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10 March 2023

ANGIE FREEDMAN

NAS KEY WEST MWR

SPORTS COORDINATOR

SUBJ:  04 April 2023 Captain’s Cup Volleyball League Rules Memo

Participant,

1. The 2023 Captain’s Cup Volleyball league will commence on Tuesday April 4th, 2023, at the Boca Chica Fitness Center Gymnasium. The season will run through May 23rd, 2023. Games will be held every Tuesday/Thursday evening with the start times of 17:00, 18:00, 19:00, 20:00.
2. There is a minimum of four teams required to run the league.
3. The following league rules will apply:
4. Rosters:
   1. This is a Captain’s Cup event therefore all players on a team’s roster must be from your command.
   2. If an individual desires to play and their command does not submit a team roster, that individual may be assigned to a team only by the sports coordinator.
   3. Each command may have multiple teams.
   4. Team entry is based on a first come, first served basis.
   5. All players must be active-duty military permanently assigned to the activity, or on TAD orders assigned to the activity.
   6. All players MUST be listed on the official roster prior the start of the game, to avoid any delays (this includes all players who might participate in the game). If a player checks into the game without being listed in the scorebook, will not be eligible to receive Captain Cup points.
   7. No team jumping. Each person may only play for one team and be listed on one roster.
   8. Teams are coed in the sense that anyone may play. There is no requirement for a minimum number of women to be on the team or roster.
   9. There is no limit on the size of a team roster.
   10. All players must check in with the MWR representative prior to game time with the appropriate ID.
   11. Rosters are due to the Sports Coordinator no later than March 24th, 2023.
5. Game Location/Ties/Forfeits:
   1. We will be following the guidelines of NFHS in addition to our house rules.
   2. There will be no grace period for late arrivals.
      1. Each team must have a minimum of 4 players to play a game.
      2. If a team does not have 4 players at the start of the game the team missing players will forfeit that match.
      3. There will be a 10-minute grace period between the matches before a forfeit will be declared.
      4. In the event the first match is forfeited we will allow a 10 minutes grace period to allow players to show up before calling the second match a forfeit.
6. Uniforms:
   1. The Home team and Visitor team shall be assigned on the weekly schedule.
   2. Teams should dress in like-colored shirts as much as possible to distinguish between teams. PURCHASED UNIFORMS CANNOT DISPLAY VULGAR CONTENT OR DISTRACTING COLORS.
   3. Players shall not wear jewelry (except FLAT wedding bands).
   4. Only closed-toed athletic shoes will be allowed (tennis shoes, basketball shoes, etc.). No boots or other inappropriate footwear will be allowed.
7. Sportsmanship:
   1. Unsportsmanlike behavior will not be tolerated. Outstanding sportsmanship is mandatory from players and fans.
   2. If a team captain has been warned of a problem and does not resolve the problem, the team may receive a forfeit for the game.
   3. Player ejection:
      1. Any team member who is ejected from a game for ANY reason (arguing with an umpire, fighting, improper conduct, etc.) will be suspended from the team’s next TWO scheduled games, including playoffs.
      2. A mandatory meeting with the Sports Coordinator shall be held and the punishment may be reduced to ONE game, if approved by the Coordinator.
      3. If the offending team member fails to meet with the Sports Coordinator, the mandatory TWO-game suspension shall be assessed.
      4. In the event of a physical altercation of any kind, security/police will be notified, and all involved individuals shall be reported to their command to face further consequences.
      5. Any team member ejected from a game for ANY reason must leave the softball complex **IMMEDIATELY**. Failure to vacate the premises (including the parking lot) immediately shall result in possible removal from the league and banishment from all future Intramural Sports leagues and activities, as well as possible authority notification.
8. Protests:
   1. Any protested rulings or decisions will be settled on the field at the time of the occurrence. The Umpire’s decisions will be final, except for misapplication of the rules or the use of an eligible player.
   2. In the case of an ineligible player, please notify the Sports Coordinator immediately for a decision. In these cases, the umpire will note that the game is played under protest from the point of dispute. **PROTESTS MUST BE SUBMITTED TO THE INTRAMURAL OFFICE, IN WRITING, PRIOR TO 1400 THE DAY FOLLOWING THE OCCURRENCE.**
9. Officials have been instructed to report any unsportsmanlike conduct to the Sports Coordinator immediately following the occurrence. This includes the conduct of the team’s spectators. When a player is ejected from the game, he/she will automatically be suspended from further play until a scheduled meeting with the suspended player and Sports Coordinator occurs. The ejected player will need to leave the court and surrounding areas immediately.
10. Safety:
    1. Safety is the responsibility of all coaches and players.
    2. Coaches should conduct a safety briefing to their team prior to the first game.
    3. It is recommended that teams participate in at least 5-10 minutes of stretching and warming up prior to competition.
11. Game Play:
    1. Each game shall be rallying score format. The first two games in a match shall be to 25 points and the third game, if necessary, shall be to 15 points with no cap. Teams must win by 2 points. Each team shall receive 2 timeouts per set, which shall not exceed 30 seconds.
    2. Let serve shall be used for all games. A let serve is a ball that, when served properly, hits the net between the antennas and continues across the net into the opponent’s court. All let serves are considered a live ball and shall be played accordingly.
    3. The official shall be responsible for calling all line plays. A replay shall be directed if an official is unable to accurately determine the scoring of a point. The official shall act as official scorekeeper for each game. Two officials shall be used; one stand official and one linesman/score keeper.
    4. The ceiling and all other facility elements shall be in play, unless the official rules otherwise. All judgment calls by the official(s) are FINAL and shall be settled on the court. All spikes/attacks must be made BEHIND the 10ft line.
    5. The designated Home captain shall identify which court they would like to start on BEFORE the coin toss. The designated Visitor captain shall call the coin toss. The winner of the coin toss shall choose either serve or receive. The Home team captain shall call the coin toss of the deciding game, if necessary, and the winner of the coin toss shall choose either side, serve or receive.
    6. Proper shoes and socks must be worn at all times and only shoes with non-marking soles shall be allowed on the court.
    7. Live and dead balls and rules governing contacting the ball for play shall be those listed in NFHS standards, with the following exceptions. All rule differences shall be explained by the officials.
       1. If the ball contacts the ceiling or an overhead obstruction after being hit by the OFFENDING team and remains in a legally playable area on the OFFENDING team’s side, the ball remains live. If the above-mentioned ball falls into a non-playable area or the opponent’s side, a point and side-out shall be awarded.
       2. If the ball becomes motionless in the net, inside the net antennas, or on/in an overhead obstruction over a legally playable area, a replay shall be declared.
    8. The first server to start the game shall be in the back right position. Thereafter, when a team is awarded a side-out, all players shall rotate one position clockwise.
    9. The serving area shall be behind the end line and from sideline to sideline. Blocking or attacking the serve is illegal. All contact made ABOVE THE NET by the defensive team on the serve shall be considered a block/attack and is illegal.
    10. The serve may be made while the ball is held or after it is released by the server. The server must hit the ball with one hand, fist or arm while the ball is held or after it has been released.
12. Substitution Rule:
    1. Substitution format will be a 1-for-1 format, where the same players must sub for each other at the same position in the serving order.
       1. Players will be required to have numbers on their jerseys and check-in with the down official at each substitution.
       2. Prior to the game, ALL players must be added to the score sheet to document their jersey and court position.
          1. This process must be completed quickly, so all players and coaches must ensure that everyone gets their jerseys in a timely manner and check everyone in with the down official ASAP.
    2. Substitution requests shall be made only by the head coach and only during a dead ball or during a timeout.
    3. Teams only get one substitution request in the same dead ball period.
    4. Injury substitutions can be made as needed at any time.
    5. Teams will be allowed a total of 18 substitutions per set. Each player is allowed unlimited entries within the team’s substitution limit. Starting a set does not count as a substitution.
13. Substitution Procedure:
    1. To request a substitution, the head coach must visually signal to the referee that a substitution is desired. The referee will sound his/her whistle and signal that a substitution is taking place.
    2. At that time, the desired sub may enter the substitution on the far side of the court by the down official.
       1. The incoming substitute and the outgoing active player must report his/her number to the down official and have the substitution noted on the score sheet.
       2. n the event of a multiple player substitution, all incoming players should report to the substitution area at the same time and wait to be directed by the down official.
    3. During a timeout, the above procedures will be followed, and the new players will take the court at the end of the timeout.
    4. A substitution delay penalty occurs when:
       1. Players do not report to the substitution area in a timely manner and the player exchange is not made in a timely manner
       2. The coach withdraws a substitution request after it has been recognized and approved by the officials.
       3. Substitution delays will result in denial of substitution request and multiple delays could result in forfeiture of the match by the offending team.
14. Substitutes:
    1. A re-entering player may not return to the set during the same dead ball in which the player was replaced.
    2. When teams have used all 18 substitutions for a match, additional substitutions are permitted ONLY for an injured/ill player in the following priority:
       1. By a teammate who has never played in the set or a player who has played in that position earlier in the set
       2. By any legal teammate on the bench, regardless of previous position played. An injured/ill player replaced by an exceptional substitution may not re-enter a set in which the exceptional substitution takes place. A team may not play with fewer than six players if there is a legal substitute (including an exceptional substitution) available.
       3. An exceptional substitution is counted as a team substitution if the team has not exhausted its 18 team substitutions.
    3. A substitution is ILLEGAL when the substitute:
       1. Is in the set without following the required substitution procedure.
       2. Is not listed on the roster.
       3. Re-enters or attempts to re-enter the set.
          1. During the same dead ball
          2. In which the substitute was previously replaced by exceptional substitution procedure.
          3. As a 19th substitution.
          4. Without assuming the original position in the serving order as recorded on the score sheet (except for an exceptional substitution).
15. Penalties:
    1. Unnecessary delay is charged to the offending team when an illegal substitute attempts to enter the set. Illegal alignment is charged to the offending team when an illegal substitute is identified in the set after the whistle/signal for serve and results in a loss of rally/point.
    2. For the serving team, any points known to have been scored during a term of service in which an illegal substitute is discovered in the set shall be cancelled.
    3. For the receiving team prior to the contact of the serve by the opposing team, all points earned during the previous term of service by the violating team while the illegal substitute was in the set, shall be cancelled.
    4. After the serve has alternated and the first serve is contacted, there shall be no cancellation of points.
    5. In all cases, the illegal substitute must enter legally or be replaced by a legal player.
    6. ALL PLAYERS AND COACHES MUST FOLLOW THESE PROCEDURES IN ORDER TO SUBSTITUTE PLAYERS PROPERLY. Failure to do so will result in rejection of the substitution request and forfeiture of point/rally as deemed necessary by the officials. If these procedures are followed effectively and efficiently by all teams/coaches/players, the substitution format will continue throughout the season. If teams/coaches/players are unable to perform these substitution procedures in a timely manner and game delays ensue, the Sports Coordinator will suspend this substitution format and return to substituting at the serve position only for the remainder of the season. Please ensure that all teams/players are knowledgeable of these procedures and complete all tasks correctly.

Best regards,

Angie Freedman

Sports Coordinator

Morale Welfare & Recreation