

Adult Volleyball Leagues Fall 2025

“Policies and Procedures”



Cuyahoga Falls Parks and Recreation Department

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**Cuyahoga Falls Parks and Recreation Department
ADULT VOLLEYBALL PROGRAM ADMINISTRATION**

Management of the Adult Volleyball Leagues

- A. Those individuals who desire to participate in this program do so with the knowledge that the Parks and Recreation Department establishes all policies and regulates the program as a small phase of its overall recreation program.
- B. The Parks and Recreation Department will organize the leagues, assign officials, prepare and release publicity, and in general, conduct the business of the leagues.

VOLLEYBALL LEAGUE REGULATIONS

Team Membership - Eligibility

- A. Any man or woman 18 years or older.
- B. Each team may carry a roster of twelve (12) members. A team consists of four to six (6).

Entrance Fees

- A. A \$210.00 team registration fee (for Fall 2025 league) will be assessed to each team who desires to participate in this league, plus a \$30 league roster/forfeit deposit fee (refundable). Checks must be made payable to the City of Cuyahoga Falls. Fall registration closes on 9/26/25 at 4pm.
- B. There will be a \$30 refundable forfeit/team roster deposit fee charged at the time of team registration for all teams. This deposit will be refunded at the end of the season if teams follow the rules below. It is recommended that this deposit fee be paid with a credit card in order to reduce the amount of time for the deposit refund for the city's finance department.
 - A. Team managers, or team representative attend the preseason league meeting.
 - B. Teams give at least 24 hours' advanced notice when forfeiting a game(s).
 - C. Teams turn in their final team roster (fully completed) electronically by the second week of games via email to pullinja@cityofcf.com.
 - D. Teams are in good standing at the end of the season and no suspensions, or written warnings have been issued to the team, or any player(s) on the team.
- C. If the league is canceled due to the failure to secure the necessary number of teams, the entrance fees will be returned to the involved teams.

Rosters

- A. The team captain must submit a tentative roster listing the probable members of a team with the registration and entry fee.
- B. Team captains will email their final team roster to the Parks and Recreation Department before their second played game. This must be turned in electronically to the league director via email. Rosters should emailed pullinja@cityofcf.com.
- C. Players listed on the tentative roster may not appear on the final roster of another team. If a player is found to be on two tentative rosters, she or he will be called by the Department and asked which team she or he is supposed to be on, and then deleted from the second team.
- D. No new team members can be entered on a team's roster after the final roster has been submitted. However, there is a new rule regarding team rosters. **Emergency Roster Update – after 2 weeks if there are extenuating circumstances such as an illness, injury, job change, etc. a minor roster update can be made. This must be approved in writing with the volleyball league coordinator and league director both approving this change.**
- E. A team's tentative roster will be declared as the final roster if the team captain fails to submit a final roster by the deadline.

Insurance

The Cuyahoga Falls Parks and Recreation Department does not carry insurance on participants or spectators in the program. If the participant desires insurance, it is the responsibility of the individual to secure the same. By the same token, lost or stolen property of those involved in this program is not insured. The Falls Parks and Recreation Department will make every effort to minimize the occurrence of such related incidents.

Schedule and Determination of League Champions

- A. League Champion will be determined by:
 - 1. The team with the best-won - loss record.
 - 2. If two teams are tied, then the team with the best won-loss record in the games played against tied teams will be designated the winner.
 - 3. If the tie is still unbroken, then head to head point difference will be the deciding factor.
- B. The season will be divided into two parts:
 - 1. One round robin schedule.
 - 2. Single elimination playoff tournament. Only the top 8 teams will make it to the playoffs.
- C. Record and standings will be compiled by counting all three games in a match. Tournament records will be best two out of three.

Awards

The winning team will receive individual t-shirts. The first place team in the tournament will receive a trophy.

Forfeiture

- A. All matches will start promptly as scheduled. **There is no grace period.** If a team is not physically ready to play at game time with at least **three (3)** players, they will forfeit the first game. Ten minutes past the scheduled game time the team forfeits all three games. A second forfeiture will result in the team's expulsion from the league.
- B. A team will forfeit a match if one or more of its players are found to be in an inebriated condition as judged by the game officials. The law provides that you must not be intoxicated in a public place. City Ordinance, Chapter 31, Title 3, provides severe penalties for persons possessing alcoholic beverages at such recreation programs and equally severe penalties for those persons appearing at such activities in an intoxicated state. Officials are hereby ordered to bar any intoxicated person from the facility and to eject such persons from the game and the buildings if they are already in. In the event of noncompliance the officials shall notify the police in accordance with Section 331.05.
- C. If, in the opinion of the game official, a team is excessively abusive, either in a physical or verbal sense, he can stop the game and award the victory to the other team.

Protests

- A. Official protests are to be filed with the Parks and Recreation Department Office and addressed to the Recreation Programmer by the close of the business day following the protested game. An official protest must be in writing, stating the infraction of the rule or league regulation, and be accompanied by a twenty five-dollar (\$25.00) protest fee - in cash only -, which will be refunded if the protest is upheld.
- B. The Recreation Program Supervisor and the League Official shall rule on all protests.
- C. No protest on an official's judgment decision will be accepted.

GAME REGULATION

Authority

- A. The league officials and team captains shall have the responsibility of seeing that all games are conducted in an orderly manner.
- B. School facilities are made available to the Parks and Recreation Department through the cooperation of the Cuyahoga Falls Board of Education. Failures to comply with the regulations as established herein could jeopardize the status of this program as well as the many other recreation programs that are held in the schools. Your cooperation is essential.

Building Rules

Bolich & Roberts

- A. There will be no smoking permitted in the school building. This is both a State Fire Law and School Board Regulation.
- B. All activity related to this program must be confined to the gymnasium area; participants, as well as spectators, are not permitted in other parts of the school building.
- C. If players bring young children to the games, **they must be accompanied by another adult** and sit on the bleachers. Children may not sit alone on the bleachers while their parents play.
- D. While in the gym, spectators are to remain in the bleacher area. The stage and any athletic equipment are off limits.
- E. If the schools are closed for any reason, our programs in the schools will also be canceled for that evening. If the schools are on a delayed start we will have our games in the evening.

The Natatorium

- A. Players can check in at the Natatorium Front desk no more than 15 minutes ahead of the start of their game. Players will check in at the front desk counter (closer to the main doors). Players will let the parks and rec staff know that they are there for the volleyball league, what team they are on, and their first and last name. P&R staff will have team rosters at check in.
- B. **Players will need to bring in a government issued photo ID the Natatorium to the first game played at the Natatorium.** Per city policy the Natatorium prohibits sex offenders, and anyone entering the building must be checked against the registered offenders list. Once players have been checked in with a government issued photo ID they will not need to bring in an ID again the remainder of the season.

Building Rules Natatorium – (continued)

- C. Players will be issued a wrist band at the front desk that must be worn while in the facility for each week.
- D. To enter the gymnasium, players are asked to walk toward the racquetball courts (pass locker rooms), and enter the west court gym thru the double doors next to racquetball court.
- E. Once games are completed players must leave the Natatorium within 15 minutes. Players are prohibited from using the facility unless they are members, or pay the daily admission rate. Players are permitted to remain within the west court gym to watch the remaining volleyball games, however due to limited space, players may not invite spectators.
- F. Players are asked to use the restrooms in the Aquatic Center hallway.
- G. The Natatorium reserves the right to change, update, and/or modify these rules at any time throughout the season without prior notice. Updated rules, and policies will be posted in a timely manner.

Score - Timekeeper

The scorekeeper(s) will keep score and the game clock. Team managers, or a team representative are required to sign the score cards at the completion of the games.

Warm-ups

Due to the nature of the gym permits, there is no allotted warm-up time in the schedule. Please encourage players to arrive early, be stretched out and ready to play at game time. Exception: if the game before you ends early, you may warm-up until scheduled game time.

VOLLEYBALL RULES

The USAV rulebook will be the official rulebook that the City of Cuyahoga Falls Volleyball Leagues will refer to unless otherwise stated in these rules.

A. Playing the Game

1. Number of players – maximum six (6) to a team. No less than **three (3)** or game is defaulted. Coed: Must have a minimum of 2 girls, with the exception of playing with three, you may have two men and one woman. Example: If you are playing with six, you may have four men and two women. If you are playing with five, you may have three men and two women. If playing with four you may have 2 men and 2 women.

Playing the Game (Continued)

2. A toss of a coin between the two captains and the winner chooses to serve first or choice of court to start the game. Receiving team of the first game serves first in following game. Third game: A toss of the coin will take place with the winner choosing to serve or the choice of court.
3. There will be a continuous clockwise rotation through the service.
4. All leagues will be rally-scoring style of play. Rally Scoring: points are awarded for both serves and side outs. Two games will consist of 25-point rally scored games. The third games will be a 15-point rally scored game. Must win by two points, with a cap at 30 points.
5. There is a **forty-five minute (45)** time limit on all matches. If time runs out, the score stands. If the score is tied, the next point wins.
6. Time out can be called only by the captain or official and for one minute. They may call one time out per game.
7. Substitutions are unlimited and will follow USA Volleyball official substitution rules.
8. The referee shall warn, declare side out or point, or disqualify for the game or match any player who:
 - a. Addresses official persistently about decisions.
 - b. Makes derogatory remarks, or commits acts about or to officials.
 - c. Makes personal or derogatory remarks about or to opponents.
 - d. Intentionally obstructs opponent's view of the server.
9. At the start of each game, the ball shall be put in play by the player in the right-back position from within the serving area of her own court.
10. There will be LET serving in all leagues. This means that if the ball hits the net on the serve and continues over, it is legal.
11. The server may not touch the boundary line when serving, but the body may go over the line. Penalty - loss of serve. When the ball is put into play, both teams must be in their respective courts and correct serving order.
12. There shall not be more than two minutes between each game.
13. A team's record shall be based on all three games per night. Every game counts toward the overall record.

Playing the Game (Continued)

14. **If there is more than one hit on a side, a female must have at least one hit.**

15. The Net height will be set at 7 feet 11 5/8 inches.

B. Serving

1. If a server serves out of turn, all points she or he made are deducted. (Only if the mistake is discovered before the server of the other team begins serving.)

2. The receiving team must rotate once before the first serve of the game.

3. There is no blocking a serve.

C. Playing the Ball

1. The ball must be given immediate impetus at contact.

2. **You may play a ball off any part of your body as long as it is not a lift or a double contact (with the exception of any first contact).**

3. Three contacts may be made before the ball goes over the net.

4. A player may not hit the ball twice in succession.

5. If two or more players of the same team contact the ball simultaneously; it is considered one play, and either one may participate in the next play, counting as additional contact.

6. The ball is good when it touches the net and may be played.

7. The ball can be hit if it is not completely across the net.

8. Ball touching boundary line is good.

9. Players may leave the court to play the ball on their own court area.

10. Ball touches the ceiling after one of your team hits:

a. If it touches on your side; continue play.

b. If it touches on the other side; side out or point.

c. If it touches the “hanging” net or the ceiling on your side; continue play.

d. If the ball contacts the basketball fixtures it is considered out.

D. **Net Play**

1. A ball, other than a service, may be recovered from the net. Side out or point will be called for the following; if a player:
 - a. Causes the ball to pass between the tape markers and the standard.
 - b. Catches or touches the ball, either on or off the court and calls it out.
 - c. Reaches over the net in an attempt to direct the ball as part of their follow-through.
 - d. Persistently consumes excess time before serving the ball
(More than 10 seconds).

E. **Replays**

1. If a double foul occurs.

F. **Illegal Hits**

1. Ball visibly comes to rest momentarily on any part of the body.
 - a. Holding
 - b. Carrying
 - c. Pushing – directing

Players use their personal property at their own risk. Reimbursement of personal property loss or damage is prohibited.

Rules are subject to change without prior notice. In the interest of fairness, the supervisor has the authority to amend any of the rules during the season as needed. Updated rules, & policies will be posted in a timely manner.