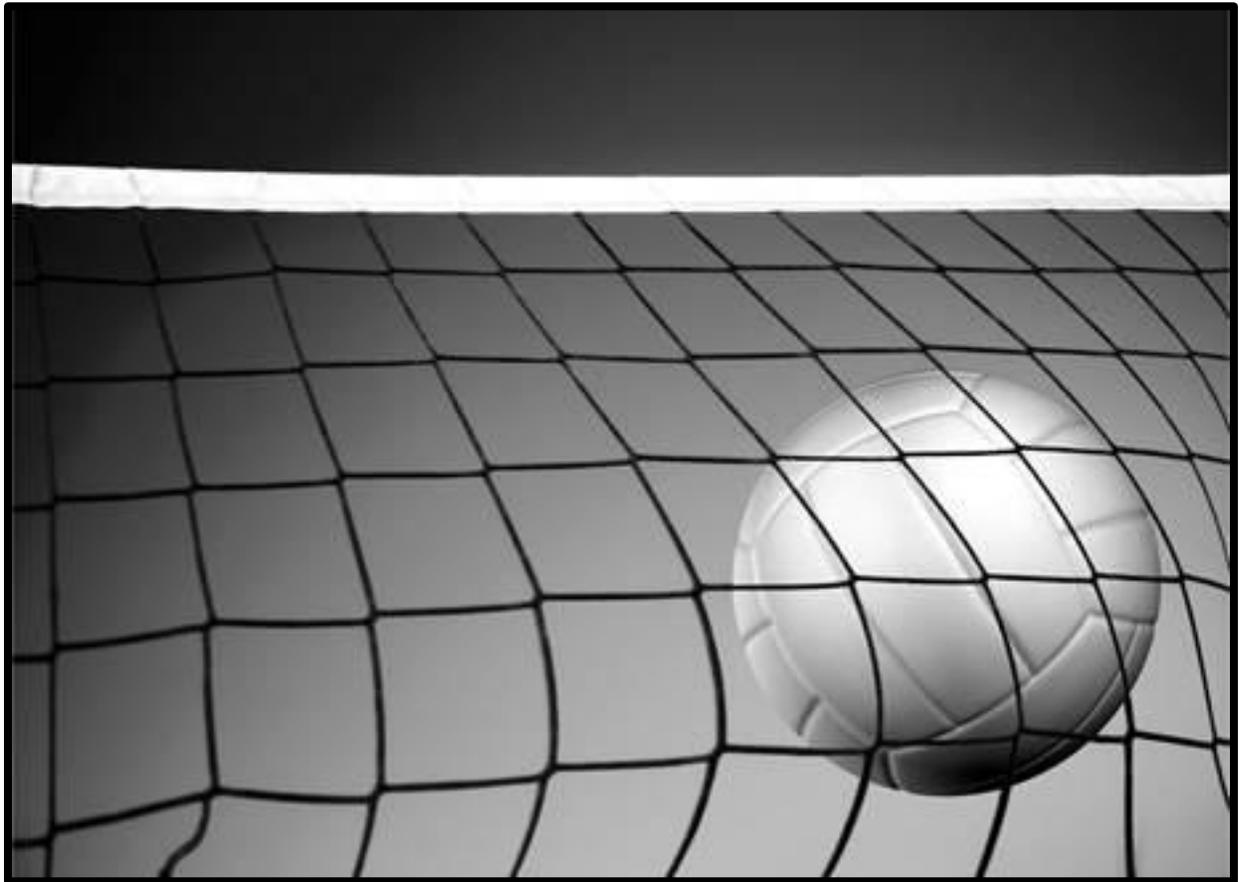




*Parks & Recreation*

# Hermiston Adult Volleyball League



## 2026 Manager's Playbook

### OVERVIEW

The Hermiston Adult Volleyball League is a recreational sport designed to improve the quality of life of our community members. The coordinators of this league strive to create a fun, family atmosphere, free of discrimination, prejudice and intimidation. YOU play a major part in making this League enjoyable for all who participate and watch.

## CAPTAIN'S RESPONSIBILITIES

- #1 - Bring a positive attitude to the game. Your attitude is reflected by your players and fans.
- Have your team ready to take the floor at scheduled game time, must have 2 players to avoid a forfeit. (No exceptions)
- Captain of the game will be the only person who is allowed to talk to the official.
- As the Captain of the game, you are responsible for the behavior of your players and fans. Children cannot be on the floor or play in the hallway. Remind players and fans to pick up their trash when leaving.
- It is the Captain/Managers responsibility to inform all players of the rules, and to make sure they are being followed.
- No alcoholic beverages or drug use allowed. Any person who is thought to be under the influence will be asked to leave the premises.

## GAME RULES

\*NOTE: with the exceptions found here, the current USVBA Volleyball rule book will govern play.

**Length of game:** Games will be the best 3 out of 5. Each team will have one 30 second time out per game. There are no timeouts during the 5<sup>th</sup> game.

**Start of the game:** A coin toss will determine who will get the ball to start the game. The captain winning the toss will have the option to serve or pick a side. The other team will get the opposite. Game time is forfeit time.

**Scoring:** Rally scoring will be used (Each serve constitutes a point). Each match will be played to 25, winning by two with a cap at 35. A fifth match will be played to 15, winning by two with no cap (Switching sides of the net every 8 points, and no time outs).

**Net Height:** The height of the net for COED shall be 2.43 m (7'11 5/8").

### **Co-Ed Rules**

- Serving must rotate through all players.
- Substitutions may occur at any time the ball is dead before the whistle to start the serve.
- The block never counts as a hit.
- Restriction on coed hitting is: All three hits cannot be by males unless there are only two males playing to avoid a forfeit.
- A Minimum of 2 players is needed to avoid a forfeit (both may be men). Teams may not have 3 men on the court at one time.

**Blocking:** A Blocker cannot cross the plane of the net until it is after the offensive team's final hit (as determined by the ref). Interfering (roofing) is not allowed. Opposing player cannot break the plane to interfere with play on the other side of the net.

**Attacking the Serve:** Players may not leave their feet to return a serve and must hit the ball vertical or backwards.

**Kicking:** Intentional ball contact with foot is only allowed when said foot is also contacting the floor (No kicking is allowed)

**Under the Net:** Players are not allowed to go under the net when the opposing team is "in the play." If nobody on the opposing team is "in the play" then going under the net with one foot is not a violation.

**Out of bounds:** The referee may need to use players for help on out-of-bounds balls. Please be honest with your calls. Final decision is always up to the referee. Some plays may be replayed if the referee cannot determine the call.

**Profanity:** Zero tolerance regarding profanity! Players, coaches, or spectators will receive a side out for each offense. Three offenses by player – coach – spectator in a game will constitute an ejection.

**Protest:** Protest on a rule interpretation must be made before the next play, any attempt to protest after the fact will not be considered. NO PROTEST WILL BE ALLOWED ON JUDGEMENT CALLS!

**Ejections:** For an ejection the fine will be \$50.00. These fines must be paid by Thursday @ 5:00pm before player's next scheduled game. If player plays in a game without paying their fine(s) said player is considered ineligible and team will forfeit the game. Pay fines at the Parks and Recreation office or with a card by phone 541-667-5018. **This applies to all registered players whether playing or watching a game.**

### **Suspensions**

- Any player ejected from a game is AUTOMATICALLY SUSPENDED FOR ONE (1) GAME and placed on probation for the remainder of the season. This suspension must be served on their next scheduled game that their team actually plays. Any player who participates in the next game after they are ejected from the previous game is ineligible and subject to indefinite suspension from the League. Forfeits, snow days and any other cancellations DO NOT COUNT as games sat out.
- TEAMS ARE RESPONSIBLE FOR ENFORCING THESE SUSPENSIONS.
- Displays of flagrant unsportsmanlike behavior will subject players to longer suspension.
- Players will be suspended for one (1) game following their third technical foul of the season.
- Players can be suspended or banned from the league at the discretion of the League Director.

**Blood Rule:** A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered and all clothing is free of blood.

### **School Rules:**

- Children must be supervised when attending games.
- Please pick up all trash. Help us keep the facility clean and able to use in future leagues.
- Children may not be on the floor/field during a game.
- Teams or individuals will be held liable for any facility or equipment damages due to misuse.
- No use of tobacco products on school grounds.

The ultimate responsibility for the care and upkeep of the school facilities rests upon all team managers and players. One action or misconduct could eliminate the entire program from the use of school facilities.

## IMPORTANT LEAGUE INFORMATION

**Communication:** All communication will be done via email.

**Refunds:** No refunds will be given to teams once the schedule is set.

### **Team Roster**

Team rosters need to be completed on our registration website (no more paper forms).

Instructions: This is best done on a desktop computer

- Team Manager - Register at: [www.hermistonrecreation.com](http://www.hermistonrecreation.com)
- After registering team and payment received, go to account, and click on team name. Invite each player to be on team.
- When player receives invite and accepts, they are placed on your team.
- Rosters are limited to 12 players. Players cannot play in both leagues or on multiple teams.
- A Minimum of 2 players is needed to avoid a forfeit (both may be men). Teams may not have 3 men on the court at one time.
- Substitutes to the roster are not allowed. All players must be signed up and on the roster prior to playing. If player is not on roster they are not allowed to play. Rosters are final on the 2<sup>nd</sup> week of the season. Players cannot sign up at the gym. Rosters are limited to 12 players.

### **Inclement Weather**

In the event of inclement weather all teams must report the gym unless otherwise notified prior to game time. Captains will be notified by email or text in case of a cancellation. Games cancelled due to weather will not be rescheduled.

### **Schedules & Standings**

Standings and schedules will be kept on our League Website: [hermistonSports.com](http://hermistonSports.com). You will find the official schedule there. If changes are made to the schedule they will be posted immediately on this website. Tournament information will be posted here as well.

### **Tournaments**

- The top 4 teams in the regular season standings will advance to the tournament.
- Tournaments will be single elimination.
- Tiebreakers will be settled by: 1) Win/Loss record, 2) Head to Head records, 3) Plus/Minus points for total season.
- Shirts and a trophy will be awarded to registered players of the winning team.

Standings on this website may be altered to reflect our tiebreaker rules.

### **Roster Checks**

Hermiston Parks & Recreation (umpires, referees, and coordinators) may check your roster at any time. Players must have a picture ID on hand or they will not be allowed to play. Have IDs readily available during team check-in/warm up. Roster Checks will be at the discretion of any official, or league director/coordinator at any time.

- If a team wants a roster check, it can only be called on the team they are playing and has to be called before the start of game.
- Captains/players must check in prior to game time with score table Official.
- Teams using non-registered persons (Those who are not officially on the team roster) will forfeit the game.

## Eligibility

Participants must be (18) years of age at the time of registration, not in high school and not playing volleyball in college. Players must be registered, and on roster before they are considered a legal player. Playing with an illegal player will result in a forfeit of that game. Team may be removed from the league.

## Captains

Each team must have a designated captain for each game, who will act as a spokesperson for their team. Captains must check in with the League coordinator and the Referee. It is your responsibility to inform your team of all rules, make sure all rules are being followed, always control your team/fans, all communication with league coordinators, umpires/referees etc.

## Uniforms

All players on a team must wear the same color shirts. Players must wear non - marking shoes. All jewelry must be removed before playing.

## Forfeits

### 1. **GAME TIME IS FORFEIT TIME.**

- There will be no waiting for players to show up (there is no grace period or 5-minute window).
- Forfeits will be called at the scheduled game time.
- Two (2) players must be present per team in order to start a game. If a team drops below 2 players during a game due to injury, fouls, etc., the game will be forfeited to the opposing team.
- If your team accumulates 2 forfeits in any season, your team will not be eligible for the post season tournament.
- Teams using non-registered persons (those who are not officially on the team roster) will forfeit the game.
- Teams may only use registered players to avoid a forfeit (no staff, other team players, fans, etc).
- If a forfeit is called the floor may be used by the teams until the next game is ready to begin.

### 2. **Forfeit Penalties**

- If your team must forfeit, please email ([parksandrec@hermiston.gov](mailto:parksandrec@hermiston.gov)) or call Hermiston Parks & Recreation (541-667-5018) by 5pm, Friday prior to the game. Failure to do so will result in a No-Show Fee of \$25.00
- Winning team will receive a 3-0 win.
- **No Show Fee of \$25.** This fee must be paid at least two business days prior to your next scheduled game, before you can participate in any further games with Hermiston Parks & Recreation. Any unpaid balances at the end of the season will be the team manager's responsibility and put on their Hermiston Parks & Recreation account. If you carry an unpaid forfeit fee you will not be allowed to participate in any programs/pool activities with the Hermiston Parks & Recreation Department.

**Forfeits: In the case of a no-show forfeit, team forfeits will be called as follows.**

- **Game Time –first game forfeited**
- **15 minutes after game time – second game forfeited**
- **30 minutes after game time – Match forfeited**

## Officials/Referees

Officials assume authority 10 minutes prior to the scheduled game time, and until they have left the field/gym.

- The officials have the authority to rule on any situation not specifically covered in the rules.
- His/her decision is final, unless ruled otherwise by the supervisor on duty.
- Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.
- The officials will have the right to eject a player, coach or spectator from the game, field or gym, at any time, for any offense they deem necessary.

- Players and spectators may not confront, intimidate, threaten or not abide by the referee. The police department will be called if necessary and appropriate suspensions/fines will be handed out.

**Liability**

A program of this nature, being one of a recreational nature and those who participate recognize the hazards attendant to such participation, will in no way hold the Hermiston Parks and Recreation, City of Hermiston liable for any injury that occurs because of their participation in this program.

**Equipment:** Game ball and nets will be provided.

## Hermiston Recreation: Player Code of Conduct Guidelines

Punishments will be determined by Parks & Recreation Management

Infraction 1st Degree		Infraction 2nd Degree		Infraction 3rd Degree	
<b>Objection to Officials Ruling</b>	No player shall show objectionable demonstrations of dissent of an official's decision. Nor shall they discuss an official's decision with the official unless the player is the team manager/coach.	<b>Failure to Abide Officials Ruling</b>	No player shall refuse to abide by an official's decision.	<b>Verbal Threat</b>	No player shall, at any time, threaten physical harm, the threat to fight, attempting to invoke a fight, persuading to fight. This policy follows the individual during the sports season, no threats may be made outside of facility property in regards to the game.
<b>Profanity/Vulgar Language</b>	No player, at any time, shall use expletives, vulgar or inappropriate language.	<b>Profanity/Verbal Abuse/Intimidation</b>	No player, at any time, shall use expletives, vulgar or inappropriate language directed at an official/monitor, HPR staff member, competitor or spectator.	<b>Physical Attack/Abuse</b>	No player shall, at any time, lay a hand upon, shove, strike or verbally threaten the well-being of an official, HPR staff member, competitor or spectator.
<b>Sportsmanship Violation</b>	No player shall use rough tactics or degrade the value of the game by actions.	<b>Alcohol/Drug Usage/Impaired</b>	No player or spectator shall use or perceived to have used drugs or alcohol while on facility property.		
<b>Taunting/Intimidation</b>	No player shall taunt or intimidate an official, competitor or HPR staff member				
<b>1ST OFFENSE (\$25)</b>	Technical/Personal Foul.	<b>1ST OFFENSE (\$50)</b>	Ejection from the game and automatic suspension from the next scheduled game.	<b>1ST OFFENSE</b>	Ejection from the game. Suspension for 1 calendar year. Call 911
<b>2ND OFFENSE (\$50)</b>	Ejection from the game. (2nd offense can roll over to the next game, repeat offender)	<b>2ND OFFENSE (\$50)</b>	Ejection from the game and suspension for 1 calendar year.	<b>2ND OFFENSE</b>	Ejection from the game. Permanent suspension from Parks & Rec programs
<b>3RD OFFENSE (\$50)</b>	Ejection from the game, suspension for the rest of the season. (3rd offense can roll over to the next game, repeat offender)	<b>3RD OFFENSE (\$50)</b>	Ejection from the game. Permanent suspension from Parks & Rec programs		