



City of Mesa, Arizona

Parks & Recreation

Adult Volleyball

Rules & Regulations



City of Mesa Parks, Recreation and Community Facilities - Athletics

Contact Email: adult.sports@mesaaz.gov

Phone Number: 480-644-5308

Recreation Center Hours: City of Mesa recreation centers close at 10:30p.m. Activity in the parking lots or gyms is not allowed after 10:30pm.

OVERVIEW

Welcome to the City of Mesa. Thank you for participating in the Adult Volleyball program. This recreational program is provided for your fun and enjoyment. Your cooperation, good sportsmanship, and communication with our Adult Sports Office is important in making this program a success. The City of Mesa reserves the right to make changes to this document as necessary. These amendments would regard only matters of unusual circumstances to be deemed necessary by the City of Mesa. Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, vulgarity, or profanity will not be tolerated at any time. On behalf of our department, we would like to wish your team a successful season.

GETTING STARTED

Court Locations:

Broadway Recreation Center	59 E. Broadway Rd	2 Courts
Eagles Recreation Center	828 E Broadway Rd	2 Courts
Webster Recreation Center	202 N. Sycamore	2 Courts
Jefferson Recreation Center	120 S Jefferson Ave	2 Courts

Court Specifications: Court Dimensions = 59 feet X 29 ½ feet, Net Height = 7 feet 4 1/8 inches

League Format: We offer 4 leagues with 8 teams in each:

- A-1 = Highest Competition
- A-2 = High Competition
- A-3 = Moderate Competition
- B = Recreational level

PLAYING RULES

All volleyball games will be played in accordance with USA Volleyball rules ([Rulebooks and Interpretations - USA Volleyball](#)) except for any rule changes specifically stated in these rules as pertaining to local “house rules”.

Coin Toss: The official shall conduct a coin toss prior to the start of the match with the captains of both teams. **The Home team will call the coin toss**, and whichever team wins the coin toss has the options of serving or receiving the serve, or side of the court to occupy. The opposing team then chooses from the remaining options. Teams shall change playing areas at the end of each game of the same match. For the third game teams will revert to the same playing area as the first game as well who serves.

Match: One match = 3 games. In the regular season a total of 3 games will be played each night and all 3 games will be counted in the standings (Exception: Tournament matches will consist of the best 2 out of 3 games unless time limit rules are invoked). Each Match has a 50-minute time limit.

Game: Teams will play with a maximum of 6 players on the court at one time. A minimum of 4 players are required to start and finish a game. A game shall be won by the team that has scored 25 points and is at least two 2 points ahead. A maximum of 27 points will be played in one game. If a game is tied at 26 all, the next point scored will decide the game.

- The 3rd Game will be played to 15, with a maximum of 17 points. **For the 3rd game, No Time Outs will be given to any team.** In certain cases, like injury, time will be stopped by the Ref to allow for a sub or medical attention.
- In tournament play: in the championship game, the third and final game will NOT be subject to time limit. And have NO CAP on score, just win by 2.

Rest Period: Between games of a match—shall be 2 minutes if needed.

Playing the Ball: Each team is entitled to a max of three (3) hits to return the ball to the opponents.

Change of serve: When the receiving team has gained the right to serve, its players shall rotate one position clockwise before serving.

Services: A service is made by the back right positional player from the service zone. The ball may touch the net while crossing it. Jump serves are only allowed in the "A" leagues.

Substitutions: Two options for substitutions. Prior to the beginning of the match teams must state the option that will be used and continue it throughout the conclusion of the match.

- Unlimited substitution (going in for the SAME person).
- Add rotating players into a single predetermined position on the court (i.e. 7 person team rotations).

Rally Score: Rally points are awarded on each service. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point. The consequences of winning the rally are:

- If the serving team wins the rally, it scores a point and continues to serve.
- If the receiving team wins the rally, it scores a point and gains the right to serve.
- The intent of this rule is to speed up play. If at the end of 50 minutes of play a team has still not won the third game of the match as described above, then the team leading (or the team to score the next point if the game is tied) will be declared the winner.

Ball Handling – Double Contact: A player may legally contact the ball more than once during a single attempt on a team's second contact, as long as the ball is being played to a teammate.

- If the ball is played over the net instead of to a teammate on this type of contact, it is a fault.

This rule allows for consistent officiating & promotes longer rallies, enhancing the flow of the game.

Time Outs: Time out shall not exceed 30 seconds. A team is allowed one time out each game without penalty (excluding the 3rd game). Each time out in excess of the one taken by or charged to a team shall be penalized by side-out or one point awarded depending on which team has possession of the ball.

Ceiling: The ball may be played off the ceiling/basketball hoops in your same side of the court.

Antenna: After the ball has been correctly hit, the service or attack becomes a fault if the ball touches the antenna or other external object.

Post-Season Tournament: Will occur the week(s) following the regular season. Matchups will be posted the day after the last regular season game. Matchup times will give preference to the higher seeded team. The higher seeded team will be the home team throughout the tournament.

- All teams will participate in a single elimination tournament.
- Matches will consist of the best 2 out of 3 games unless time limit rules are invoked
- Tournaments may possibly NOT be played on the same night or gym as your regular league play. Although every effort will be made to keep it on the same night and location.
- In tournament play, for the championship game, the third and final game will NOT be subject to time limit. And have NO CAP on score, just win by 2.


ROSTER POLICIES

Roster Rules

1. Roster Requirements

- All players must sign the waiver and code of conduct to be on the team roster.
- Teams may have up to **15 players** on their roster. (Managers must include themselves as a player if they intend of playing).
- Team managers are responsible for finalizing the roster **no later than Week 4** of the season.

2. How to Submit the Roster

- Rosters must be completed online at:
 <https://www.teamsideline.com/sites/mesaaz/home>
- Managers will login and add their players in the “manage rosters” section to the current team. By adding them an email will be sent to the players so they can enroll.
- Once the Week 4 deadline passes, **rosters will be frozen** (no changes allowed).

3. Roster Deadlines & Consequences

- If the roster is **not completed by Week 4**, the team may be **ineligible for the tournament**.
- Any issues with rosters must reach out to the league coordinator at adult.sports@mesaaz.gov by week 4.

4. Player Eligibility

- Must be at least 16 years old by the first game of the season.
- A player may only be on **one team per night**, across all divisions and levels.
If a player is found playing on multiple teams:
- They may be **suspended** for the rest of the season and tournament.
- Any game they participated in will be **forfeited**, and results may be overturned.

5. Roster Verification

- PRCF staff may **randomly verify rosters** to confirm eligibility.
- Inaccurate or false player information may lead to:
 - The **removal** of the player or
 - **Disqualification** of the entire team.

 **Reminder:** Managers must keep their team’s roster up to date

Roster Submit Help for Managers

When a Roster Status is Open. Follow these steps to add team members and change your Roster Status from Open to Submitted.

Step 1: Go To www.teamsideline.com/mesaaz then login at the top left part of the screen.

Step 2: Find your team on the left side bar and click. Click the “Add to Roster” button to add team members. To add team members, you need their first and last name plus their e-mail address. You can also click the “Copy Roster” button to add all team members from a previous seasons Team Roster.

Note: If you do a copy or start adding players to your roster, then you will not see the “Copy Roster” button again. The copy should be done first, and then new players should be added to the existing roster. If your copy button is no longer available, contact the adult sports office.

Step 3: When done adding team members, click the “Submit” button to change your roster to *Submitted*.

Note: You must change your Roster status to *Submitted* to notify City of Mesa that your Team has met the minimum Roster requirements.

Refunds

A transfer or refund for Adult Volleyball (minus a \$50 non-refundable administration fee) will be provided up to seven (7) days before the activity begins. No changes or refunds are allowed within seven days of the activity's start date. (This also applies to teams who are removed from the league for registering in a lower or higher division than approved.)

Schedules

All scores, standings, and updates to the schedule will be posted on teamsideline, with proper notice, the City of Mesa reserves the right to change all schedules.

- Make-up games aren't guaranteed on the same night, time, or gym normally scheduled.

Schedules can be viewed by scanning the QR code here or on-line at <https://www.teamsideline.com/sites/mesaaz/home>.



Classification of Teams

- "A-1" Division - Competitive Level (highest)
- "A-2" Division - Competitive Level
- "A-3" Division - Competitive Level
- "B" Division - Recreational Level (lowest)

The league programmer reserves the right to move any team (either up or down) based on their past performance. The regular season champion and the tournament champion are the only teams guaranteed the opportunity for promotion to a higher skill-level league in the following season. Teams that finish in the bottom two positions during the regular season are at risk of being moved to a lower skill-level league in the following season, at the league programmer's discretion.

Please note that the league placement requested during registration is just that—a request—and does not guarantee automatic placement in the selected league. Additionally, **no reclassifications** will be guaranteed at any point within the league's duration. It is the responsibility of each team to register in the correct league (competitive or recreation). If a team accidentally registers in a higher division, they may choose to either continue playing in that league or withdraw from the league without a refund.

Forfeits

If your team is going to forfeit, **you must notify the adult sports office at least 24 hours in advance of the scheduled game.** You contact the office by either emailing adult.sports@mesaaz.gov or by calling 480-644-5308. **If you fail to inform us of a forfeit you will be required to pay a fee of \$25.** The \$25 fee must be paid before a team's next scheduled game or else that game will be a forfeit. A team who exceeds the two-match maximum limit may be dropped from the league without a refund. **Game time is forfeit time for the 1st game, there is a 10 minute grace period from game time to arrive before the 2nd and 3rd games would be forfeited.** (must have at least 4 players to start).

POLICIES AND PROCEDURES

Identification: All participants are required to carry a photo ID during league and tournament play (due to players' protest.)

- Print first and last name on lineup (scorecard).
- False identification of players will result in a one-week suspension for the player and/or captain and can't participate in games.
- No identification of player may result in a one-week suspension for player and/or captain and can't participate in games.

Age: All participants must be at least 16 years old by the first game of the season.

Uniform: No team uniform rule. Dress appropriately. This includes no vulgar or sexual attire.

Jewelry: Casts & splints must be padded. Exposed jewelry, which is judged by the official to be dangerous, must be removed and not worn during the game. Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body, so the medical alert information remains visible.

Warm-Up: A three minute "warm-up" period will be allowed before your match.

Pre-Game and In-Game Procedures: To remain on schedule each night, each team is expected to arrive for the scheduled match at least 10 minutes prior to game time. Officials will start the games with a pregame meeting of captains. Officials will have jurisdiction of game rulings. The game official will do the scorekeeping.

League Standings: Standings are posted on [Teamsideline Mesa](#). Standings are determined by:

- Teams with the best record or win percentage.
- Top positions for teams tied in the final standings, will be determined by head-to-head comparison (*Head-to-head comparison is based on the number of games teams won/lost against each of the tying teams*).
- Any team that has forfeited 2 matches will automatically take the lowest position in the standings.

Game without Official: The City of Mesa schedules officials for every game (unless it is an advertised self-officiated game). If for any reason there is no official at a game site, don't panic, another official should arrive soon. Please contact the site supervisor. If no officials show up, the site supervisor may officiate the games or we will have a make-up night.

Protests: Rule interpretation will be the only justifiable protest. Official's decision on a call can't be protested. Ineligible player protests must be made before the match is over with the referee/site staff. No player protest will be accepted after the completion of the game.

- The manager must submit written protest to adult.sports@mesaaz.gov within 24 hours of the game.
- All protests must be made in accordance with City of Mesa & USVBA rules.

IF A PLAYER IS EJECTED:

- The game may continue if the team has enough players remaining in the existing lineup.
- If an ineligible player is found on a team or ejected from a game:
 - The team's captain will be suspended a minimum of one week from all City of Mesa sports leagues. The player ejected will serve a minimum suspension of one season, from all City of Mesa sports leagues.
- If the police are called, the ejected player will be suspended for the entire season from all City of Mesa sports leagues. If the season has progressed for four or more weeks, the player will be suspended for the following season as well.
- Standings will be adjusted to reflect automatic forfeits. The League Programmer reserves the right to make the final decision in all matters and may impose harsher suspensions depending on the severity of the offense.

Animals/Scooters/Bikes/Roller Blades: Animals, scooters, bicycles, rollerblades, skateboards, or any other wheeled vehicles are not allowed inside the buildings.

Managers Responsibilities: All managers are expected to inform their players concerning all rules and regulations. Make sure all league rosters and release forms are in by the set deadline. They will inform all players of scheduled games, schedule changes, make-up games, and standings. Managers are also responsible for notifying the adult sports office of any changes in their contact info. Managers also should check the score of games periodically to ensure accuracy and to check and initial the final score. Game scores are final 2 weeks after the game was played. Team managers are responsible for their team members as well as team spectators.

Alcohol/Smoking: Alcohol and/or smoking/vaping of any kind (including electronic cigarettes) is not allowed at any park at any time. Spectators are the responsibility of the team. If found to be in violation, the player or team will be required to dispose of the alcohol/smoking item immediately, plus the following:

- First Offense:
 - Player(s): Ejected from game and suspension for the current week.
 - Team: Warning.
- Second Offense:
 - Teams and/or Player(s) violating this policy may be subjected to forfeiture of the game and/or expulsion from the league.

The City of Mesa Adult Sports reserves the right to contact Park Rangers/Police, if needed; as well as assess additional suspensions, forfeitures or removal from the league.

Insurance: Medical insurance is the responsibility of the team or the individual. The City of Mesa does not carry medical insurance for participants or spectators.

Evaluations/Complaints/Incidents: Written complaints will only be accepted within 24 hours after the incident for review. Please email complaints or recommendations to adult.sports@mesaaz.gov. Teams are encouraged to use the flipside of the score sheet to provide professional, constructive evaluation of their game/official (s).

Any issues, errors, or topics in need of clarification? Don't hesitate to contact us!

Adult Sports Code of Conduct

Every person (staff, player, fan, etc.) is required to show good sportsmanship. Each person is responsible for their actions whether they were provoked or were the ones provoking. Some forms of unsportsmanlike conduct will warrant automatic ejection. Abusive and/or vulgar/foul (swearing) language will not be tolerated. Two reprimands or warnings to an individual or team for unsportsmanlike conduct will warrant automatic ejection of said player, team, fan, etc. from park premises. A third reprimand to any other member or player, fan of said team will warrant termination of game with said game to be forfeited to opposing team. Ejections may also occur without an official warning and may be carried over to future seasons.

Any person ejected from a game will be suspended for a minimum of one week (depending on the nature of the altercation) from all City of Mesa Sports leagues, including kickball, volleyball, and softball. This suspension is in addition to the game/night in which the player was ejected and includes probation for the remainder of the season.

A second offense will constitute being suspended from the remainder of the season (depending on the altercation). If a player receives a second offense on or after the fourth week of play, then he/she will be suspended for the entire next season.

Managers may submit a written statement regarding the incident. Written statements will be accepted within 24 hours of the game time. Phone messages won't be accepted in place of a written statement. Please email statements to adult.sports@mesaaz.gov.

No person shall:

- Threaten another person.
- Lay a hand upon, shove, or strike another person.
- Be guilty of objectionable demonstrations of dissent at umpire's decision.
- Refuse to abide by officials' decision.
- Be guilty of physical attack upon any other person including but not limited to spitting and damaging property.

Any person ejected from a game must leave the gym/field immediately. Refusing to leave is considered trespassing and may have the suspension extended and police called.

The Adult Sports Code of Conduct applies to all players, managers, and spectators. Penalties may be applied on an individual and/or team level. This code becomes effective as soon as individuals arrive at the facility and remains in effect until the individual leaves the facility.

