



2026 4v4 Spring Volleyball League Information & Rules

Dickinson Parks & Recreation

DPR Program Contract Person: Wilson McLaughlin, Recreation Supervisor

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DPR Office Hours: Monday thru Thursday, 8:00 am-5:00 pm / Friday, 8:00 am-1:30 pm

PHONE: 456-2074 WEBSITE: dickinsonparks.org

REGISTRATION DEADLINE: March 11, 2026

FEES: Player = \$50 | Sponsor = \$135

All sponsor and player fees must be paid in full when team registration is submitted to DPR or it will not be accepted. It is the Team Manager's responsibility to collect all fees ahead of time and submit them as one team registration. Do not tell players to stop at DPR and pay! The roster minimum is 5 players. There is no maximum. You MUST pay for at least 5 players. Every player on the roster must have paid the player fee.

DPR – Team / Player Communication: Email, social media, and website

Season Dates: April 1 – May 20, 2026 (Wednesdays)

Player Eligibility: All high school students are ineligible. Any high school graduate is eligible. If out of high school and not a graduate, you must be 18 years of age.

Both Men's and Women's leagues will play on Wednesday Nights.

League Structure:

League schedules and standings will be posted on DPR website: www.dickinsonparks.org

All teams will play approximately 11 matches (league round robin play + league tournament).

League play will be round robin format. Teams may not play everybody the same number of times (depends on the number of teams in the league).

Roster addition or changes MUST be taken care of at the Recreation Office during normal business hours. No player is eligible to play until signed up and paid for on a roster.

Refunds (player fee and/or sponsor fee) will only be given prior to the registration deadline. Individual player fee refund may be processed after that on a case by case situation. Replacement of a player on the roster MUST be reported to and recorded by DPR prior to the replacement player's participation. Reimbursement of player fee for replacement of player on the roster is to be handled within the team.

LEAGUE PICK-UP PLAYER RULE: Teams may pick up up to (1) players for a total of 4 players for league games (to help eliminate forfeits). Pick-up players must be on a DPR volleyball roster (women's roster for women's league). Pick-up players can only be from a team up to one (1) league level higher than the team picking them up. Each league will have a level designation behind the league title at the top of the schedules. EX: Women's Classic (W1), Women's Olympic (W2), etc. NO Fee as player has already paid a player fee. YES – you can pick up a player from the team you are playing. **Pick-up player's name MUST be noted on the score sheet.**

League Champions will receive T-Shirts. **League Tournament Champions** will receive an award plaque. Tournament play may involve additional divisions and juggling of teams between leagues based on their league record.

No alcoholic beverages or smoking allowed in the facilities. Please clean up your team area prior to leaving the facility (pick up and place garbage, etc. in proper trash cans).

Dickinson Parks & Recreation does not carry insurance for participants in any city sponsored programs, and will not be held liable for injuries that occurred during the activity.

Playing Rules: Play shall be governed by United States Volleyball rules with the exceptions listed below.

Match Time is Forfeit Time. (Use cell phone as official time) Any team that has 3 unannounced game forfeits may be dropped from the league and all players would be ineligible to be picked up by another team or play in any tournament games.

Forfeits: Team forfeiting 1st game of match has 10 minutes from scheduled game time to field a team and play the last two games of the match. As soon as the 4th player arrives within 10 minutes, the 2nd game is to be started. If can't field a team at the 10-minute mark, the remaining 2 games are forfeited.

Players on the Court: A team must have at least 3 players to start and finish. Teams must still follow 4 player position and hitting rules.

If a player arrives late and team is playing shorthanded, that player may enter the game on the first dead ball at any position on the court. If you have full team, the player may join in your team rotation or substitute.

Rotation: When beginning the game using rotation, it must be used throughout the game – no substitution. Each person must begin at the middle position of the back row and make a complete clockwise rotation, ending by serving.

Substitution: When beginning the game using substitution, it must be used throughout the game – no rotation. A player must report in to the official on a dead ball when making a substitution. This is a player for player substitution. Ex. "B" substitutes for "A". This establishes an "A-B" substitution. "A" can only re-enter for "B" & vice-versa. There is no limit to length or number of substitutions between "A & B". Neither "A" nor "B" can substitute for any other player. (Exception: If a player gets injured and no substitute is available, the player that was substituting will replace the injured player. The injured player may not play the remainder of that game).

Players are to wear separate gym shoes from what they wear outside.

Match = 3 games to 21 – must win by 2 pts. / Pt. Cap @ 23)

1st Serve: Coin toss determines which team serves 1st. Loser of toss will serve 2nd game. Coin toss again to determine 3rd game server!

Time Outs = One 30-second timeout per game.

Basic Game Rules:

Server has 8 seconds from whistle to serve.

Server is allowed only 1 toss.

Any 1st-receive by a team may be a double contact if it is judged to be one attempt.

The ball may be hit with any part of the body, as long as it is not a carry.

No player may enter an adjacent occupied court before, during, or after they attempt to play the ball.

A ball entering the playing surface from an adjacent court does not immediately kill play. If the players can remove the ball without it affecting play; play continues. Because of this, there may be a delayed whistle to stop play.

Players may not wear caps while playing.

No jewelry allowed (watches, rings, earrings, necklaces, etc.).

NO PROTESTS! The Official's decision is final.

Only the Team Manager (identified before the game starts) may discuss rule interpretations with the officials.
JUDGEMENT CALLS BY THE OFFICIAL ARE NOT QUESTIONABLE!

No dunking of volleyball at any time on the basketball hoops (Before, during, or after your Game). This includes any attempted or successful dunk with or without the ball. Grabbing or hanging on the rim, backboard, or net will carry the same penalty. (EJECTION for match)

Player Code of Conduct:

All players are expected to always conduct themselves in a sportsmanlike manner! This is a recreational program. The "Heat of the Moment" excuse is not acceptable. This is not an all-inclusive list. Items and situations not listed will be ruled upon by the proper DPR Program Supervisors.

Any team found to be using an ineligible player will be penalized as follows:

All games with ineligible players will be forfeited.

Team Manager and violating player will be suspended for **1 match**.

The team will be on probation for the remainder of season. Any further infractions may subject team / manager / player to suspension for remainder of season.

Player under the influence of alcohol, drugs, or stimulants while participating shall result in a minimum of a one game suspension and probation for the remainder of program season. **POSSESSION OF ALCOHOL, DRUGS, OR STIMULANTS while in the facility = disqualification of player for the remainder of the program season + probation for next DPRD program the player participates.**

Control of Children:

- Children MUST BE SEATED IN THE GYM! They are not to be running around on the sideline, stage, hallways, or anywhere in the facility.
- If an official must stop play due to a child's action, the official shall enforce the following penalty: 1st team infraction -- YELLOW CARD -- Award opposing team 1 pt. & the serve. A 2nd team infraction YELLOW CARD -- Award opposing team 2 pts. & the serve. A 3rd team infraction --RED CARD -- results in forfeit of that game & any remaining games in the match.

Unsportsmanlike Behavior and Penalties:

*****Committing an unsporting foul. This includes, but is not limited to, acts or conduct such as:**

- Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- Using profane or inappropriate language or obscene gestures. This includes casual profanity.
- Baiting or taunting an opponent.
- NOTE: DPR disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- Leave the playing court for an unauthorized reason to demonstrate resentment, disgust or intimidation.

Any team / player which, in the judgment of the official, intentionally wastes time by not retrieving the ball in a timely matter, may receive a "Delay of Game" penalty (1 pt. and loss of serve).

Unsportsmanlike Behavior Penalty: Given at official's discretion whenever official feels a player(s) are conducting themselves inappropriately. This should be enforced so situations do not escalate to having to eject a player.

Unsportsmanlike Penalty:

- 1st Team Penalty – YELLOW CARD -- Award opposing team 1 pt. & the serve.
- 2nd Team Penalty – YELLOW CARD -- Award opposing team 2 pts. & the serve. If 2nd Penalty is on same player – RED CARD -- the player is ejected for remainder of the evening + team's next match.
- 3rd Team Penalty – RED CARD -- results in FORFEIT of the match + ejection of the player for the next match.

Depending upon the severity of the unsportsmanlike act, an official may eject a player immediately.

PENALTY: 1st EJECTION of season on a player = Player sits out remainder of that match + next scheduled match for that team.

PENALTY: 2nd EJECTION of season on a player = Player is suspended for the remainder of the season (including tournaments).

NOTE: (FIGHTING) No player shall at any time lay a hand upon, shove, strike or threaten an official, player or DPR employee.

- Officials are required to suspend player immediately and report such player to the DPR League Supervisor.
- Such player shall remain suspended until the case has been reviewed by the DPR League Management.
- **Minimum Penalty:** Suspension from 1 league match.
- **Maximum Penalty:** Suspension from all DPR recreational activities indefinitely + annual reviews by DPR league management.

PENALTY: Player removed from facility: When a player continues to cause problems and is removed from the facility (minimum penalty of 1 match + additional penalty at discretion of DPR).

PERTAINING TO EJECTIONS: If the ejection is in the last game of the season, the suspension will carry over to the next DPRD adult program the suspended player participates in.