

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.
- 2. 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.
- 3. Rules:** All rules of the game of volleyball shall stand in accordance with the MSF Rule Book with the exceptions listed. Rulebooks are available at the gym office.
- 4. Officiating:** Matches shall be self-officiated.
- 5. Rosters and waivers:** All players must be listed on their team's roster and they must sign before they can play.
 - a. Substitutes:** Teams may use substitute players only if that team has fewer than 6 players from their regular roster. Substitute players must be listed on the roster and labeled as a substitute. Substitute players must also sign that roster. When there are two teams playing against each other where there is a player listed as a substitute on the other team, that player must play on their regular team and cannot play as a substitute. (Reminder that recreational teams may only use up to 1 current or 2 previous college players)
- 6. 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 and waiver.**
- 7. 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.
- 8. 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.
- 9. Multiple Teams:** Players are NOT allowed to play as a **regular player** on more than one team in the same league. Players may be used as a substitute as described above.
- 10. 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.
- 11. 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.

12. 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.

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

14. Serving: When serving on courts B, C, D, or E the player serving may step over the serving line. This does not apply to courts A, B/C or D/E.

15. 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 fixtures and ricochet to the walking track or side curtain are out of play.

16. 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.

17. 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.