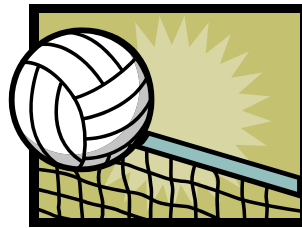


Carson City Recreation Adult Volleyball League Handbook



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The Carson City Recreation Division will operate an Adult Volleyball League for those in the community interested in playing. It is our goal to provide a quality recreational league with an emphasis being placed on **fun**. To achieve this goal, we rely on managers and players, working together, to minimize any conflict between teams. When conflicts do occur, we expect all differences of opinion to be handled in a civilized manner. Any deviance from this standard will not be tolerated. Furthermore, all managers, coaches, and team captains are responsible for the conduct of players and team supporters for their team immediately prior to, during, and after the game.

Please keep this manual handy throughout the season for future reference.

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Section I: Eligibility

- A. All players must be 18 years of age at the time of registration, no exceptions.
- B. Officials and Carson City Recreation staff reserve the right to request photo ID from any player to determine the age or identity of a participant.
- C. Players will need to play at least three official games to participate in the playoffs.
- D. ALL players must complete/sign the roster to be a legal participant.

Section II: Registration

- A. Registration must be done during the registration period and are taken on a first come first serve basis. Full payment is due at the time of registration.
- B. Players may not be registered if there is a balance due on their account, or a balance from another Carson City Recreation activity until the entire balance due is paid.
- C. Players will be registered within a team with the authorization of the team manager or coach.
- D. Teams must have a minimum of six players registered and a maximum of twelve players are allowed.
- E. This is a coed division with 6 players on the court at one time. Teams may play with a maximum of 3 males on the court at one time. Teams may play with more females than males. 4 team members must be present to start a game.
- F. Players may not be registered, or substitute on two teams within the same division.
- G. Refunds will not be issued once league schedules are created.

Section III: Uniforms

- A. All players should wear team Jerseys. Team jerseys must be similar and visible among the opposing team.
- B. The jerseys number should be visible and non repetitive.
- C. Players are not permitted to wear hats, earrings, rings, necklaces, or other pieces of jewelry that can cause injury to the player or other players. You will be asked to remove all jewelry or unauthorized clothing before the game will begin.
- D. Carson City Recreation asks that participants wear gym floor appropriate shoes. **NO STREET SHOES.**

Section IV: Forfeits/Cancelations

- A. All teams must have four (4) players to start a game.
- B. Forfeiture time is the scheduled game time. Forfeited games will not be rescheduled or made up.
- C. Postponed games will be rescheduled at the discretion of the Carson City Recreation Program Manager.
- D. Games will only be postponed/or rescheduled for unforeseeable events i.e. weather, power outage, etc. Note; please be sure to like our Facebook page for up to the minute updates, standings, or schedule changes. www.facebook.com/ccprdept. Please visit www.teamsideline.com/carsoncity for up-to-date game schedules and/or changes.
- E. Schedules will be maintained and updated through www.teamsideline.com/carsoncity . Please direct all players to the www.teamsideline.com/carsoncity site for up-to-date schedules and standings. Communication from the Parks & Recreation Department will also be sent from www.teamsideline.com/carsoncity

Section V: The Game

- A. Carson City Recreation Adult Volleyball will fall under the USA Volleyball Rulebook. **Note: The official USA Volleyball Rulebook can be found at https://usavolleyball.org/wp-content/uploads/2025/09/2025-2027-USA-V-Abridged-Indoor-Rules-Book_Online-FINAL.pdf**
<http://www.nfhs.org/activities-sports/volleyball/>
- B. All matches will consist of 2-3 games to 25 points. The team to win two games first will be declared the match winner. Games may not end in ties and the winning team must win each game by 2 points.
- C. Each team is entitled to three (3) charged timeouts during a regulation match (3 games).
- D. Only manager and uniformed team members will be permitted on the team's bench.
- E. Team scorekeepers will have no jurisdiction over the game, time, or scores.
- F. Team managers are expected to help CCRD Staff when problems arise with players or team supporters. Additionally, managers will be the only participants permitted to speak with, or respectfully question a referee when concerns arise, before, during, or after a game.
- G. Alcoholic beverages or tobacco products will not be permitted on school property.
- H. Please help us ensure the use of Carson City Schools in the future by picking up your trash and bench at the end of each game.
- I. Please always keep spectators and children in the gym.
- J. The top **eight** teams will make playoffs. Teams that finish 1-4 will be in the upper division for playoffs and teams 5-8 will be in the lower division. Playoffs will be conducted in one evening at the end of the season with semifinals and finals taking place on the same evening.

- K. Tie breakers are decided as follows: winning percentage, head-to-head, head to head differential, points for, points against, points differential, lowest number of forfeits, and the final tie breaker is a coin toss.

Section VI: Officials and Carson City Recreation Staff

- A. All referees are Carson City Recreation Employees who have sufficient knowledge of the game.
- B. All league games and programs are under the direction of the referee. Only team coaches may discuss game or program decisions with the referee or Carson City Recreation Staff.
- C. Every player, coach, and spectator must respect Carson City Recreation Staff/Referees before, during, and after the game.
- D. Carson City Recreation Staff/Referees reserve the right to sit any player at any point during the game to avoid an altercation. This is for the safety of the players, staff, and spectators.
- E. If a player, or coach is found guilty of direct aggression, in which there is spitting, verbal threatening, or physically contacting Carson City Recreation Staff, or Referees, law enforcement will be contacted, and the offender maybe arrested, and prosecuted. All violations will also fall under the Carson City Recreation Code of Conduct.

Section VII: Game Protests

- A. Game protests shall be received or considered if they are based on a complaint involving the accuracy of the referee's judgement.
- B. Any protest should be presented before or during each game through the coaches of the team only.
- C. If a participant receives an unfavorable protest response from the Adult Volleyball Supervisor, they may be able to protest the game call with the Program Manager. Any decision made by the Program Manager will be final.

Section VIII: Other Suspensions

The Carson City Parks and Recreation Division reserves the right to further suspend individuals who violate the RULES or who cause or incite a fight or brawl, who has repeated violent offenses against other players, staff, spectators, or whose behavior causes person to believe the integrity of program is jeopardized due to the behavior of such person.

Carson City Recreation Department
ADULT SPORTS BEHAVIOR CODE OF CONDUCT

Carson City Recreation Department is committed to providing safe and enjoyable programs. Therefore, participants in the adult sports program are held to a standard of behavior. City staff will administer and enforce these standards. A “no tolerance” policy is instituted for unsportsmanlike behavior and violence. This document is a basic guideline, and the Sports Program Manager has the authority and discretion to change or modify the offenses and penalties as needed. Team managers/coaches are responsible for the actions of participants at all times during Carson City Recreation Department programs. The term “participant” includes players, coaches, managers and spectators. Offenses and suspensions will be reviewed and determined by the Program Manager and notice of penalties will be handled in a timely manner.

OFFENSE	MINIMUM PENALTY	MAXIMUM PENALTY	ACTION TO RECTIFY	PROBATION
Fighting or physical abuse (or intent to cause bodily harm, including spitting) of another player, spectator, coach/manager or City employee	Suspension for up to 1 year.	Up to Lifetime suspension from City sponsored adult sports leagues and possible criminal charges.	Serve suspension.	1 year to lifetime, dependent on suspension.
Leaving bench/dugout during an altercation	Player ejection, entire team, manager/coach and/or player 1 game suspension.	Up to Lifetime suspension from City sponsored adult sports leagues.	Serve suspension. Provide Program Manager with written explanation of actions, ensuring future compliance with City rules.	1 year to lifetime, dependent on suspension.
Damaging City Property	Up to 8 game suspension and financial restitution.	Up to 1 year suspension from City sponsored adult sports leagues and possible criminal charges.	Serve suspension and all financial restitution paid in full.	1 year to lifetime, dependent on suspension.
Verbal abuse, making threats toward or trash talking to another player, spectator, manager/coach or City employee	Ejection from game plus 1 game suspension.	Up to 2-year suspension from City sponsored adult sports leagues and possible criminal charges.	Serve suspension.	1 year
Refusal to obey official's decision	Ejection from game plus 1 game suspension.	Up to 1 year suspension from City sponsored adult sports leagues	Serve suspension.	1 year
Throwing equipment	Ejection from game plus 1 game suspension.	Remainder of adult sports league season.	Serve suspension. Provide Program Manager with written explanation of actions, ensuring future compliance with City rules.	Remainder of league to 1 year.
Illegal use of alcohol or substance	Forfeiture of game, 8 game suspension for player and/or coach. Possible law enforcement involvement.	Up to 1 year suspension from City sponsored adult sports leagues and law enforcement contacted.	Serve suspension.	Remainder of league to 1 year.
Illegal Players	Forfeiture of game.	Remainder of adult sports	Serve suspension. Provide	1 year

		league season and lifetime loss of coach/manager privileges.	Program Manager with written explanation of actions, ensuring future compliance with City rules.	
Illegal Equipment Use (bats, metal cleats, etc.)	Forfeiture of game.	Up to lifetime suspension from City sponsored adult sports leagues and notification to sanctioned organizations.	Serve suspension.	1 year

Should you be suspended from the Carson City Recreation League, you may not coach/assistant coach/manage for any other league, including youth sport leagues, nor be a spectator for the league in which you were suspended from. All suspensions will be calculated on a cumulative basis to increase per suspension. Appeals may only be requested if a suspension is 1 year or more. Written notice of an appeal must be received within 2 weeks of issuance of the suspension to the Recreation Manager and include date, time, incident, and reason for appeal. If notice of appeal is not received within the timeframe, suspension will remain.