

SERGEANT BLUFF PARKS & RECREATION DEPARTMENT CO-ED VOLLEYBALL LEAGUE INFORMATION MANUAL 2026

GENERAL INFORMATION

1. Matches will be scheduled and played at the following site on Tuesdays with games at 6:00PM, 6:45PM, 7:30PM,

A. Sergeant Bluff Community Center- 903 Topaz drive-

B. 1-2 courts will be used depending on interest and team sign ups

2. Game schedule will be as follows:

Game 1	March 17
Game 2	March 24
Game 3	March 31
Game 4	April 7
Game 5	April 14
Game 6	April 21
Tournament (Top 6 Teams)	April 28

3. The Sergeant Bluff Parks & Recreation Department will be responsible for the scheduling of matches, score keepers, providing gymnasiums, game balls, league standings and general league administration.

4. Entry fees will not be refunded once league play begins. Refunds prior to the start of the season will be considered upon request but will not be guaranteed.

5. The Sergeant Bluff Parks & Recreation Department, Sergeant Bluff Parks

Board Committee, League officials, and its agents are not responsible for any injury, accident or loss incurred by a player(s) or spectators as a result of this program. Individuals are encouraged to have personal health and accident insurance to cover injuries which may occur.

6. League standings, schedule changes and other information regarding the league will be posted weekly on the community center bulletin board. Standings will also be sent via email to the team captain weekly.

7. The Sergeant Bluff Parks & Recreation Business office is located at 903 Topaz Dr. Office hours are Monday – Friday 8:00 a.m. to 5:00 p.m. The phone number is (712) 943-5800.

8. All teams must respect community center. No smoking (including vaping), drinking alcoholic beverages, or eating in the gym. Any equipment or facility damage caused by abusive, flagrant, unsportsmanlike behavior of a player, manager or spectator will be the responsibility of that individual to pay for all costs to repair and/or replace damaged items.

9. The Sergeant Bluff Parks & Recreation Department must be notified immediately and in writing/email when a team changes managers and/or addresses in order to receive league correspondence.

10. The 2026 CoEd Adult Volleyball League will be a **"self-refereeing" league with Parks and Rec only providing score keepers.**

11. Top six teams in standing will make the end of the year tournament. Top two teams will receive a bye in the first round.

12. No 3rd/4th place game will be played in the tournament.

PARTICIPANTS ARE RESPONSIBLE FOR SUPERVISING THEIR CHILDREN AT THE FACILITY AND WILL BE HELD RESPONSIBLE FOR ANY FACILITY DAMAGE CAUSED BY THEIR CHILDREN. SPECTATORS AND CHILDREN ARE ALLOWED AS A COURTESY. ALL KIDS MUST BE SEATED AND SUPERVISED BY AN ADULT. ANY KIDS NOT FOLLOWING THESE GUIDELINES, THE TEAM WILL BE GIVEN 1 WARNING. A 2ND WARNING WILL RESULT IN THE PARENTS OF THE CHILDREN BEING ASKED TO LEAVE THE FACILITY.

ROSTERS

1. Roster forms must be completed and submitted before your first league match.

Rosters will be accepted at the playing site.

2. Rosters must have a player's first and last name and a current address. All players must sign the team registration form. The required information on the roster must be written legibly. No rosters will be accepted other than those written on the official roster form issued to managers at the time of team registration. The additional player's info will be stapled to the team roster. If rosters fail to meet these guidelines, they will not be accepted.

3. Team rosters are unlimited, however a minimum of 6 players must be carried throughout the season.

4. Team managers will be able to make additions or changes to their rosters until March 31, 2026 by contacting the Sergeant Bluff Parks and Recreation office or filling out an additional roster form at the gym and turning it into Parks and Rec. After this deadline no players may be added to the roster unless approved by the League Director.

5. A player must be placed on the official roster before the day of the game they are to play. Roster changes will be accepted at the playing site or by email.

6. A player may be listed and compete on only one team in the Co-ed League. If a person is on two or more rosters in the league, the player will be assigned to the first team they play for.

7. Once a player is dropped from a team's roster, they are ineligible to appear on that roster again.

8. A player cannot switch teams once they are assigned to a roster.

9. All players must be 18 years or older as this is an adult league.

A. A manager who knowingly uses an illegal player, or a player who plays under an alias will be suspended for at least the remainder of the season.

B. A manager or player who falsified names or addresses on his/her teams Roster will be suspended from Sergeant Bluff Parks and Recreation athletic programs for one full year.

C. In addition, an illegal player is anyone who plays while under suspension.

10. If an opposing manager believes an illegal player is being used, he/she should bring his/her concern immediately to the attention of the official and supervisor. Any questions about a player's eligibility will not be considered after a match has been completed.

11. Players will be required to sign their teams' roster before each game.

REGULATIONS

1. All players must wear tennis shoes. NO street shoes or bare feet allowed. Please do not wear game shoes to gymnasium. Cleated or black-soled shoes will not be allowed. Persons without the proper pair of shoes may be asked to leave or sit out.

2. Alcoholic beverages are banned from the playing areas, buildings and parking

lots. Any player believed to be under the influence of alcohol or drugs will not be allowed to participate and must leave the facility at once.

3. Managers will be responsible for the conduct of their players and must inform players of schedules, league rules and other league information.

4. Score keepers shall have the authority to evict any player, manager, or spectator from the game and facility. In addition, he/she has the right to stop play and forfeit a game to the opposition if in their opinion league rules have been violated.

5. The Sergeant Bluff Parks & Recreation Department reserves the right to suspend any player or manager from competition when harmful, profane, abusive and un-sportsmanlike behavior or language of any degree is directed towards league officials, staff or members of the opposing team. The Sergeant Bluff Parks & Recreation Department will determine the length of suspension and notify the participants involved. The program supervisor has the authority to forfeit any game in which gross or flagrant infraction of league rules has been committed.

A. If a player physically assaults a score keeper, staff member or opposing player he/she will be suspended from all Sergeant Bluff Parks & Recreation athletic programs and legal action may be taken.

B. A player who is ejected from a game will be suspended from playing or coaching in his/her next match. A player who is ejected from a game must leave the premises.

6. Questions concerning a rule must be directed through the team manager or captain who will act as spokesman. Note: It is the responsibility of all team managers or captains to control their teams. If a manager or captain makes no effort to intervene, they will also be held accountable.

7. The first 2 games will be played to 21 points (time allowing) 3rd game to 15; however, a team must win by two point advantage. No game shall exceed 25 points. RALLY POINT SCORING WILL BE USED.

8. TIME LIMIT: A 45 min. time limit will be allowed for the three-game match. At the end of 45 min. the team with the 1-point advantage will be declared the winner of that game. If any games have not been played within the 45-minute time limit each team will select 1 representative to play a best of 3 game of rock, paper scissors to determine who will win the remaining game(s).

9. League standings will be kept according to games won. All 3 games will be played if time allows.

10. All matches will start at the designated times. If a team cannot be fielded at the designated starting time, the 1st game will be a forfeit. For every 5 minutes a team is late past starting time, a game is forfeited.

11. Teams will be officiating their own match.

12. The game clock will be the official clock if there is no clock in the gymnasium. The starting time of the match will be noted on the score sheet by the scorekeeper. Managers should ask for and confirm the official starting time of the match with the official prior to the first serve of the ball.

Cancellations/ Postponements

In the event of threatening weather conditions, postponements may be made by the Sergeant Bluff Parks & Recreation Departments. An announcement canceling a night's activities due to inclement weather will be issued via email as well as the Parks and Recreation Facebook page. If school is canceled in Sergeant Bluff due to weather conditions, volleyball league games are canceled. Managers will also be contacted via email if games are to be cancelled. Cancellations will include all playing sites.

Modifications and clarifications of United States Volleyball Rules

The 1998/99 United States Volleyball rulebook will be used with the Sergeant Bluff Parks & Recreation modifications and clarifications.

Any questions on the league rules should be addressed to the Sergeant Bluff Parks and Recreation Department.

CHAPTER 1 - FACILITIES AND EQUIPMENT

Court Clearance – If the ball hits a bench or bleacher, it is a dead ball and it is a side out or point. It is up to the official's judgment if the ball hits any hanging part of the basketball hoop and is to be replayed.

Ceiling Clearance – You may play the ball off the ceiling on your side of the court. The ball is out of play if it makes contact with a wall or above the opponent's playing area or above the team's playing area and crosses the plane of the net into the opponent's court.

CHAPTER 2 – PARTICIPANTS

COMPOSITION

- COED A team consists of 6 players – 3 women, 3 men. No more than 3 males may be on the court at one time. The serving order on the court shall be alternation of male-female. A team can play with 5 players if at least 3 of them are women.
- COED A team with 3 men and 2 women can play with 2 men and 2 women. The 3rd male may rotate in the following rotation guidelines. The server is a back row player when playing with 4 people.
- WOMEN A team can play with 4 or 5 players. The server is a back row player when playing with 4 people.

Protests considered – Matters that shall be received and considered by the score keeper include:

- Misinterpretation of a playing rule.
- Failure of the player(s) to apply the correct rule to a given situation.
- Failure to impose the correct penalty for a given violation.

Protest matters not to be considered – Protests involving the judgment of a score keeper will not be given consideration. (Example: positional fault, held or thrown ball, penalizing conduct)

CHAPTER 3 – POINT, GAME AND MATCH WINNER

SCORING SYSTEM

TO WIN A GAME:

- A team that scores 21 points in a game and has a two-point advantage wins the game.
- Play continues until a two-point advantage is reached or until a team scores 25 points with a one-point advantage.

CHAPTER 4 – PREPARTATION FOR THE MATCH, STRUCTURE OF PLAY

COIN TOSS

- Before the match teams will select 1 representative to play a game of rock, paper, scissors to determine which team will serve first and the losing team will select the side they would like to start on.
- The service will alternate for each game.
- Matches will consist of three games. All three games will be played as long as time allows.

SUBSTITUTION OF PLAYERS

- The right back player has the first serve.
- Upon gaining the serve, a team must rotate. Each player rotates clockwise. Right front will rotate off the court while a new player will take the serving position.
- Once established, the “rotating in” order must be followed.
- No manipulation of the serving order while the players are waiting to be rotated into the lineup is allowed
- Women can only substitute for women and men can only substitute for men.

CHAPTER 5 – PLAYING ACTIONS

CHARACTERISTICS OF THE HIT

- The ball may be touched with any parts of the body above and including the knee or foot.
- The ball may touch various parts of the body, provided that the contacts take place simultaneously.

EXCEPTIONS:

- During blocking, consecutive contacts may occur by one or more blockers provided that the contacts occur during one action.
- During the first hit of the team (not blocking), unless it is played overhand using fingers, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
- You may set the serve; you may not block the serve
- Net Serve- the ball will be live if it hits the net on the serve and goes over

SERVICE

- After clearly being released, the ball shall be contacted with one hand or any part of one arm before it touches the playing surface.
- Players may serve underhand if they feel more comfortable doing so.

SERVICE TOSSING ERROR

- If the ball, after having been tossed or released by the server, lands without touching the player it is considered a service tossing error.
- After a service tossing error, the referee must authorize the service again and the server must execute it within the next five seconds.
- One service tossing error is permitted for each service.

ATTACK – HIT FAULTS

A player completes an attack-hit on the opponent’s service, when the ball is entirely above the top of the net.

BLOCKING FAULTS

A player blocks the opponent’s service. **You may not block the serve.**

CHAPTER 6 – INTERRUPTIONS AND DELAYS

NUMBER OF REGULAR INTERRUPTIONS

- Each team is entitled to a maximum of two time-outs per game.
- A time out cannot be taken with 3 minutes or less left in the game by the team that is in the lead.

CHAPTER 7 – MISCONDUCT

Incorrect conduct by a team member toward officials, opponents, teammates or spectators is classified in four categories according to the degree of the offense.

CATEGORIES

- Un-sportsmanlike conduct: argumentation, intimidation, etc.
- Rude conduct: acting contrary to good manners or moral principles, expressing contempt.
- Offensive conduct: defamatory or insulting words or gestures.
- Aggression: physical attack or intended aggression.

SANCTIONS

Depending on the degree of the team member's conduct and the judgment of the first referee, the sanctions to be applied are:

- Misconduct Warning: For un-sportsmanlike conduct, no penalty is Charged but the team member is issued a warning against repetition in the same game.
- Misconduct Penalty: For rude conduct, the team is penalized with the loss of a rally.
- Expulsion: Extremely offensive or repeated rude conduct is sanctioned by expulsion. The team members must leave the playing area, bench and warm-up area for the remainder of the game. No additional penalty (point or loss of service) will be charged.
- Disqualification: For a repeated offensive conduct (expulsion) or for aggression, the team member must leave the playing area, bench and warm-up area for the remainder of the match. No additional penalty (point or loss of service) will be charged.

REMINDERS:

- SERVICE LINE - THE FULL 30 FT. BEHIND THE COURT
- YOU CAN PLAY OFF YOUR FEET
- WATCH THE NET – FOR SAFETY PURPOSES
- WATCH THE CENTER LINE – A LOT OF INJURIES OCCUR HERE WITH SPRAIN ANKLES
- ON EVERY SIDE OUT YOU MUST ROTATE – THE FIRST SERVER WILL COME FROM THE FRONT RIGHT
- RESPECT THE POSITION EVEN THOUGH YOU DON'T RESPECT THE CALL
- FORFEIT TIME IS GAME TIME!!!!!!

- FOREIT RULE - \$15 FOR EACH FORFEITED MATCH
- YOU HAVE 5 MINUTES FOR EACH GAME YOU DO NOT HAVE TO CALL IN A FORFEIT IF PERHAPS THE OTHER TEAM DOESN'T SHOW IT WILL BE A DOUBLE FORFEIT
- YOU CAN PLAY WITH 2 & 2 AND 3 AND 1 IF THERE ARE 3 WOMEN, YOU CAN NOT PLAY WITH 3 MALE AND 1 FEMALE
- MANAGERS MUST SIGN THE SCORESHEET AT THE END OF THE MATCH TO ENSURE THAT THE SCOREKEEPER IS CORRECT

For Questions or Concerns Please Contact the League Manager

Nick Venesky

712-943-5800

nick@cityofsergeantbluff.com