



## Co-Rec Volleyball League Rules

### **I. LEAGUE INFORMATION**

- a. Game times will be 6:20 p.m., 7:10 p.m., 8:00 p.m.; please arrive 10 minutes early for your games.
  1. Teams are required to help set-up/tear down equipment.
- b. All games will be played at Elk River YMCA.

### **II. Co-Rec Volleyball League Liaison**

- a. TBD

### **III. ELIGIBILITY**

- a. Players may only play on one team with each league.
- b. Players must be on the official roster for the team they are playing for.
- c. All players must be 18 years of age or older.

### **IV. ROSTERS**

- a. The roster limit is a maximum of 12 players. There will only be 6 players on the court at a time with 3 men and 3 women.
- b. Rosters are due on the first game night.
- c. Rosters may be changed until the midway point of the season.
- d. Players need to have identification available before and during a game in case a roster check is requested from the opposing team. If a player is found ineligible their team will forfeit the game and that player may be suspended for up to a year.
- e. To play in the end of season playoffs, everyone who is on your roster must have played during the regular season. Teams may NOT bring in any new players that have not previously played during the regular “non playoffs” weeks.

### **V. EQUIPMENT**

- a. Uniform
  1. All players on a team shall properly wear uniforms that are like in color and style, but not necessary.
- b. Shoes
  1. Must be worn by all participants.
  2. Non-marking soled tennis shoes are required.
- c. Nets
  1. Nets are provided with the rental of the gymnasium through the YMCA.
  2. Net height will be 8 feet.
- d. Volleyball
  1. The league will furnish volleyballs.

## **VI. SCHEDULES**

- a. It is solely the responsibility of the team manager to inform team their schedule.
- b. Schedules are posted online at <https://www.quickscores.com/elkrivernm>.
- c. Schedules are emailed to the manager listed on the entry form once completed.
- d. Updates on any game changes or cancellations will be posted online QuickScores.com

## **I. GAME CANCELLATIONS**

- a. Emails are sent out to managers to notify them of any game changes or cancellations. All other information can be found online at QuickScores.com.

## **II. FORFIETS**

- a. If your team cannot show and needs to forfeit, please contact the opposing team manager(s) and the Parks and Recreation main office at (763)635-1150.
- b. Teams must be ready by game time; if a team cannot field a team five minutes after game time that team will forfeit the game.
- c. Teams that forfeit three times during a season may be ejected without a refund.
- d. The score recorded for a forfeit is 25-0, 25-0, 15-0.

## **III. SET-UP**

- a. It is the responsibility of the first and last teams on each court to assist the volleyball liaison in set-up and takedown of the net standards. Failure to set up and take-down the volleyball net and standards will result in a \$25.00 non-refundable fine. Failure to pay the fine will result in the team forfeiting games until the fine is paid.
- b. For everyone's safety, no balls are allowed on the court until set-up is complete.

## **IV. RULES**

### **a. Facility Rules**

1. No food or beverage in the gym, except covered water bottles.
2. Go directly to the gym for the game, do not wander the hallways.
3. DO NOT WALK ON COURTS IN STREET SHOES. Always bring a pair of non-marking soled tennis shoes to play in.
4. No smoking or drinking alcoholic beverages on YMCA property.
5. All players must leave the facility at the conclusion of the evening.

### **b. Game Rules**

1. There are no awards or rebates; play is for your own enjoyment as we look to build this league.
2. You must have 4 players to begin and end a game, 6 maximum on the court.
3. You must have an equal amount or more women than men on the court at any time. (3 men, 3 women or 2 men, 2 women or 3 women, 1 man or 3 women, 2 men)
4. Team must have at least 2 women on the court at all times and there may not be more than 3 males on the court at one time.
5. Serving order and positions on the court must alternate male and female. The exception is allowed when using a 5-player line-up. Then up to two players of the same sex can be next to each other.
6. One male or female player may come from the back row to **block** when there is only one male in the front row. This player may not spike the ball or hit any ball that is over 8 feet above the floor except on a defensive block.

7. Substitutions must take place only when the ball is dead, and if the team is not rotating players. If desired, an eight-player rotation can be used where two players rotate off the court and are not allowed to participate until rotating back in.
8. At the beginning of each game, the team serving shall **NOT** rotate. After the team first serving has lost the serve, their opponent **SHALL** rotate for their first serve. Teams rotate clockwise.
9. Once a player touches a ball, whether intentionally or not, he/she will be considered as having played the ball, except a ball that ricochets off multiple body parts of a player attempting to make his/her team's first contact with the ball, is not a double hit
10. Males and females must alternate positions. If the ball is hit more than once on a side, one touch must be by a female.
11. The ball is live if it touches any part of the player's body, regardless of the foot being on or off the ground.
12. The ball must be clearly hit; it cannot be scooped or held.
13. If a ball is hit more than once, one of those hits must be hit by a female.
14. A ball hit into the net by a team may still be kept in play provided any player does not touch the net.
15. It is permissible to run out of bounds to play a ball.
16. If a ball crosses the net in-between the supports and enters another court during a game or warm-up the point will be replayed. (Do not run into another court during a game.)
17. A player may cross the center line with his/her foot providing part of their foot remains on their side of the court and providing the player's foot does not interfere with the play of an opponent.
18. If a ball that was last touched by the opposing team is going out of bounds, the team receiving the ball must let it touch the floor or wall to be considered out of bounds. If the receiving team touches the ball before it goes out of bounds it is considered a touch by the receiving team.
19. If the ball hits the net support, the ball is out of bounds.
20. If during the 3 hits the attacking team hit the ball into the ceiling or ceiling fixture the ball is considered in play if it comes down into the attacking team's side. However, if after contacting the ceiling or ceiling fixture the ball enters the opposing team's side it is considered side out or point.
21. If any part of the ball touches a boundary line, it is considered good.
22. A ball is kept in play if it hits the net and goes over into the opponent's courts.
23. A ball hit into the net by a team may still be kept in play provided any player does not touch the net.
24. A player may play the ball twice (but cannot be in succession) during a volley.
25. A two-handed hit must have both hands touching.
26. The ball must be returned over the net by the third contact.
  - a. If the ball is blocked the team that was attempting to place the ball over the net will have an additional three contacts to place the ball over the net.
27. An attempt to block a ball may only happen when the attacking team is attempting to put the ball over the net with anything other than a serve.
28. A game is complete when a team scores a total of 25 points. If after 25 points a team is not ahead by two points, play will continue until a team is ahead by 2 or

a team has reached 28 points. The first two games are to be played to 25. The third game is to 15 with a cap of 18.

29. Extra players/ bystanders may serve as line and net judges.
30. A replay shall be declared when a foreign object enters the proximity of the court.
31. No players are allowed at any time to hang on the net.

**c. Serving**

1. Serves may be overhand or underhand.
2. For the first game of the match, the home team has the choice to take the serve or choice of side. The team not serving the first game shall serve the second game. The team not serving the second game shall serve the third game.
3. The server shall stand with both feet back of the rear boundary line and in the serving area.
4. A bump or a set, no blocking or attacking the serve must receive all serves.
5. Once a ball is contacted when hit for serve, players may move from their initial position.
6. Net serves are considered in play.

**d. Scoring**

1. There will be a sheet in the gym with the league liaison where the teams will be responsible for reporting the scores for their match. If scores are not turned in, each team will be recorded with a loss.
2. In alliance with general volleyball play our league has switched to Rally Scoring all the time. Each match will consist of two games played to 25 points with a cap of 28 and the third game will be played to 15 points with a cap of 18.

**e. Conduct of players and Managers**

1. To keep costs down this league utilizes honor calls. What this means is that there are no officials, and each team and player is responsible for making their own calls. Team managers are responsible to resolve any disputes in a sportsmanlike manner.
2. Profanity
  - a. Casual profanity/family atmosphere is applied. Casual profanity pertains to expletives not directed at opposing players, but uttered by a player, manager frustrated with herself, a teammate or fan.
  - b. The designated League Liaison has the right to eject/remove the player. Anytime a player is ejected/removed from a game, is an automatic game suspension. Failure to follow the game suspension of the ejected/removed player will result in the team forfeiting each game the ejected/removed player plays.
3. Any player or manager striking or handling another player, ISD 728 staff, YMCA Staff, or Elk River Parks and Recreation staff will be suspended immediately for a year. The penalty could be permanent suspension from all Parks and Recreation athletic leagues. Also, if the team does not properly control the ejected player the entire team may face ejection from league play.

**V. STANDINGS AND PLAYOFFS**

- a. Standings will be posted online at <https://www.quickscores.com/elkrivernm>.
- b. Playoff seedings will be determined by records. All ties will be decided by:
  - 1. Head-to-head competition
  - 2. Average point differential
  - 3. Average Points against
- c. Depending on the level of competition in one class, league director reserves the right to split the class into high/low playoff brackets. It is also at the discretion of the league director, based upon the number of teams and gym availability, to determine the best format for the playoffs. (i.e., single elimination, double elimination, etc.)

**VI. LOST VALUABLES**

- a. The City of Elk River/Elk River School District 728 Community Education/Elk River YMCA is not responsible for lost or stolen valuables. Please do not bring valuables to league games.

**VII. INSURANCE**

- a. Be aware that there are inherent risks to playing the game of volleyball. Injuries may occur due to collisions with other players, running into a wall or bench, etc. Be aware that The City of Elk River does not provide insurance for the participants of our leagues. Each player as a result of participation in our league assumes all liability and risk of injury. It is strongly suggested that each player obtain medical and liability insurance prior to participating in our league.
- b. In consideration of being allowed to participate in this activity, one personally assumes all risks in connection with this activity and agree to hold the City, its officials, employees, agents, and contractors harmless and waive the rights to make claims or bring lawsuits against the City or anyone working on behalf of the City for any injuries or damages related to the negligence of the City.