

Onalaska Park and Recreation Department
Women's Volleyball
Winter League Rules 2023 – 2024

1. **Player Eligibility**

- A. City Resident – A person who resides within the corporate city limits.
- B. Non-Resident – A person who resides in the Town of Onalaska, Town of Medary, Brice Prairie, etc. – No additional fee.
- C. Any player who knowingly falsifies a roster will be suspended for a one (1) year period from any activity sponsored by the Parks and Recreation Dept.

2. **Team Roster Requirements**

- A. Team rosters are due the first night of league and must be complete.
- B. Teams must have a minimum of 6 players on the roster.
- C. All players must have signed the roster. Give completed roster to site supervisor.
- D. All subs are expected to sign the roster as well, even if they only play once.
- E. Rosters will remain on site all season long, so subs can sign at anytime.

3. **Game Requirements**

- A. Each match will consist of 3 sets being played to 25 points, win by 2 with a cap of 27. You will use rally scoring.
- B. Standings will be based on the number of sets won. Tiebreaker in standings will be the total number of sets won against the opponent with same record.
- C. Teams must have at least 3 players to start and finish a set. If a team is short players after 10 minutes into their match, they forfeit the game 25-0. Teams have the option of still playing for fun, but it will be a forfeit. Teams have 10 minutes before their next set to get 3 players there and if they can, they are allowed to play the second set. If the team can't find any more players, the second set is a forfeit, 25-0, as well.
- D. Team captains are responsible for recording the scores to the gym supervisor after every set. PLEASE REMEMBER EXACT SCORES!!!
- E. The server shall serve from anywhere along the end line, but shall not touch the end line or the floor outside the lines marking the width of the court at the instant the ball is contacted for the serve.
- F. Double contact is legal on the first hit over. This includes serve receive and first hit over on a volley.
- G. A player may touch the floor across the centerline or it's out of bounds extension with one or both feet/hands provided part of the foot/hand remains on or above the centerline. Making contact on these with any other part of the body is illegal.
- H. Play off the ceiling is allowed in the event the ball is hit into the ceiling on the first or second hit and returns to the same half of the court from which hit.
- I. Digging with any part of the body, anywhere, anytime is legal.
- J. A block doesn't count in the three hits. A person can block the ball and immediately hit the ball again. No back row players are allowed to block.
- K. A player can only block a ball moving toward the net and breaking the plane of the net. Blocking a ball, which is entirely on the opponents' side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - attacking team has completed its three allowable hits
 - attacking team has had the opportunity to spike the ball or directs the ball with intent to return it to the opponents court
 - ball is falling near the net and no member of the attacking team could make a play on the ball

- the ball is served
- L. Unsportsmanlike conduct will result in one or more of the following:
 - point or side out * suspension for the evening
 - removal from the league * game forfeiture
- M. The back row can spike the ball provided they take-off from behind the ten-foot line.
- N. Each team is allowed 2-30second timeouts per match.
- O. There are no protests allowed. This league does not use officials, so any play that is questionable, replay it!

4. Playoffs

- A. Roster is frozen after Wednesday, February 21, 2024. No new players can be added for the playoffs after this date.
- B. All teams will make the playoffs.
- C. Playoff match ups will be based on league standings. Standings will be based on the number of sets won. Tiebreaker in standings will be the total number of sets won against the opponent with same record.

GENERAL CONDUCT RULES

- A. Players and managers will conduct themselves decently at all times. There will be no vulgar or abusive conduct. Abuse of this rule may result in the termination of the game (gym supervisors discretion)
- B. Players who have repeated violations of rules and fail to exhibit a spirit of fair play will be suspended from the league.
- C. The Park and Recreation will suspend any player who physically attacks or strikes another person indefinitely, pending a decision.
- D. There shall be no alcohol beverages or smoking allowed on school property.
- E. Another adult who is not participating in the contest must supervise all children at the game. Children must remain seated in the gym and will not be allowed to roam the hallways. Parents are responsible for the supervision of their children at all times. PLEASE NO CHILDREN IN THE HALLWAYS!
- F. The Park and Recreation Department reserves the right to take any action it deems necessary to maintain the integrity of the programs.

Along with these guidelines already in the rules, we are also adding:

Players and managers shall refrain from expressing inappropriate sexual, racial or discriminatory gestures, actions or comments towards other players, park and recreation staff (umpires/referees, site supervisors, coaches), school district personnel, etc.

Players and managers shall refrain from unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature to park and recreation staff (umpires/referees, site supervisors, coaches), school district personnel, etc.

Players and managers shall refrain from harassment is any verbal, written, visual or physical act that creates a hostile, intimidating or offensive environment or interferes with an individual's job performance or players performance.

Players and managers shall refrain from creating a hostile environment which refers to conditions or harassment by players or outside vendors in which an employee cannot perform their job without feeling uncomfortable, harassed or threatened.