



MEN'S & WOMEN'S VOLLEYBALL RULES 2023-2024

Schedules & Standings:

www.quickscores.com/cityofwinona

Park & Recreation Department Contact Info:

Office Hours: M-F 8:00 AM - 4:30 PM

Address: 207 Lafayette Street, Suite 105, Winona, MN 55987

League Coordinator: Austin Powell apowell@ci.winona.mn.us

Phone: 715-533-2616

www.cityofwinona.com

After Hours Drop Box (for rosters and registrations):

Located on 4th Street side of City Hall Building

Men's & Women's Volleyball Rules & Regulations

The following is not intended to be a complete listing of volleyball rules, but rather a list of "unique" rules for Park Rec. play. With the exception of the below rules, play will be governed by the **Minnesota State High School League** rules and **Minnesota Sports Federation** rules.

Eligibility

- I. Players may not compete in more than one Park & Rec. women's or men's league team.
- II. Players must be at least 18 years old or out of high school. A senior must be done with their volleyball season to be eligible

Rosters

- I. **Due on or before the third game.** You may turn them in to the gym supervisor, drop them off at the Park Rec office, or the City Hall drop box.
- II. Late rosters will result in at least a one match forfeit and no further matches being played by that team until the roster is turned in and the opposing team receives wins by forfeit.
- III. You may make additions/ deletions to your roster until **the start of your sixth game** by coming to the Park Rec office to add their name or emailing their information to mteachout@ci.winona.mn.us
- IV. Only individuals listed on your league roster will be allowed to participate.
- V. Roster Limit: 12 players per team.

League Format

- I. Regular Season: each team will play a 10-game season.
- II. Playoffs: single-elimination playoff will take place the week(s) after the regular season ends
- III. Net Height: Men-7' 11 5/8", Women's 7' 4 1/8".
- IV. Standings: Based on winning percentage
- V. Tie Breaker Procedure
 1. Head to Head/ Record against tied teams (if more than one team is tied)
 2. Point differential between tied teams
 3. Least points allowed between tied teams
 4. Least points allowed including all games played
 5. Coin flip

Match Format

- I. A match consists of 3 sets played to 25 points, win by 2, with a 27-point cap. **Rally scoring.**
- II. All three games will be played each match, regardless of whether one team wins the first two. Each game counts as one point in the standings.
- III. A coin flip will determine the serving and receiving team for the first and third games. The winner shall choose either to serve or receive.
- IV. Time Limit: A match consists of 3 games or 55 minutes whichever comes first. Meaning, in the 3rd game when 55 minutes of play has elapsed, the winner is determined as soon as one team has a two-point advantage or a 27-point cap (27-25). No time outs can be used after 50 minutes have elapsed, due to teams stalling.
- V. Warmups: three minutes will be allowed for pre-game warm ups for the first game of the night. The next games will start immediately following the preceding game.
- VI. You must field at least 4 players by game time or you will forfeit your first game. **NO GRACE**

PERIOD - If your team fails to produce four players by 5 minutes after game time, you will forfeit the second game, and if your team cannot field four players by 10 minutes after game time, you will forfeit the third game.

- VII. Note: No penalty (point/side out) will be given for having less than six players.
- VIII. Time Outs: Each team is limited to two 60 second time-outs per game. Requests for additional time-outs shall be denied and the requesting team penalized.

Playing Rules

- I. Serving: The receiving team rotates one position on their first serve.
- II. Let Serve: The let serve shall be allowed.
- III. You may not block the serve.
- IV. Multiple Contacts: Multiple Contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only when the first ball over the net rebounds from one part of the players body to one or more other legal parts in one attempt to block or on any first team hit, whether or not the ball is touched by the block.
- V. Centerline: **A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand (s) remains on or above the centerline.** Contacting the floor across the centerline with any other part of the body is illegal.
- VI. Net Play: Contact with the net by a player it is not a foul, unless it interferes with the play. A player that is not directly involved in the play may brush the net without being whistled. A player interferes with the opponent's play by touching the top band of the net or the top part of the antenna during the action of playing the ball, or taking support from the net simultaneously with playing the ball, or creating an advantage over the opponent, or making actions which hinder an opponent's legitimate attempt to play the ball. Players may touch the post, ropes, or any other objects outside the antennae, including the net itself, provided that it does not interfere with play. Reminder: Hair touching the net is not illegal.
 - a. **There are few instances where contacting the net does not interfere with the play or create advantage over opponents—if you're in the net expect to be whistled!**
- VII. Feet can be used to play the ball.
- VIII. Overhangs (i.e. basketball hoops) are considered part of the ceiling and ruled accordingly:
 - a. Playable if a ball hits the ceiling on your own team's side, comes down on your side, and is not the third hit.
 - b. If the ball hits the ceiling on your side and lands on the other team's court → out.
- IX. **You are not allowed to play the ball off the curtain or any walls.**
- X. Substitutions: Unlimited substitutions are allowed. Players may substitute player for player, position for position, or from front line and/or backline (but must be the same spot)

Playoffs

- I. Single Elimination
- II. Best 2 of 3 games to 25 (cap 27), no time limit
- III. Only rostered players are eligible

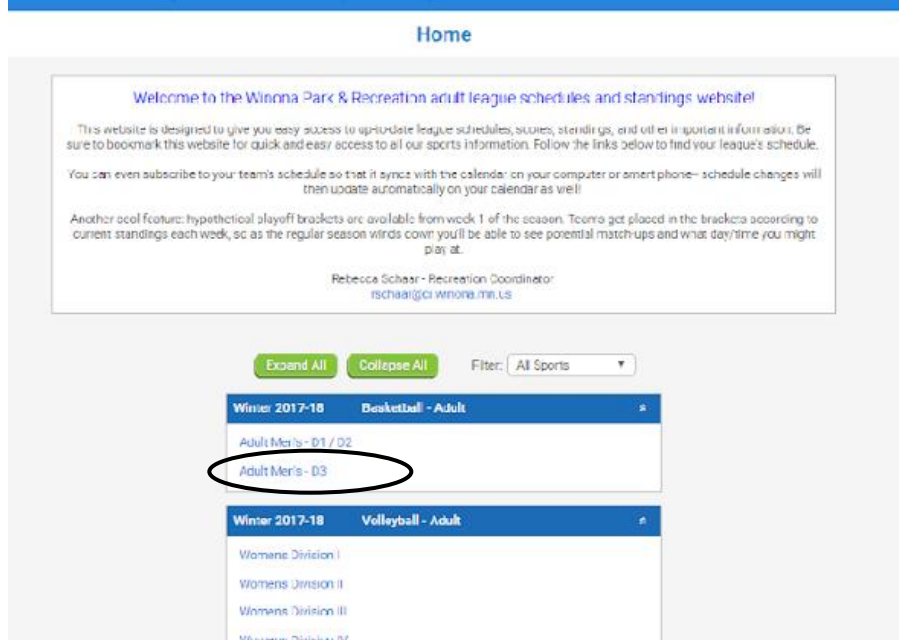
Game Protests

- I. **Judgment calls may *not* be protested.**
- II. Game protests must be filed with opposing team's manager and official at time of infraction.
- III. Protests regarding eligibility can be filed before, during or up to 24 hours after the match. The use of ineligible players will result in automatic game(s) or match forfeits.

QuickScores Schedules/Standings

www.QuickScores.com/cityofwinona. QuickScores is our league management site. It builds balanced schedules and displays scores/ standings for each league. To find your schedule:

1. **From the QuickScores homepage select your league.**



2. Scroll down for standings, and a week by week schedule
3. To see or print your team's schedule, select your team from the main league schedule, then find the 'print team' button. However, we recommend checking the website each week vs. printing a schedule, to ensure you have the most up-to-date schedule.
4. This is also where you will find the manager contact info for each team if you ever need to get in touch.
5. You can also subscribe to the schedule, which syncs it with your iPhone, outlook, or google calendar (not compatible with other calendars)

Player Conduct

- I. Unsportsmanlike Conduct: Unnecessary Roughness, excessive arguing with any opposing players or with staff, striking any players or staff, drunkenness, fighting or disrespect for property will not be tolerated.
 - a. Penalty: Ejection from that game and at least one additional game and possible one-year suspension.
- II. Any player or manager ejected from a contest means an ejection for the match they are in plus the next match. 2nd offense results in player's ejection for rest of the year plus a one-year suspension.
- III. **No food or drinks allowed in the gym (water is ok).**
- IV. There will be no smoking or drinking inside the buildings or outside on either property. **We are guests of the school - - - don't take this privilege for granted.**
- V. Team & Player Conduct Policy

Facilities

- I. Any children present at St. Stan's gym must be supervised by an adult (children under 6 years old must be accompanied by an adult who is not participating in the match). Children must remain in the gym, not disrupt gameplay, and will not be allowed to roam the hallways or go behind the stage (or we could lose our St. Stan's privileges). Staff will give teams one warning on this matter, then the child/parent could be asked to leave the match.
- I. Children at the ERC must be 6 years or older to be dropped off unsupervised. The ERC will only be open until 7 p.m. No kids in game room after 7:00, only in the gym to watch games.

Cancellations/ Rescheduled Games

- I. Cancellations will be communicated via the QuickScores and the CivicRec websites. All who have created an account with QuickScores will receive an email and/or text if they have opted in to receive communications. For those who do not want to receive communications, the cancellation notice will be shown on the game schedule.
- II. **Rescheduled games:** The schedule allows for two makeup nights in the event that games are cancelled due to inclement weather. Any additional cancelled games will not be rescheduled and no refunds will be given.
- III. **Games will not be rescheduled if a team can't make it or doesn't have enough players.** *As a courtesy, if your team has to forfeit call our office so we can notify the other team.*

Miscellaneous

- a. If your team advances to State, players must wear numbered jerseys of the same color.
- b. No wearing of hats, jewelry, watches, etc. Wedding rings may be left on but must be taped

Infectious Disease Control Rule:

A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until:

- 1) bleeding has stopped;
- 2) injury is covered;
- 3) uniform changed or disinfected with acceptable disinfectant*;
- 4) competition area and equipment disinfected with acceptable disinfectant*. If treatment can be administered within three minutes, the individual may still play.

FACILITY USE INFORMATION

ERC Facility Use:

- The Men's & Women's bathrooms are available for your use if you would like.
 - You are allowed to bring **WATER ONLY** into the gym as long as it is in **Plastic Bottles**. You must clean up any spilled water immediately and be sure to deposit the empty bottles into the garbage cans or take what you brought home with you.
 - A First Aid Kit will be taken to each game by the scorekeeper for emergency use.
 - I. (Items will be replaced by Recreation Coordinator)
- IV. A table/chair should be set up for the scorekeeper/timer.

St. Stanislaus Facility

- I. The Men's & Women's bathrooms are available for your use if you would like.

- II. You are allowed to bring **WATER ONLY** into the gym as long as it is in **Plastic Bottles**. You must clean up any spilled water immediately and be sure to deposit the empty bottles into the garbage cans or take what you brought home with you.
- III. A First Aid Kit will be taken to each game by the scorekeeper for emergency use.
 - I. (Items will be replaced by Recreation Coordinator)
- IV. A table/chair should be set up for the scorekeeper/timer.

Officials, scorekeepers and managers, please be aware of the above items and expectations. **Managers** please inform **all** your players of the above as well. You as the manager are responsible for making sure these expectations are followed. We appreciate the use of these facilities and do not want to lose the privilege of their use. Thanks for your anticipated cooperation. Any questions, please call the Park & Rec. office at 457-8258.
