



## Women's Adult Volleyball League Rules

### **I. LEAGUE INFORMATION**

- a. 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 Salk Middle School.

### **II. WOMEN'S VOLLEYBALL LEAGUE LIAISON**

- a. Recreation Staff- Varies

### **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 maximum number of 12 players, including manager is allowed per roster. Rosters need a minimum of 6 players when handing in roster at the start of season. Players on a roster will remain on the roster once the season has begun.
- b. Rosters are due on the first game night. Turn in at the main table in the gym, a \$5 per day late fee will be assessed until the roster is turned in along with automatic forfeits.
- c. Rosters may be changed until the third game 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 ISD 728.
- 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

## VII. GAME CANCELLATIONS

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

## VIII. FORFEITS

- 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. If a team forfeits three times during a season that team maybe ejected from the league without a refund.

## IX. SET-UP

- a. It is the responsibility of the first and last teams on each court to assist the women's 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.

## X. 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/ISD 728 property.
  5. All players must leave the facility at the conclusion of the evening.
  6. No children are allowed in the school gym during the volleyball matches.
- b. Game Rules
  1. There are no awards or rebates; play is for your own recreational enjoyment.
  2. You must have 4 players to begin and end a game, 6 maximum on the court.
  3. Once a player touches a ball, whether intentional or not, she will be considered as having played the ball.
  4. **Rec League Only** The ball may be hit by any part of the body above and including the waist.
  5. **Competitive League Only** The ball may be hit by any part of the body including below the waist. Note if the ball hits the player's foot or leg, the foot must be in contact with the ground for the play to be legal.
  6. The ball must be clearly hit; it cannot be scooped or held.
  7. It is permissible to run out of bounds to play a ball as long as you do not enter your opponent's side of the court, including your opponents out of bounds area.
  8. If a ball that 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.)
  9. A player may cross the center line with 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.

10. 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.
  11. If the ball hits the net support, the ball is out of bounds.
  12. 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.
  13. If any part of the ball touches a boundary line it is considered good.
  14. A ball is kept in play if it hits the net and goes over into the opponent's courts.
  15. A ball hit into the net by a team may still be kept in play provided any player does not touch the net.
  16. A player may play the ball twice (but cannot be in succession) during a volley.
  17. A two-handed hit must have both hands touching.
  18. 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.
  19. 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.
  20. A game is complete when a team scores a total of 21 points. If after 21 points a team is not ahead by two points, play will continue until a team is ahead by 2 or a team has reached 24 points. The first two games are to be played to 21. The third game is to 15 with a cap of 18.
  21. Extra players/ bystanders may serve as line and net judges.
  22. A replay shall be declared when a foreign object enters the proximity of the court.
  23. No players are allowed at any time to hang on the net.
  24. **REC Only:** Attacks from the back row will be limited, as your feet may not leave the gym floor.
  25. **Competitive Only:** Attacks from the back row are allowed, and your feet may leave the gym floor as long as you are behind the 10-foot line.
- c. Serving
1. Serves may be overhand or underhand.
  2. Home team will serve the first game; the loser of the game will serve the second 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 now considered in play.
- d. Scoring
1. There will be a sheet in the gym 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 21 points with a cap of 24 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 Women's Volleyball Manager 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 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 her team does not properly control the ejected player the entire team may face ejection from league play.

## **XI. 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.)

## **XII. LOST VALUABLES**

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

## **XIII. 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.