



Winter Adult Volleyball League Rules
(Revised 9/22/16)

PARK & RECREATION

- 1. Whitney Center Gym conduct rules** are posted. Please obey them and be courteous to others that use the facility. Teams failing to comply with the posted rules may receive a warning, which if not adhered to could result in disqualification or automatic forfeiture of the match.
Supervision of Children: All children must be supervised during league play. Children are not allowed to run around the gym or recreation center. Any adult who is not playing in a game must supervise their children or teammates' children. Unsupervised children can be distracting to both players and officials, but most importantly, they run the risk of injuring themselves or causing injury to others.
- 2. Rules:** All rules of the game of volleyball shall stand in accordance with the MSF Rule Book with the exceptions listed. Each team will receive an official MSF rulebook.
- 3. Officiating:** Matches shall be self-officiated.
- 4. Rosters:** Teams are required to submit their teams' roster before or on the first night of league play. Any player that participates on your team must be placed on your team roster.
- 5. Age:** Players must be at least 16 years old on the first night of league play. **Players younger than 18 must have their parents sign the team roster.**
- 6. Number of Players:** Men's, Women's, and Co-Rec teams may start and play with four players. If another player or players arrives, they must wait until the start of the next game in the match to enter. On Co-Rec teams the number of men may never exceed the number of women and there must be at least one male playing.
- 7. Time:** The time posted on the schedule is the beginning time for the warm-up period. Each team has 5 minutes to warm-up and 55 minutes to play their match. Please be courteous of this rule so that each match starts on time. A 10-minute grace period will be observed before the first game is declared a forfeit. If the match is declared a forfeit it should be clearly noted on the scorecard.
- 8. Multiple Teams:** Players are NOT allowed to play on more than one team in the same league.
- 9. Forfeits:** If a team forfeits its second match in regular season league play without notice, they will be ineligible for post-season participation. A team may regain participation status when the league director receives a written notice from the team manager explaining the team's intent to participate. If a team has a legitimate reason they cannot play and notifies the League Director at least two days in advance the match may be rescheduled and no forfeit declared.
- 10. Scoring:** Rally scoring will be used in all games. Games one and two shall be played up to 25 points with a 27 point cap. Game three shall be played to 21 points, with a 23 point cap. The winning team must have a 2-point margin to be declared the winner.
- 11. Standings:** A match will consist of 3 games and each game will count for league standings. League standings and rankings will be determined by winning percentage. In the case of ties, the results of head to head competition during the season will break the tie. If a tie still remains point differential will be used to break the tie.

12. Time Outs: Each team is entitled to 2 – 45 second time outs per game. No Timeouts are allowed with 5 minutes left.

13. Serving: When serving on courts B, C, D, or E the player serving may step over the serving line.

14. Out of Play: The ball is considered out-of-play if it should hit the curtain, walking track, or basketball backboard (when down). Balls that hit the ceiling, raised curtains, raised baskets or other ceiling mounted fixtures are in play if, in the judgment of the official, they are within the court boundaries. Balls that hit any of the aforementioned ceiling fixtures and ricochet to the walking track or side curtain are out of play.

15. Class C Recreational Volleyball Rules: All teams that play in the recreational leagues are restricted to play according to the Class C restrictions as defined in the MSF Rulebook.

16. Posting of Standings: Updated standing and schedule revisions will be posted online. Team managers are responsible for communication with the League Director or League Assistant.

17. Post season play: Teams wishing to participate in a state tournament must complete and submit an Intent Form to the gym office. The payment of \$165.00 must accompany the intent form. **Checks should be made out to Minnesota Sports Federation (MSF).** An official Minnesota Sports Federation roster must be completed for teams wishing to participate in an MSF state tournament. Teams will be seeded into those tournaments based on their latest available win-lost record. All post season tournament entry fees must be paid in advance. Once the tournament berths are accepted by the Park and Recreation Department, the tournament fees are not refundable.

Reverse 4's Co-Rec Playing Rules

1. Played at women's height
2. 2 male and 2 female players must be on the court at all times
 - 2 female players play/attack from the front row
 - 2 male players play/attack from back row
3. Rotation is not necessary but a male-female serving order is kept
4. Male players may not block at any time
5. No open hand tipping
6. Male-Female contact rule does not apply
7. Must be square to where you are setting (front or back) when purposefully sending the ball to the opposite team. Over sets will result in a side out.