

Game Play:

- The serve will alternate male-female, three men and three women on the court. Games will be played with rally points to 25 (start at 4s) with a cap at 30. A net serve will be counted as a legal serve. The fifth game will only begin at 4s if the first 4 sets have been played within an 1 hour 30min. If that time has passed, it will be played 0 to 15.
- One match will consist of 5 sets.
- **Work Teams:** There will be no work teams. It will be an honor system.

- There should be 3 men and 3 women on the court.
 - Can play with 4* players, **GHOST**.
 - **GHOST RULE:** This means when you have less than 6 players on the court, players will have to hold their position. Teams will lose serve and a point when the ghost is up to serve.
- When the ball is hit more than one time on a side, one of these hits must be made by a male.
- If a male were to dump the ball on the second pass, he cannot be above the net.
- Men can only attack behind the 10 ft line.
- If two men are in the front row, a female from the back row may come up to block, but that player may not attack while he/she is in the front row.
- Attendance sheets must be filled out for each and every match. Failure to do so may jeopardize a player's or a team's eligibility for playoffs. **We will be enforcing this rule every year(See more in House Rules about eligibility for playoffs).**

Playoffs

- All "Game Play" rules apply except the following changes:
 - It is best 3 out 5
 - If game 5 is needed, play 0 to 15 except the championship game (4 to 25)
- Will consist of a single elimination playoffs and may include higher ranked teams earning first round byes.
- Players are eligible for playoffs if they play **50%/5 Weeks** of the regular league matches.
- Subs: See "Sub Pool" for more details.

House Rules:

- **Teams must be on the court and ready to play at the time designated or lose one game.** After 15 more minutes, games 2-5 will be forfeited together. A forfeit counts as a win for the other scheduled team. If a team forfeits 3 matches, they will be out of the league.
- Matches will be played on Monday's.
- Teams will toss a coin for choice of serve or playing area; teams will change playing areas at the end of each game. Five sets will be played in one night and will constitute a match.

One point is given for each game won. The team not serving in the first game will start the service in the second game. A coin will be tossed for the fifth game only if the two teams have split; service continues to alternate, otherwise.

- A non-served ball that hits the ceiling above the playing surface is playable if the ball returns on the same side as it was hit. This includes the lobby balcony on the Concession Court, but only the wood area is playable. The ball cannot break the plane of the net.
- Any ball that hits the basketball hoops that hang out may be subjective to a replay if a player was under the ball and could have made contact with it as long as they also had another touch available. If the ball ends up being a line drive and bounces off the hoop, then it will be considered out of play.
- Two 30 second time-outs are allowed per game
- Teams may not protest a game. A clarification of RCO Volleyball league rules will be determined with the league director.
- Teams will put the time that the **match starts** on the score sheet. If the fifth game of a match has not started within 1 hour 30 minutes of the start time, then the fifth game of the match will play 0 to 15.
- Substitutions may be made at any time, but only through the back middle position. Substitutions can be made at any ghost position on the court during a timeout. In the case of an injury, a substitution can happen without a timeout. There is no limit to the number of times a player can enter a game.
- A team roster must have at least 6 players and no more than 12 total. .
- Additions to the roster must be made at least **one day** before that person can play, and additions must have the volleyball director's prior approval. Rosters may be changed up until there are **five** weeks remaining in the regular season schedule. When there is less than **five** weeks remaining in the regular season schedule, rosters will be set and players can only be added by special permission of the director for extenuating circumstances.
- High School players or minors must be 16 years old before being put on a roster to play in any division. Players under age 18 must show birth certificates at the time they are placed on the roster. No more than 3 minors may be on a league roster at one time. (All minors may play at the same time.). With special permission of the Lewiston Recreation Division, a

16 year old may play on a team under the following conditions:

- The 16 year old must play on the team as his/her parent
- The parent of the 16 year old must be an active member of the team
- The 16 year old must meet the standards of play for the B League and the Recreation Division
- All players under age 18 must have parental permission; submit a birth certificate and parent waiver to the Recreation Division.
- Only non-marking athletic shoes may be worn in the gymnasium.
- **Children must be supervised at all times. If there are any problems, then the children/guardians will be asked to leave the Center.**
- No food, drink or smoking in the gymnasium.
- If three or more teams are tied between first and other places, the places will be determined by head-to-head competition. Teams tied for second, and so on, are determined by head-to-head also. If ties for the last playoff position occur, head-to-head season records will break the ties.
- The Lewiston Recreation Division reserves the right to reschedule, postpone or cancel activities; programs; change locations; or make other changes as required or necessary.

Awards:

- Playoff Champions awards will be T-shirts for each eligible playoff member of the team, Lewiston Recreation Division will order and pay for t-shirts and one screen. Additional cost will be the responsibility of the team.

League Director:

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